


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00a: Worship Service (C) 1 10:30a: Parkview Church Live Streaming (FT) 1:30p: Line Dancing with Rhonda (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	10:30a: Chair Yoga Video (ES) 2 1:30p: Balloon Volleyball (ML) 3:00p: Active Chair Class Video (ES) 4:00p: Grand Patriots: Veterans Chat with Austin (LC) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 3 10:30a: Chair Yoga (FT) 1:00p: Canasta Group (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Von Maur 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 4:00p: Mindful Meditation (C) 6:30p: Crochet & Knitting (GL)	10:30a: Water Aerobics (P) 4 11:00a: Art Class with Alicia (S1) 1:00p: Bridge Club (S1) 1:30p: Pet Therapy Dogs (GL) 2:00p: Chair Yoga (ES) 3:00p: Fitness Class with Kris Cameron (ES) 3:00p: Bravo! Music Program (FT) 6:30p: Bingo (B)	10:30a: Bible Study (S1) 5 10:30a: Chair Yoga (FT) 1:30p: Pedal the World (FT) 2:00p: Shopping at HyVee 3:00p: Step into Balance (ES) 4:00p: Mindful Meditation (C) 6:30p: Billiards Game (U)	9:30a: Morning Coffee Group (B) 6 10:30a: Walking Group (GL) 1:00p: Open Gym (FC) 2:00p: Water Walking (P) 2:00p: Music & Movement (FT) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: American Circus: Front Row Seat (FT)	10:00a: Adult Coloring (S2) 7 11:00a: Hawkeye Football Game: Iowa vs. Rutgers (B) 1:30p: Pedal the World (FT) 2:30p: Great Courses Lecture Series: Ancient Civilizations of North America (C) 6:30p: The Best of Listening Music (S1)
10:00a: Worship Service (C) 8 10:30a: Parkview Church Live Streaming (FT) 1:30p: Line Dancing with Rhonda (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	10:30a: Water Aerobics (P) 9 11:00a: Outing: Bank/Post Office 1:30p: Hockey Game (FT) 2:00p: Movement Class with Kathy (ES) 2:30p: Water Walking (P) 2:30p: Piano by Alicia (GL) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 10 10:00a: Outing: Women's University Club's Fall Fair at Parkview Church 10:30a: Outdoor Chair Yoga (BP) 1:00p: Canasta Group (S1) 1:30p: Pedal the World (FT) 2:00p: Shopping at Costco 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 3:30p: Outdoor Meditation (BP)	10:30a: Water Aerobics (P) 11 10:30a: Catholic Service (C) 11:00a: Art Class with Alicia (S1) 12:00p: Midday Connection Luncheon (FT) 1:00p: Bridge Club (S1) 1:30p: Pet Therapy Dogs (GL) 2:00p: Chair Yoga (FT) 3:00p: Bravo! Music Program (FT) 6:30p: Bingo (B)	9:45a: Chair Zumba Class with Dawn (ES) 12 10:30a: Bible Study (S1) 10:30a: Chair Yoga (FT) 1:30p: Pedal the World (FT) 2:00p: Shopping at Target 3:00p: Step into Balance (ES) 4:00p: Mindful Meditation (C) 6:30p: Wine & Bonfire (BP)	9:30a: Morning Coffee Group (B) 13 10:30a: Walking Group (GL) 1:00p: Open Gym (FC) 1:30p: Water Walking (P) 2:00p: Piano by Jan Stratton (GL) 3:00p: Sip & Paint (B) 3:30p: Active Chair Class (ES) 6:30p: Music with Dick Watson (FT)	10:00a: Coralville Mall Shopping 14 1:30p: Pedal the World (ES) 2:00p: Tailgating Party (BP) 3:00p: Hawkeye Football Game: Iowa vs. Iowa State (FT) 4:00p: Great Courses Lecture Series: Ancient Civilizations of North America (C) 6:30p: The Best of Listening Music (S1)
