




















# Independent Living Lifestyles Calendar


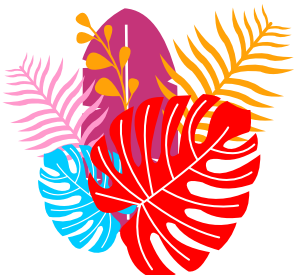












SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAP LEGEND</b> AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room ML— Main Lobby	<i>Activities are subject to change without notice</i>				<b>1</b>  9:00A Buckner's Family Hope Center - Back to School Volunteering event (ML) 1:00P Catholic Service - Anointing of the Sick (AU) 6:15P Trivia Night (AC)	<b>2</b> 9:30A Coffee with Neighbors (CC) 10:30A Putting Green Challenge 6:15P Bingo (AC)
<b>3</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers "MADE FOR MORE" (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>4</b> <b>Podiatrist Visit</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Therapeutic Art (AC)</b> 5:00P & 6:00P Mexican Train (GR)	<b>5</b>  10:00A Grocery Trip (ML) <b>11:00A PWP Choir (AU)</b> <b>3:00P Bingo Store (AC)</b> 6:15P Bingo (AC)	<b>6</b> 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 3:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>7</b>  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>8</b> <b>11:00A Men's Group (GR)</b> 1:30P Bible Study (GR) 2:30P CVS/Walgreens (\$) 5:00P Mexican Train (GR)	<b>9</b> 9:30A Coffee with Neighbors (CC) <b>11:00A Korean Skin Beauty with Sol (GR)</b> <b>3:00P Wii Summer Series (Wii Room)</b> 6:15P Bingo (AC)
<b>10</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers "MADE FOR MORE" (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>11</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Therapeutic Art (AC)</b> 5:00P & 6:00P Mexican Train (GR)	<b>12</b>  <b>10:30A The Health Museum Outing (\$)</b> <b>3:00P Wellness Lecture with Kevin Patterson, CPT (AU)</b> 6:15P Bingo (AC)	<b>13</b>  11:00A Chair Volleyball (AU) 3:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>14</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) <b>11:00A Episcopal Service (AU)</b> 2:00P Rummikub (GR) 4:00P Social Hour 6:15P Bingo (AC)	<b>15</b>  <b>10:00A Houston Farmers Market on Airline Outing (\$)</b> 1:30P Bible Study (GR) 6:15P Trivia Night (AC)	<b>16</b>  9:30A Coffee with Neighbors (CC) <b>3:30P Music Of Harmony (AU)</b> 6:15P Bingo (AC)
<b>17</b> 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers "MADE FOR MORE" (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>18</b>  10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Birthday Social (AU)</b> 5:00P & 6:00P Mexican Train (GR)	<b>19</b>  <b>Meal of the Month</b> 10:00A Grocery Trip (ML) <b>11:00A PWP Choir (AU)</b> <b>2:00P Sing-A-Long w/ Tim Holder (AU)</b> 6:15P Bingo (AC)	<b>20</b> 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) <b>3:00P Chef Chat (AU)</b> <b>5:00P Catholic Women's Dinner</b> 6:00P Bridge (GR)	<b>21</b> 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>22</b>  <b>11:30A Book Club (L)</b> 1:30P Bible Study (GR) 2:30P CVS/Walgreens (\$) <b>3:00P Bunco with Amy (GR)</b> 5:00P Mexican Train (GR) 6:15P Trivia Night	<b>23</b> 9:30A Coffee with Neighbors (CC) <b>3:00P Wii Summer Series (Wii Room)</b> 6:15P Bingo (AC)
<b>24/31</b>  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers "MADE FOR MORE" (AU/Ch2) 4:30P Coffee and Chatter (CC)	<b>25</b> 10:00A Art Group (AC) 1:30P Bible School (GR) <b>3:00P Game Show (AU)</b> 5:00P & 6:00P Mexican Train (GR)	<b>26</b> 10:00A Grocery Trip - Walmart (ML) 2:00P Prize Bingo w/ HHR (AC) <b>3:30P TNC - Tuesday Night Classics and Dinner (AU)</b> 6:15P Bingo (AC)	<b>27</b> 10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 3:00P Learn Spanish (GR) 6:00P Bridge (GR)	<b>28</b>  10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) <b>3:00P Town Hall (AU)</b> 4:00P Social Hour (CC) 6:15P Bingo (AC)	<b>29</b>  <b>9:30A HEALTH &amp; WELLNESS FAIR hosted by Functional Pathways</b>	<b>30</b>  9:30A Coffee with Neighbors (CC) 10:30A Putting Green Challenge 6:15P Bingo (AC)

