



## Sign Up Sheets

You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.



## Location Key

AR- Activity Room  
L- Lounge  
DR- Dining Room  
PD- Private Dining  
FD- Front Desk  
GR- Games Room

|                                                                   |                                                                                     |                                                                                        |                                                                                 |                                                                                                                                                       |                                                | Saturday 1                                                                       |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------|
|                                                                   |                                                                                     |                                                                                        |                                                                                 |                                                                                                                                                       |                                                | 9:30 Exercise Video: (AR)<br>Sit and Fit                                         |
|                                                                   |                                                                                     |                                                                                        |                                                                                 |                                                                                                                                                       |                                                | 1:30 National Geographic: (L)<br>"America the Beautiful: Landscape of Spectacle" |
|                                                                   |                                                                                     |                                                                                        |                                                                                 |                                                                                                                                                       |                                                | 7:00 Popcorn & Movie: (L)<br>"Trading Places"                                    |
| Sunday 2                                                          | Monday 3                                                                            | Tuesday 4                                                                              | Wednesday 5                                                                     | Thursday 6                                                                                                                                            | Friday 7                                       | Saturday 8                                                                       |
| 9:30 Exercise Video: (AR)<br>Chair Yoga                           | 9:30 Exercise Video: (AR)<br>Full Body Stretch                                      | 9:30 Exercise Video: (AR)<br>Stand and Fit                                             | Riyanshi Deshwal (AR)<br>9:30AM - 10:30AM<br>Full Body Exercise                 | 9:30 Exercise Video: (AR)<br>Strength & Stretch                                                                                                       | 9:30 Exercise Video: (AR)<br>Full Body Stretch | 9:30 Exercise Video: (AR)<br>Sit and Fit                                         |
| 10:00 Sunday Morning Songs (L)                                    |                                                                                     | 10:30 Residents Only Meeting (AR)                                                      |                                                                                 | Coke Float Social! Come to the patio and enjoy a delicious coke float 1:00                                                                            | 1:30 Shuffleboard (AR)                         | 1:30 Armchair Travelers:  (L)<br>"Wonders of Australia"                          |
| 1:30 Afternoon Movie: (L)<br>"Walk. Ride. Rodeo."                 |                                                                                     | The History of Japanese Gardens Presentation in the Activity Room at 1:00 PM           | 1:00 Country Hits Themed Music Bingo                                            | 3:00 Residents Culinary Meeting (AR)                                                                                                                  | 3:30 Happy Hour & Trivia (L)                   | 7:00 Popcorn & Movie:  (L)<br>"A River Runs Through it"                          |
| 7:00 Pool Challenge (GR)                                          | Trivia & Word Game Night At 7PM in the Lounge                                       | 2:30 Veteran's Gathering (L)<br>7:00 Game Night! (AR)                                  |                                                                                 | 6:30 Dessert & Documentary : (L)<br>"Save the children: A Concert for the Ages"                                                                       | 7:00 Bingo (AR)                                |                                                                                  |
| Sunday 9                                                          | Monday 10                                                                           | Tuesday 11                                                                             | Wednesday 12                                                                    | Thursday 13                                                                                                                                           | Friday 14                                      | Saturday 15                                                                      |
| 9:30 Exercise Video: (AR)<br>Chair Yoga                           | 9:30 Exercise Video: (AR)<br>Full Body Stretch                                      | 9:30 Exercise Video: (AR)<br>Stand and Fit                                             | Riyanshi Deshwal (AR)<br>9:30AM - 10:30AM<br>Full Body Exercise                 | 9:30 Video: Strength & Stretch (AR)<br>One Planet Seniors Workshop<br>Discover Practical Actions for Wellbeing, Community, and the Planet. 2pm-3:30pm | 9:30 Exercise Video: (AR)<br>Full Body Stretch | 9:30 Exercise Video: (AR)<br>Sit and Fit                                         |
| 10:00 Sunday Morning Songs (L)                                    |                                                                                     | 10:30 Summer Walk & Talk (FD)                                                          |                                                                                 | Hawaiian Luau Dinner<br>Seating at 5PM                                                                                                                | 1:30 Shuffleboard (AR)                         | 2:00 Piano Playing by Noah  (L)                                                  |
| 1:30 Afternoon Movie:  (L)<br>"Steel Magnolias"                   | 2:00 Crossword & Treats Social (L)<br>Trivia & Word Game Night At 7PM in the Lounge | 1:00 Pool Noodle Soccer! (AR)<br>2:30 Veteran's Gathering (L)<br>7:00 Game Night! (AR) | Center of the Universe Observatory at 12:30PM in Lobby Leaving at 12:40PM       | 6:30 Dessert & Documentary : (L)<br>"What Happened, Miss Simone"                                                                                      | 3:30 Happy Hour & Trivia (L)                   | 7:00 Popcorn & Movie:  (L)<br>"Penguin Bloom"                                    |
