

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>3 10:00a Church Service - MS</p>	<p>4 9:30a Alterations Drop Off - CR 10:30a Guided Memoir - CR 1:00p Village Voices - MS 1:30p Grocery Shopping, Trader Joe's - Lobby</p>	<p>5 9:00a Eskatones Bell Choir EGR 11:00a Lunch Bunch - Lobby 3:30p Brain Gym - WGR</p>	<p>6 10:30a Memoir Writer's Group - CR 10:30a Resident Group Meeting TV Room 1:30p Resident Group Meeting TV Room</p>	<p>7 10:30a Resident Group Meeting TV Room 1:30p Resident Group Meeting TV Room 6:00p River Cats Baseball - Lobby</p>	<p>8 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 4:00p Happy Hour - Fireside Room 7:00p Entertainment - AUD</p>	<p>9 7:00p Movie - NAUD</p>
<p>10 10:00a Church Service - MS</p>	<p>11 9:30a Alterations Pick-Up - Lobby 1:00p Village Voices - MS 1:30p Grocery Shopping, Bel Air Lobby 3:00p Discussion Group - TV Room 4:30p Dinner on the Town - Lobby</p>	<p>12 8:00a ROMEO's - Lobby 9:00a Eskatones Bell Choir - EGR 10:30a Chef's Demo - NAUD 11:00a Arden Mall Trip - Lobby 2:30p Food Service Com. - KC</p>	<p>13 Western Day Spiritual Concerns Not Meeting 10:00a Family &amp; Friends Caregiver Support Group - Music Room 11:00a-1:30p Western Day BBQ - AUD 1:00p Fitness Wellness Recreation Committee -TV Room</p>	<p>14 10:00a Coffee with Greg - DRF 10:00a Age Well - Drive Smart NAUD 7:00p Opera - TV Room 1:00p Music Circus - Lobby</p>	<p>15 8:30a Grocery Shopping, Bel Air - 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>16 7:00p Movie - NAUD</p>
<p>17 Father's Day Brunch 10:00a Church Service - MS</p>	<p>18 10:30a Guided Memoir - CR 1:00p Village Voices - MS 1:30p Grocery Shopping, Safeway Lobby 3:00p Discussion Group - TV Room</p>	<p>19 9:00a Eskatones Bell Choir - EGR 9:30a Welcome Committee - CR 11:00a - 2:00p Car Show - Outside Auditorium 1:30p iPhone Class -TV Room 3:30p Brain Gym - WGR</p>	<p>20 10:30a Memoir Writer's Group CR 1:00p Coping with Hearing Loss - NAUD 3:00p Hearing Aid Service - MS 4:00-5:00p Meet the Artist - FS</p>	<p>21 7:00a Ferry to SF - Lobby 7:00p Forum - NAUD</p>	<p>22 8:30a Grocery Shopping, Safeway Lobby 9:15a Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby 7:00p Bingo - SAUD 7:00p Sock Hop - AUD</p>	<p>23 7:00p Movie - NAUD</p>
<p>24 10:00a Church Service MS 7:00p Art Comm. Movie TV Room</p>	<p>25 9:30a Morning Motivators - TV Rm 10:30a Book Club -WGR 1:00p Village Voices - MS 1:30p Grocery Shopping, Bel Air Lobby 3:00p Discussion Group - TV Room</p>	<p>26 9:00a Eskatones Bell Choir EGR 9:00a Garden Committee - WR 2:30p Kitchen Tour - DRF 7:00p Evolving of the Catholic Church - NAUD</p>	<p>27</p>	<p>28 10:00a Building &amp; Grounds Committee - SAUD 7:00p An Evening of Piano Music by Eskaton Residents - AUD</p>	<p>29 8:30a Grocery Shopping, Bel Air -Lobby 9:15 Great Courses - TV Room 10:30a Barbershop Chorus - MS 1:30p Bank trip - Lobby</p>	<p>30 7:00p Movie - NAUD</p>

## 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
1:00p	Mah Jongg	EGR
1:00p	Men's Bridge	A-214
	1st & 3rd Tuesdays	

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

### Friday

1:00pm	Mah Jongg	EGR
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### Saturday

### Sunday

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

### 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: June 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</p>
<p>3 Ping-Pong @ 2pm</p>	<p>4 8:30am: Strong&amp;Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett</p>	<p>5 9:00am: Water Aerobics 9:15am: Stretch&amp;Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi</p>	<p>6 8:30am: Strong&amp;Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett</p>	<p>7 9:00am: Water Aerobics 9:15am: Stretch&amp;Stren. 10am: Chair Yoga 1:15pm: Better Balance 2:15pm: Tai Chi</p>	<p>8 8:30am: Strong&amp;Stable 9:30am: Function. Fit 11am: SAUD Exercise 2pm: Water Aerobics with Judy Barnett</p>	<p>9</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