

# August 2018

**LEGEND:**  
 B – Bistro  
 BP – Backyard Patio  
 C – Chapel  
 CB – Café Bridgewater  
 ES – Exercise Studio  
 FC – Fitness Center  
 FP – Front Porch  
 FT – Forum Theater  
 GL – Grand Lounge  
 GS – Gift Shop  
 L – Library  
 LC – Legends Club  
 LL – Lavender Lane  
 ML – Monarch Lane  
 S – Salon/Spa  
 S1 – Studio 1  
 S2 – Studio 2  
 P – Pool  
 U – University Commons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00a: Brain Fit (S1) <b>1</b> 10:30a: Water Aerobics (P) 11:00a: Breathing Techniques (C) 1:30p: Chair Yoga (ES) 2:00p: Bravo! Music Program(FT) 3:00p: Art & Aromatherapy (S1) 4:00p: Social Hour (LC) 7:00p: Bingo (B)	10:00a: State Plate Game (U) <b>2</b> 10:30a: Chair Yoga (ES) 11:00a: Left, Center, Right (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at HyVee- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Bean Bag Toss (U) 6:30p: Sudoku (S1)	10:00a: Brain Fit (S1) <b>3</b> 10:30a: Water Aerobics (P) 11:00a: Farkle Dice Game (S1) 1:30p: Craft Creations (S2) 2:00p: Guided Meditation (C) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) <b>6:30p: Music by Dale Thomas (FT)</b>	10:00a: Adult Coloring (S2) <b>4</b> 10:00a: 500 Card Game (U) 11:00a: Walking Club (ES) 1:30p: Pedal the World (FT) 2:30p: Current Events (L) 3:00p: Documentary: Mysteries at the Museum (FT) 4:00p: Jigsaw Puzzles (L) 7:00p: Movie Night (FT)
10:00a: Dominoes (S1) <b>5</b> 10:30a: Church Service (FT) 11:00a: Ladder Golf (BP) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:00a: Brain Fit (S1) <b>6</b> 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip- <b>Sign up in Mail Room!</b> 1:30p: Knitting Circle (U) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Yahtzee (S1)	10:00a: Group Crossword (S2) <b>7</b> 10:30a: Chair Yoga (ES) 11:00a: Card Making (U) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at Walgreens- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Name 10 (S2) 6:30p: Sequence (S2)	10:00a: Brain Fit (S1) <b>8</b> 10:30a: Water Aerobics (P) 11:00a: Guided Meditation (C) 1:30p: Chair Yoga (ES) 2:00p: Bravo! Music Program(FT) 3:00p: Art & Aromatherapy (S2) 4:00p: Social Hour (LC) 7:00p: Bingo (B)	10:00a:Presidential Jeopardy(S2) <b>9</b> 10:30a: Chair Yoga (ES) 11:00a: Left, Center, Right (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at HyVee- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Bean Bag Toss (U) 6:30p: Mexican Train (S1)	10:00a: Brain Fit (S1) <b>10</b> 10:30a: Water Aerobics (P) 11:00a: Farkle Dice Game (S1) 1:30p: Craft Creations (S2) 2:00p: Breathing Techniques (C) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) <b>6:30p: Music by Dave Wirtz (FT)</b>	10:00a: Adult Coloring (S2) <b>11</b> 10:00a: 500 Card Game (U) 11:00a: Walking Club (ES) 1:30p: Pedal the World (FT) 2:30p: Current Events (L) 3:00p: Documentary: Mysteries at the Museum (FT) 4:00p: Jigsaw Puzzles (L) 7:00p: Movie Night (FT)
10:00a: Dominoes (S1) <b>12</b> 10:30a: Church Service (FT) 11:00a: Ladder Golf (BP) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:00a: Brain Fit (S1) <b>13</b> 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip- <b>Sign up in Mail Room!</b> 1:30p: Knitting Circle (U) <b>3:00p: Fitness Class: Ageless Grace (ES)</b> 4:00p: Wine & Watercolor Painting (S1) 6:30p: Yahtzee (S1)	<b>10:30a: Seminar: Dr. Karim on Neuropathy and Pain Management (FT) 14</b> 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at Walgreens <b>3:00p: Fitness Class: Nia Moving to Heal-Movement (ES)</b> 4:00p: Name 10 (S2) 6:30p: Wii Bowling (S2)	10:00a: Brain Fit (S1) <b>15</b> 10:30a: Water Aerobics (P) 11:00a: Breathing Techniques (C) 1:30p: Chair Yoga (ES) 2:00p: Bravo! Music Program(FT) <b>3:00p: Aging Backwards (ES)</b> <b>3:40p: Chair Zumba (ES)</b> 4:00p: Social Hour (LC) 7:00p: Bingo (B)	