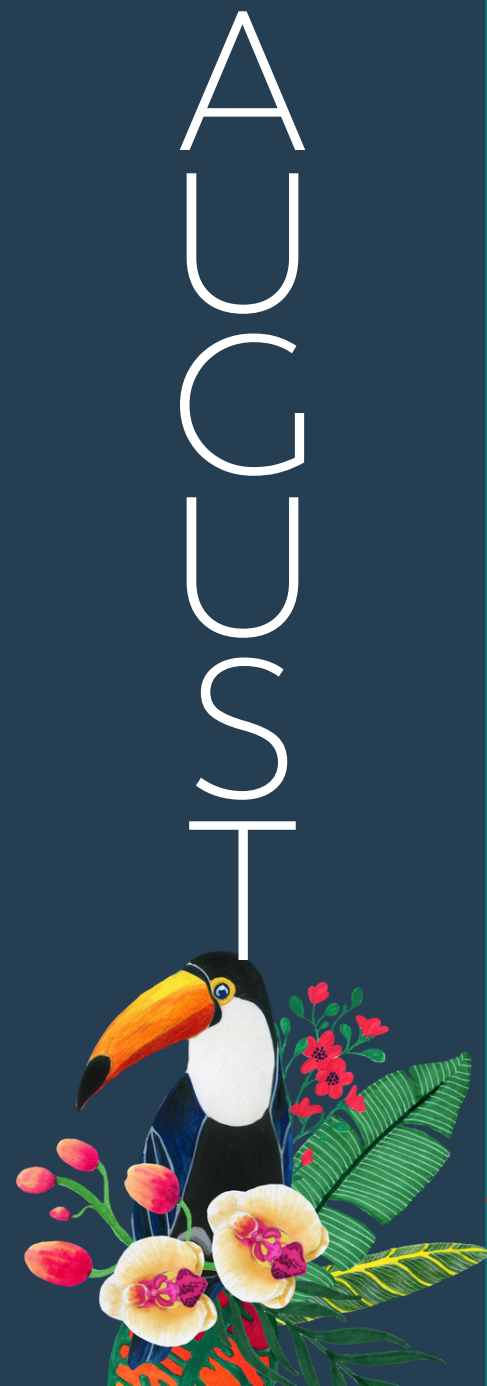
# Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED</b>		For 1-on-1 consultations, tailored exercise plans, or machine tutorials please reach out to Wellness Coordinator <b><i>Ru Cossy at 832-798-7824</i></b>		<b>1</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>2</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>3</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>4</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	<b>5</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:00P Residents Consultations	<b>6</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:00P Resident Consultations	<b>7</b> 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Agility 1:00P Residents Consultations	<b>8</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>9</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>10</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>11</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	<b>12</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:00P Residents Consultations	<b>13</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 1:00P Resident Consultations	<b>14</b> 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Agility 1:00P Residents Consultations	<b>15</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>16</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>17</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>18</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	<b>19</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:00P Residents Consultations	<b>20</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	<b>21</b> 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Agility 1:00P Residents Consultations	<b>22</b> 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Trivia (Wii Room) 12:00P Resident Consultations	<b>23</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3
<b>24/31</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3	<b>25</b> 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	<b>26</b> 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 1:00P Residents Consultations	<b>27</b> 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	<b>28</b> 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Agility 1:00P Residents Consultations	<b>29</b>  <b>9:30A HEALTH &amp; WELLNESS FAIR hosted by Functional Pathways</b>	<b>30</b> <b>GET ACTIVE</b> Get up and active! Perform a 15-30 min walk outside and soak up some much-needed Vitamin D3