| Sunday 16                                                         | Monday 17                                                                           | Tuesday 18                                                                             | Wednesday 19                                                                    | Thursday 20                                                                                                                                           | Friday 21                                      | Saturday 22                                                                      |
| 9:30 Exercise Video: (AR)<br>Chair Yoga                           | 9:30 Exercise Video: (AR)<br>Full Body Stretch                                      | 9:30 Exercise Video: (AR)<br>Stand and Fit                                             | Riyanshi Deshwal (AR)<br>9:30AM - 10:30AM<br>Full Body Exercise                 | 9:30 Exercise Video: (AR)<br>Strength & Stretch                                                                                                       | 9:30 Exercise Video: (AR)<br>Full Body Stretch | 9:30 Exercise Video: (AR)<br>Sit and Fit                                         |
| 10:00 Sunday Morning Songs (L)                                    | Cords of Cares! Music Performace 2:00                                               | Musical Memories 1:00PM in the Lounge                                                  |                                                                                 | 1:00 Residents General Meeting (AR)                                                                                                                   | 1:30 Shuffleboard (AR)                         | 1:30 Armchair Travelers:  (L)<br>"Wonders of Portugal"                           |
| 1:30 Afternoon Movie: (L)<br>"Adventure of the Wilderness Family" |                                                                                     | 2:30 Veteran's Gathering (L)<br>7:00 Game Night! (AR)                                  | Heart Bone Health/Fall Prevention By Heart Pharamsave At 1:30PM (AR)            | Shuffleboard Staff vs Residents!! In the Activity Room At 2:00                                                                                        | 3:30 Happy Hour & Trivia (L)                   | 7:00 Popcorn & Movie:  (L)<br>"Dirty Rotten Scoundrels"                          |
| 7:00 Pool Challenge (GR)                                          | Trivia & Word Game Night At 7PM in the Lounge                                       |                                                                                        |                                                                                 | 6:30 Dessert & Documentary : (L)<br>"Amazon Rain Forest"                                                                                              | 7:00 Bingo (AR)                                |                                                                                  |
| Sunday 23                                                         | Monday 24                                                                           | Tuesday 25                                                                             | Wednesday 26                                                                    | Thursday 27                                                                                                                                           | Friday 28                                      | Saturday 29                                                                      |
| 9:30 Exercise Video: (AR)<br>Chair Yoga                           | 9:30 Exercise Video: (AR)<br>Full Body Stretch                                      | 9:30 Exercise Video: (AR)<br>Stand and Fit                                             | Full Body Exercise (AR)<br>with Riyanshi 9:30-10:30                             | 9:30 Exercise Video: (AR)<br>Strength & Stretch                                                                                                       | 9:30 Exercise Video: (AR)<br>Full Body Stretch | 9:30 Exercise Video: (AR)<br>Sit and Fit                                         |
| 10:00 Sunday Morning Songs (L)                                    |                                                                                     | 10:30 Summer Walk & Talk (FD)                                                          | Wear your best Hawaii-inspired outfit to our Sip, Snack & Social at 10:30AM (P) | End-of-Summer Bash At 2 Come enjoy some smores on the Patio with music by Brennan                                                                     | 1:30 Shuffleboard (AR)                         | 1:30 National Geographic: (L)<br>"The Wonder of America's National Parks"        |
| 1:30 Afternoon Movie:  (L)<br>"The Longest Yard"                  | 1:30 Afternoon Knitting (AR)<br>Trivia & Word Game Night At 7PM in the Lounge       | In the Activity Room at 1PM<br>2:30 Veteran's Gathering (L)<br>7:00 Game Night! (AR)   | 10:30 Luxcare Presentation (AR)<br>Birthday Tea with Timeless Tones 2-3pm       | 6:30 Dessert & Documentary : (L)<br>"Cher and the Loneliest Elephant"                                                                                 | 3:30 Happy Hour & Trivia (L)                   | 7:00 Popcorn & Movie:  (L)<br>"Starman"                                          |
| Sunday 30                                                         | Monday 31                                                                           |                                                                                        |                                                                                 |                                                                                                                                                       |                                                |                                                                                  |
| 9:30 Exercise Video: (AR)<br>Chair Yoga                           | 9:30 Exercise Video: (AR)<br>Full Body Stretch                                      |                                                                                        |                                                                                 |                                                                                                                                                       |                                                |                                                                                  |
| 10:00 Sunday Morning Songs (L)                                    |                                                                                     |                                                                                        |                                                                                 |                                                                                                                                                       |                                                |                                                                                  |
| 1:30 Afternoon Movie:  (L)<br>"The Starling"                      | Trivia & Word Game Night At 7PM in the Lounge                                       |                                                                                        |                                                                                 |                                                                                                                                                       |                                                |                                                                                  |