10:00a:Geography Jeopardy(S2) <b>16</b> 10:30a: Chair Yoga (ES) 11:00a: Left, Center, Right (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) <b>2:00p: Kindred Speaking Event: Occupational Therapists on Safety Tips (FT)</b> 3:00p: Step into Balance (ES) 6:30p: Word Search (S1)	10:00a: Brain Fit (S1) <b>17</b> 10:30a: Water Aerobics (P) 11:00a: Farkle Dice Game (S1) <b>2:00p: Kindred Speaking Event: Physical Therapists on Fall Prevention and Balance Training (FT)</b> 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Movie Night (FT)	10:00a: Adult Coloring (S2) <b>18</b> 10:00a: 500 Card Game (U) 11:00a: Walking Club (ES) 1:30p: Pedal the World (FT) 2:30p: Current Events (L) 3:00p: Documentary: Mysteries at the Museum (FT) 4:00p: Jigsaw Puzzles (L) 7:00p: Movie Night (FT)
10:00a: Dominoes (S1) <b>19</b> 10:30a: Church Service (FT) 11:00a: Ladder Golf (BP) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:00a: Brain Fit (S1) <b>20</b> 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip- <b>Sign up in Mail Room!</b> 1:30p: Knitting Circle (U) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Yahtzee (S1)	10:00a: Group Crossword (S2) <b>21</b> 10:30a: Chair Yoga (ES) 11:00a: Card Making (U) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at Walgreens- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Name 10 (S2) 6:30p: Sequence (S2)	10:00a: Brain Fit (S1) <b>22</b> 10:30a: Water Aerobics (P) 11:00a: Guided Meditation (C) 1:30p: Chair Yoga (ES) 2:00p: Bravo! Music Program(FT) 3:00p: Art & Aromatherapy (S2) 4:00p: Social Hour (LC) 7:00p: Bingo (B)	10:00a: Iowa Plate Game (U) <b>23</b> 10:30a: Chair Yoga (ES) 11:00a: Left, Right, Center (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at HyVee- <b>Sign up in Mail Room!</b> 2:30p: Resident Run Meeting (FT) 3:00p: Step into Balance (ES) 6:30p: Mexican Train (S1)	10:00a: Brain Fit (S1) <b>24</b> 10:30a: Water Aerobics (P) 11:00a: Farkle Dice Game (S1) <b>1:00p: Music Therapy with Jackie (FT)</b> 2:00p: Breathing Techniques (C) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) <b>6:30p: Music by Tom &amp; Dianna (FT)</b>	10:00a: Adult Coloring (S2) <b>25</b> 10:00a: 500 Card Game (U) <b>11:00a: Summer Picnic (BP)</b> 1:30p: Pedal the World (FT) 2:30p: Current Events (L) 3:00p: Documentary: Mysteries at the Museum (FT) 4:00p: Jigsaw Puzzles (L) 7:00p: Movie Night (FT)
10:00a: Dominoes (S1) <b>26</b> 10:30a: Church Service (FT) 11:00a: Ladder Golf (BP) 1:30p: Stretch & Unwind (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 7:00p: Movie Night (FT)	10:00a: Brain Fit (S1) <b>27</b> 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Trip- <b>Sign up in Mail Room!</b> 1:30p: Knitting Circle (U) 3:00p: Active Chair Class (ES) 4:00p: Wine & Watercolor Painting (S1) 6:30p: Yahtzee (S1)	10:00a: Group Crossword (S2) <b>28</b> 10:30a: Chair Yoga (ES) 11:00a: Card Making (U) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at Walgreens- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Name 10 (S2) 6:30p: Wii Bowling (S2)	10:00a: Brain Fit (S1) <b>29</b> 10:30a: Water Aerobics (P) <b>11:00a: Grand Patriots (FT)</b> 1:30p: Chair Yoga (ES) 2:00p: Bravo! Music Program(FT) 3:00p: Art & Aromatherapy (S2) 4:00p: Social Hour (LC) 7:00p: Bingo (B)	10:00a: Iowa Jeopardy (U) <b>30</b> 10:30a: Chair Yoga (ES) 11:00a: Left, Center, Right (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy (GL) 2:00p: Shopping at HyVee- <b>Sign up in Mail Room!</b> 3:00p: Step into Balance (ES) 4:00p: Bean Bag Toss (U) 6:30p: Word Scramble (S1)	10:00a: Brain Fit (S1) <b>31</b> 10:30a: Water Aerobics (P) 11:00a: Farkle Dice Game (S1) 1:30p: Craft Creations (S2) 2:00p: Guided Meditation (C) 3:00p: Active Chair Class (ES) <b>4:00p: Social Hour &amp; Birthday Party! (LC)</b> <b>6:30p: Music by Dick Watson (FT)</b>	

