

PROGRAM CALENDAR

AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 PM Dominos (Lib-L)	2 10:00 AM Grocery Trip (Wal-Mart) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	3 9:30 AM Bocce (FL-L) 10:00 AM Dining Committee Meeting (CR) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)	4 10:00 AM Shopping Mall 10:30-11:30 AM Fitness Machine Orientation (FC) 9:00 AM Bud Vase (CR) 12:15 PM Bridge (CR) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	5 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese with Brian Zapel (LR-GL)	6 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR)	7 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
8 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Dominos (Lib-L)	9 10:00 AM Grocery Trip (Hannaford) 1:00 PM Mobile Vaccination Card Training (GR-GL) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	10 9:30 AM Bocce (FL-L) 10:30 AM Meditation (GR-GL) 12:30 PM Hospitality Committee Meeting (M) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:30 PM PRN OT Introduction (GR-GL) 7:15 PM Evening Movie (MR)	11 WELLNESS WEDNESDAY 10:00 AM Shopping Mall 9:00 AM Bud Vase (CR) 12:15 PM Bridge (CR) 1:30 PM Low Vision Seminar (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L) 7:15 PM Musician Laura Collins (GR-GL)	12 11:00 AM Dr. Valerie Rapson (GR-GL) 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese (LR-GL)	13 1:00 PM 7 Card Hi-Lo (DR-GL) 4:00 PM TGIF! Happy Hour (CR)	14 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
15 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Dominos (Lib-L)	16 10:00 AM Grocery Trip (Price Chopper) 1:00 PM Program Committee Meeting(M) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	17 9:30 AM Bocce (FL-L) 10:00 AM Shopping Mall 1:00 PM 7 Card Hi-Lo (DR-GL) 1:30 PM Movie Matinee (MR) 7:15PM Musicians of Ma'alwyck (GR-GL)	18 9:00 AM Bud Vase (CR) 12:15 PM Bridge (CR) 12:30 PM "She Loves Me" Musical @ Mac-Haydn Theater 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	19 9:00 AM Dr. Masias Podiatrist (WC-112) 10:30 AM Resident Council Meeting (GR-GL) 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese (LR-GL)	20 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM Tia Chi with The Tai Chi Center (GR-GL) 4:00 PM TGIF! Happy Hour (CR)	21 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
22 11:00 AM Roman Catholic Mass (GR-GL) 2:00 PM Dominos (Lib-L) 4:00 PM Joe Sorrentino Swing Quartet (GR-GL)	23 10:00 AM Grocery Trip (Wal-Mart) 2:30 PM Games (Lib-L) 7:15 PM Bingo (GR-GL)	24 9:30 AM Bocce (FL-L) 1:00 PM 7 Card Hi-Lo (DR-GL) 2:30 PM Drum Circle Fitness with John & Heidi (GR-GL) 7:15 PM Evening Movie (MR)	25 WELLNESS WEDNESDAY 9:00 AM Bud Vase (CR) 12:15 PM Bridge (CR) 1:30 PM 10 Warning Signs of Alzheimer's (GR-GL) 3:30 PM Happy Hour at the Lodge (LR-L) 7:15 PM Movies at the Lodge (LR-L)	26 1:00 PM Shopping Mall 1:30 PM Movie Matinee (MR) 4:00 PM Wine and Cheese (LR-GL)	27 1:00 PM 7 Card Hi-Lo (DR-GL) 2:00 PM Pete Seeger Movie & Discussion (GR-GL) 4:00 PM TGIF! Happy Hour (CR)	28 12:30 PM Duplicate Bridge (GR-GL) 7:15 PM Movies at the Lodge (LR-L)
29 10:30 AM Roman Catholic Mass (GR-GL) 2:00 PM Dominos (Lib-L)	30 10:00 AM Grocery Trip (Hannaford) 1:00 PM Dr. Peckage Podiatrist (WC-112) 2:30 PM Games (Lib-L) 2:30 PM Madison Hearing (WC-112) 7:15 PM Bingo (GR-GL)	31 9:30 AM Bocce (FL-L) 1:00 PM 7 Card Hi-Lo (DR-GL) 7:15 PM Evening Movie (MR)				

ROOM KEY

GRAND LODGE (GL)

Fitness Center: (FC-GL) Meditation Room: (M)
Library: (Lib-GL) Craft Room: (CR)
Billiards Room: (BR-GL) Resident Center: (RC)
Patio: (P-GL) Dining Room: (DR-GL)
Bistro: (B-GL) Great Room: (GR-GL)
Living Room: (LR-GL) Media Room: (MR)
Wellness Center (WC-112)

LODGE (L)

Library: (Lib-L)
Patio: (P-L)
Living Room: (LR-L)
Dining Room: (DR-L)

FITNESS SCHEDULE

MONDAY

9:00 AM – Pilates in a Chair
10:00 AM – Aqua Motion
11:00 AM – Strength Training
12:00 PM – HydroRider
12:30 PM -- HydroRider

FRIDAY

10:00 AM – Aqua Motion
11:00 AM – Stretch/Flex
11:45 AM – Trifecta-Strength/Flexibility/Balance

WEDNESDAY

10:00 AM – Aqua Motion
11:00 AM – Sit to Be Fit
11:45 AM – Chair Yoga/Balance

SATURDAY

9:30 AM – Strength Training
10:15 AM – Balance/Stretch

RED – Travel Events
PURPLE – In-House Events
BLUE -- Fitness