10:00a: Worship Service (C) 15 10:30a: Parkview Church Live Streaming (FT) 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	10:30a: Water Aerobics (P) 16 11:00a: Shopping at Dollar Tree 11:00a: Welcome Intern Emily! (LC) 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 2:30p: Euchre (S1) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 17 10:30a: Chair Yoga (FT) 1:00p: Canasta Group (S1) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Outing: Coralville Public Library 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group Meeting (FT)	10:30a: Water Aerobics (P) 18 10:30a: Scenic Drive: Wilson's Apple Orchard 11:00a: Art Class with Alicia (S1) 1:00p: Bridge Club (S1) 1:30p: Chair Yoga (FT) 2:00p: Shopping at Trader Joe's 3:00p: Bravo! Music Program (FT) 6:30p: Bridgewater/City of Coralville Updates from City Officials (FT)	10:30a: Bible Study (S1) 19 10:30a: Chair Yoga (FT) 12:00p: Fitness Lunch & Learn (FT) 1:30p: Pedal the World (ES) 2:00p: Shopping at Walmart 3:00p: Step into Balance (ES) 4:00p: Mindful Meditation (C) 6:30p: Blackjack (U)	9:30a: Morning Coffee Group (B) 20 10:30a: Walking Group (GL) 1:30p: Water Walking (P) 2:00p: Music & Movement (ML) 3:30p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Movie Night (FT)	8:30a: Walk to End Alzheimer's at Lower City Park in Iowa City 21 10:00a: Adult Coloring (S2) 1:30p: Pedal the World (FT) 2:30p: Great Courses Lecture Series: Ancient Civilizations of North America (C) 6:30p: The Best of Listening Music (S1)
10:00a: Worship Service (C) 22 10:30a: Parkview Church Live Streaming (FT) 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	10:30a: Water Aerobics (P) 23 11:00a: Outing: Bank/Post Office 1:30p: Bags Tournament (BP) 2:00p: Water Walking (P) 2:30p: Euchre (S1) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 24 10:00a: Men's Club (GL) 10:30a: Chair Yoga (FT) 10:30a: Outing: Riverside Casino 1:00p: Canasta Group (S1) 1:30p: Pedal the World (FT) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 4:00p: Mindful Meditation (C) 6:30p: Crochet & Knitting (GL)	10:30a: Water Aerobics (P) 25 10:30a: Catholic Service (C) 11:00a: Art Class with Alicia (S1) 1:00p: Bridge Club (S1) 2:00p: Chair Yoga (FT) 2:00p: Shopping at Trader Joe's 2:30p: Resident Meeting (FT) 3:30p: Bravo! Music Program (FT) 6:30p: Bingo (B)	10:30a: Bible Study (S1) 26 10:30a: Chair Yoga (ES) 10:45a: Musical Comedy Troupe-Lawrence Welk (FT) 1:30p: Pedal the World (FT) 2:00p: Shopping at Walgreens 3:00p: Step into Balance (ES) 4:00p: Mindful Meditation (C) 6:30p: Social & S'mores (BP)	9:30a: Morning Coffee Group (B) 27 10:30a: Walking Group (GL) 1:00p: Open Gym (FC) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Birthday Party Social (LC) 6:30p: Movie Night (FT)	10:00a: Adult Coloring (S2) 28 10:30a: Music with Larry Jensen (FT) 1:30p: Pedal the World (FT) 2:30p: Great Courses Lecture Series: Ancient Civilizations of North America (C) 6:30p: The Best of Listening Music (S1)
10:00a: Worship Service (C) 29 10:30a: Parkview Church Live Streaming (FT) 1:00p: Parkinson's Walk 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	10:30a: Water Aerobics (P) 30 11:00a: Shopping at Tai International Foods 1:30p: Balloon Volleyball (ES) 2:00p: Water Walking (P) 2:30p: Food for Thought (CB) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	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 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		<h1>September 2019</h1>		 GRAND LIVING. <small>YOUR LIFE. UNIQUELY EMBRACED.</small> AT Bridgewater

•Activities are subject to change•