# The Heights Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>MAP LEGEND</b> AR— Activity Room DR— Dining Room FP— Fireplace P— Porch L— Lobby		<b>Activities Are Subject To Change Without Notice</b>		<b>1</b> 10:15 Healthcare Volleyball Competition (AL) 2:00 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (AR)	<b>2</b> 10:15 Piano Melodies W/ Mark (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends
<b>3</b> 10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion (DR) 2:30 Table Games (B) 3:30 Vespers (CH2)	<b>4</b>  10:15 Mani/Pedicure w/Amparo (AR) 2:00 Ring Toss (Dr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)	<b>5</b> 10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Sunshine Exercise Class With Dorothy (DR) 3:00 Group Bible Study w/ Robert Hudson (DR)	<b>6</b> Root Beer Day  10:15 Exercise Group with Lindsey (Dr) 11:00 Walking Club (L) 2:00 Root beer Social (L) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)	<b>7</b> 10:00 Devotion with Chaplain John Bender (Dr) 11: Chair Exercises (P) 2:00 Happy Hour and Entertainment by Rich Latimer (B) 3:00 Rummikub Group (AR)	<b>8</b> National Clown Month 10:15 A Storytelling Chain Game 11:00 Music Reminiscing (P) 2:20 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Group Jigsaw Puzzles (Ar)	<b>9</b>  10:15 Piano Melodies with Mark Bruni (DR) 1:50 Soda Floats Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends
<b>10</b>  10:00 Tallowood Church Service (DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)	<b>11</b> Elvis Week  10:15 Elvis Trivia (P) 1:30 Domino Group (L) 2:00 Puzzle Assembling (B) 3:00 Last of The Dog Days - Dogs Picture Bingo (AL)	<b>12</b> 10:00 Devotion with Chaplain John Bender (B) 11:00 Elvis Tattoo Art Booth (Ar) 2:00 Inside Carnival Event with Roly The Clown (H) 3:00 Group Bible Study w/ Robert Hudson (DR)	<b>13</b>  10:15 Donuts & Coffee (AR) 11:00 Faithful Pawa Pet Visits (L) 2:00 Chef's Chat (Dr) 3:00 B-I-N-G-O (DR) 4:00 Elvis Movie Marathon (AR)	<b>14</b> 10:00 Devotion with Chaplain John Bender (DR) 11:00 Chair Exercises (P) 2:15 Lip Balm & Chick Flicks (AR) 3:00 Rummikub (Ar) 4:00 Elvis Trivia (Ar)	<b>15</b>  10:15 Elvis Impersonator (Dr) 2:00 Rock -n-Roll Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Group Jigsaw Puzzles (Ar)	<b>16</b> 10:15 Piano Melodies W/ Mark (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL) 3:00 Rummikub w/Friends
<b>17</b> 10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)	<b>18</b> 10:15 Piano By Sarah (DR) 11:00 Chair yoga (P) 1:30 Domino Group (L) 2:00 Bowling ( Dr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)	<b>19</b> MEETING 10:00 Res. Council Meeting! (DR) 11:00 Stretch & Balance outdoor (P) 2:00 Sunshine Exercise Class With Dorothy (AL) 3:00 Group Bible Study w/ Robert Hudson (DR) 4:00 Rummikub Group (AR)	<b>20</b> 10:00 Jewlery hr .(Ar) 10:30 Walking Club (L) 2:00 Water Balloon Toss (P) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)	<b>21</b> Senior Citizens Day  10:15 Bingo Extravaganza and Prizes with Lorena (Dr) 2:00 Golden Minds Happy Hour w/Danette McMahon Frozen Margaritas (B) 3:00 Rummikub Group (AR) 4:00 Puzzle Hour (LR)	<b>22</b>  10:15 Moody Center for the arts & Lunch Outing (L) 2:20 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Group Jigsaw Puzzles (Ar)	<b>23</b>  10:15 Piano Melodies with Mark Bruni (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends
<b>24/31</b>  10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)	<b>25</b> 10:15 Pokeno Group (AR) 11:00 Chair yoga (P) 2:00 Puzzle Assembling (B) 3:00 Bingo Group (DR) 4:00 Puzzle Hour (AR)	<b>26</b> 10:00 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Rummikub Group (AR) 3:00 Group Bible Study w/ Robert Hudson (DR)	<b>27</b> 10:15 Donuts & Coffee (Ar) 10:30 Faithful Pawa Pet Visits (L) 2:00 BINGO MARKET (AR) 3:00 B-I-N-G-O (DR) 4:00 Group Jigsaw Puzzles (Ar)	<b>28</b> HAPPY BIRTHDAY 10:00 Devotion with Chaplain John Bender (DR) 11:00 Chair Exercises (P) 2:00 Resident Birthday Social (B) 3:00 Rummikub Group (AR)	<b>29</b> 10:15 Healthcare Volleyball Competition (AL) 11:00 Tai Chi ( P) 2:00 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Group Jigsaw Puzzles (Ar)	<b>30</b> 10:15 Piano Melodies with Mark Bruni (DR) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends





# The Haven Lifestyles Calendar

SUN

MON

TUE

WED


THU

FRI

SAT




MAP LEGEND  
L-Lounge  
B-Bistro  
DR-Dining Room  
AL-Assisted Living  
H-Healthcare  
Activities are Subject to Change  
Without Notice


