

# August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Look under <b>“Weekly Events”</b> for ongoing gatherings, services, &amp; games.</p> <p><i>If your group has changes or disbands, please let the Activity Office know.</i></p>						
<p>5 10:00a Church Service MS</p>	<p>6 9:30a Alterations Drop Off - CR 10:30a Guided Memoir - CR 1:30p Grocery Shopping, Bel Air Lobby</p>	<p>7 11:00a Lunch Bunch - Lobby 3:30p Brain Gym - WGR</p>	<p>1 10:30a Memoir Writer's Group - CR 10:30a Resident Group Meeting TV Room 1:30p Resident Group Meeting TV Room 2:30p-3:30p Ice Cream Social -Patio</p>	<p>2 10:30a Resident Group Meeting TV Room 1:30p Resident Group Meeting TV Room</p>	<p>3 8:30a Grocery Shopping, Safeway Lobby 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 10:30a Resident Group Meeting TV Room 1:30p Bank trip - Lobby 7:00p Bingo - SAUD</p>	<p>4 7:00p Movie - NAUD</p>
<p>12 10:00a Church Service MS 7:00p Foreign Film Night NAUD</p>	<p>13 9:30a Alterations Pick-Up - Lobby 1:00p Village Voices - MS 1:30p Grocery Shopping, Safeway Lobby 3:00p Discussion Group - TV Room</p>	<p>14 8:00a ROMEO's - Lobby 10:30a Chef's Demo - NAUD 2:30p Food Service Com. - KC</p>	<p>8 10:00a Family &amp; Friends Caregiver Support Group - Music Room 10:00a Spiritual Concerns - TV Rm 1:00p Fitness Wellness Recreation Committee -TV Room</p>	<p>9 10:00a Coffee with Greg - DRF 1:30p Low Vision - TV Room</p>	<p>10 8:30a Grocery Shopping, Bel Air Lobby 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 4:00p Happy Hour - Fireside Room 7:00p Entertainment - AUD</p>	<p>11 7:00p Movie - NAUD</p>
<p>19 10:00a Church Service MS</p>	<p>20 10:30a Guided Memoir - CR 1:00p Village Voices - MS 1:30p Grocery Shopping, Bel Air Lobby 3:00p Discussion Group - TV Room</p>	<p>21 9:30a Welcome Committee - CR 2:00p 90's Club Party - NAUD 3:30p Brain Gym - WGR</p>	<p>15 10:30a Memoir Writer's Group - CR 4:00p Hearing Aid Service - MS 4:30p Dinner on the Town - Lobby</p>	<p>16 9:15a California Auto Museum Lobby 7:00p Forum - NAUD</p>	<p>17 8:30a Grocery Shopping, Save Mart - Lobby 9:00-12:00 OnSite Dermatology - A-200 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:00p Resident Association Meeting - NAUD 1:30p Bank trip - Lobby 4:30p Birthday/Anniversary Reception - FS 7:00p Entertainment - AUD</p>	<p>18 7:00p Movie - NAUD</p>
<p>26 10:00a Church Service MS 7:00p Art Comm. Movie TV Room</p>	<p>27 9:30a Morning Motivators - TV Rm 10:30a Book Club - WGR 1:00p Village Voices - MS 1:30p Grocery Shopping, Safeway Lobby 3:00p Discussion Group - TV Room</p>	<p>28 9:00a Garden Committee - WR 2:30p Kitchen Tour - DRF</p>	<p>22 1:00p-2:00p UC Davis Mini Med School - NAUD</p>	<p>23 10:30a Building &amp; Grounds Committee - SAUD 8:00a Arden Mall Walk - Lobby</p>	<p>24 8:30a Grocery Shopping, Bel Air Lobby 9:15a Great Courses -TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 7:00p Bingo - SAUD</p>	<p>25 7:00p Movie - NAUD</p>
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## Weekly Events

Activities and events not listed on the body of the calendar

### Monday

11:15am Sing-Along Foyer  
1:00pm Men's Drop-In Pool D292  
6:30pm Pinochle WGR

### Tuesday

11:15am Sing-Along Foyer  
1:00pm Mah Jongg EGR

### Wednesday

1:00 pm Duplicate Bridge GR's  
6:45 pm Bible Study MS  
7:00 pm Game Night GR's

### Thursday

10:00 am Catholic Services Chapel  
1st Thursday, Mass  
11:15 am Sing Along Foyer  
12:30 pm Men's Poker EGR  
1:00pm Canasta A214

### Friday

9:00am-3:00pm Stitching Group CR  
1:00pm Mah Jongg EGR

### Saturday

### Sunday

1:00pm Party Bridge GRMS  
1:30 pm Hand and Foot EGR

## Merchants National Bank

Monday - Friday

9:00 am - noon & 1:00 - 3:30 pm  
Located off the Dining Room Foyer

ACR: Administration Conference Rm  
CR: Craft Room  
DR: Dining Room  
DRF: Dining Room Foyer  
EGR: East Game Room  
FC: Fitness Center  
FS: Fireside Room  
GRMS: Game Rooms  
KC: Key Club  
MS: Music Room  
NAUD: North Auditorium  
SAUD: South Auditorium  
WGR: West Game Room  
WR: Windsor Room

# Fitness Calendar: August 2018

Su	Mon	Tue	Wed	Thu	Fri	Sa
<p><i>*Transportation to fitness center available at 974-2023 Fitness orientations are on an appointment basis. For all other questions, contact Fitness &amp; Wellness Coordinator Judy Barnett, @ 974-2000</i></p>			<p>1 8:30am: Strong&amp;Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett</p>	<p>2 9:00am: Water Aerobics 9:15am: Stretch&amp;Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi</p>	<p>3 8:30am: Strong&amp;Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett</p>	<p>4</p>
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## Fitness Center Class Description

**Better Balance-T/TH 1:15pm**  
Flexibility, posture, strength, balance and mobility.

**Chair Yoga-T/TH 10am**  
Combines chair and floor exercise.

**Functionally Fit-M/W/F 9:30am**  
Comprehensive fitness class which includes mobility, balance, stretching and strength.

**Ping-Pong Tues@ 3pm, Sun @ 2pm**  
Come bounce some balls around.

Everybody welcome!  
**SAUD Exercise: M/W/F 11am**  
Chair based exercise before lunch

**Stretch & Strength-T/TH 9:15**  
Chair based class designed to improve flexibility, strength, and balance.

**Strong & Stable-M/W/F 8:30am**  
Challenging strength, balance, agility, and cardio workout.

**Tai Chi**  
Designed to Improve Balance  
**T/TH 2:15**  
**Water Aerobics-T/TH 9am**  
Water exercises with equipment taught by Judy Harrison

**Water Aerobics-M/W/F 2pm**  
Water exercises with equipment taught by Judy Barnett