**1**  
10:00 Healthcare Volleyball Competition (AL)  
1:30 Card Games (B)  
2:00 Ice Cream Social (L)  
3:00 Bingo Group (B) 


**2**  
10:15 Piano Melodies W/ Mark (DR)  
2:00 Piano & Guitar Melodies by Youth Volunteers  
3:00 Rummikub w/Friends



**3**  
10:00 Sunday Service With Tallowood Baptist Church (AL)  
11:00 Catholic Visits with Prayer and Communion (H)  
1:30 Table Games (B)  
3:30 Virtual Vesper Service (CH 2)

**4**  
10:15 Pokeno Group(AR)  
11:00 Chair Exercises (B)  
1:30 Domino Group (L)  
2:00 Puzzle Assembling (B)  
3:00 Bingo Group (DR)


**5**  
10:15 Devotion with Chaplain John Bender (B)  
11:00 Res. Council Mtg. (B)  
2:00 Sunshine Exercise Class With Dorothy (AL)   
3:00 Rummikub Group  
4:00 Current Events (AL)


**6** National Root Beer Float Day   
9:00 Pampering Day- Manicure and Pedicure with Amparo (H)  
10:15 Chair Exercises with Lindsay (AL)  
2:00 Black Cows and Cookie Bar Root Beer Float Social (L)  
3:00 B-I-N-G-O (DR)


**7**   
10:15 Devotion with Chaplain John Bender (AL)  
11:00 Chair Exercise with Music (AL)  
1:30 Crossword Puzzle (B)  
2:00 Happy Hour and Entertainment by Rich Latimer (B)  
3:00 Bingo (AL)  
4:00 Puzzle Assembling (B)

**8** National Clown Month   
10:15 A Storytelling Chain Game on The Porch  
10:30 Music Reminiscing on The Porch  
1:30 Dominoe Group (B)  
2:00 Clown Month Ice Cream Social (L)   
3:00 Bingo Group (B)

**9**  
10:15 Piano Melodies with Mark Bruni (DR)  
1:50 Soda Floats Treat  
2:00 Piano & Guitar Melodies by Youth Volunteers  
3:00 Rummikub w/Friends


**10**   
10:00 Sunday Service With Tallowood Baptist Church (AL)  
11:00 Catholic Visits with Prayer and Communion (H)  
1:30 Table Games (B)  
3:30 Virtual Vesper Service (CH 2)

**11** Elvis Week Begins   
10:15 Elvis Trivia on The Porch with Music  
1:30 Domino Group (L)  
2:00 Puzzle Assembling (B)  
3:00 Last of The Dog Days - Dogs Picture Bingo (AL)

**12** Carnival Event   
10:15 Devotion with Chaplain John Bender (B)  
11:00 Elvis Tattoo Booth (AL)  
2:00 Inside Carnival Event with Roly The Clown (H)  
3:00 Bible Study (AL)  
4:00 Current Events (AL)

**13**  
10:15 Donuts and Coffee (B)  
11:00 Faithful Pet Paws Pet Visits (H)  
2:00 Popcorn Social (B)  
3:00 B-I-N-G-O (DR)  
4:00 New and Views (L)

**14**  
10:00 Devotion with Chaplain John Bender (AL)  
11:00 Chair Exercises with Music (DR)  
1:30 Domino Group (B)  
2:15 Lip Balm & Chick Flicks Hour (L)  
3:00 Rummikub (B)

**15**  
10:15 Celebrating Elvis Presley Week (DR)  
1:30 Card Games (B)  
2:00 Remembering Elvis Rock -n-Roll Ice Cream Social (L)   
3:00 Bingo Group(B)


**16**  
10:15 Piano Melodies w/Mark  
1:45 Popcorn Social  
2:00 Piano and Guitar Melodies by Volunteers (DR)  
3:00 Rummikub w/Friends

**17**  
10:00 Sunday Service With Tallowood Baptist Church (AL)  
11:00 Catholic Visits with Prayer and Communion (H)  
1:30 Table Games (B)  
3:30 Virtual Vesper Service (CH 2)

**18**  
10:15 Pokeno Group (AR)  
11:00 Chair Exercises (B)  
1:30 Domino Group (L)  
2:00 Puzzle Assembling (B)  
3:00 Bingo Group (DR)

**19**  
10:15 Devotion with Chaplain John Bender (B)  
11:00 Stretch and Balance Outdoors  
2:00 Sunshine Exercise Class With Dorothy (AL)  
3:30 Rummikub Group  
4:00 Current Events (L)

**20**  
10:15 Fancy Jewelry Creation (AL)  
1:30 Domino Group (B)  
2:00 Water Balloon Toss on The Porch  
3:00 B-I-N-G-O (DR)  
4:00 News and Views (L)

**21** National Senior Citizens Day  
10:15 Bingo Extravaganza and Prizes with Lorena (AL)  
11:00 Dominoe Group (B)  
2:00 Golden Minds Happy Hour w/Danette McMahon Frozen Margaritas (B)   
3:00 Rummikub Group (B)

**22**  
10:15 Moody Center for the arts And Lunch Outing  
1:30 Dominoes(B)  
Rummikub (B)  
2:00 Ice Cream Social (B)  
4:00 Puzzle Assembling (B)


**23**  
10:15 Piano Melodies with Mark Bruni (DR)  
2:00 Piano & Guitar Melodies by Youth Volunteers  
3:00 Rummikub w/Friends

**24/31**  
10:00 Sunday Service With Tallowood Baptist Church (AL)  
11:00 Catholic Visits with Prayer and Communion (H)  
1:30 Table Games (B)  
3:30 Virtual Vesper Service (CH 2)

**25**   
10:15 Pokeno Group (AR)  
11:00 Chair Exercises (B)  
1:30 Domino Group (L)  
2:00 Puzzle Assembling (B)  
3:00 Bingo Group (DR)

**26**  
10:15 Devotion with Chaplain John Bender (B)  
11:00 Stretch and Balance Outdoors  
3:00 Group Bible Study (AL)  
3:00 Rummikub Group  
4:00 Current Events (AL)

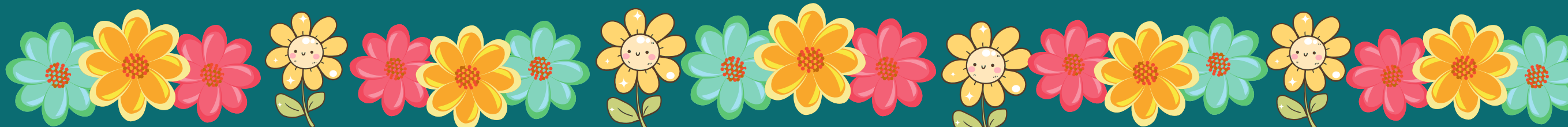
**27**  
10:15 Donuts and Coffee (B)  
11:00 Faithful Pet Paws  
2:00 Popcorn Social (L)  
3:00 B-I-N-G-O (DR)  
4:00 News and Views (L)

**28**   
10:00 Devotion with Chaplain John Bender (AL)  
11:00 Chair Exercises w/Music (B)  
2:00 Resident Birthday Social (B)  
4:00 Group Jigsaw Puzzles (B)

**29**  
10:00 Healthcare Volleyball Competition (AL)  
1:30 Dominoes (B)  
Rummikub Group(B)  
2:00 Ice Cream Social (L)  
3:00 Bingo Group (B) 

**30**  
10:15 Piano Melodies w/Mark  
1:45 Popcorn Social  
2:00 Piano and Guitar Melodies by Volunteers (DR)  
3:00 Rummikub w/Friends

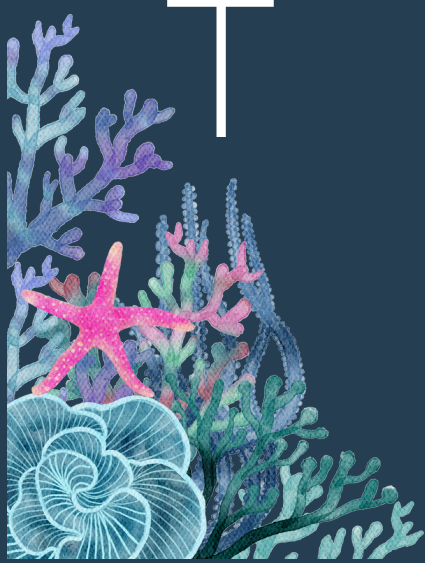
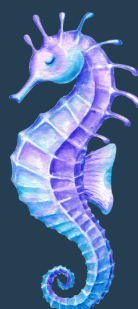
AUGUST

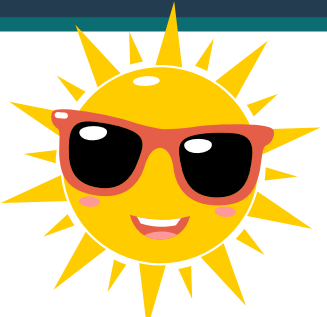



















AUGUST



# The Harbor Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
				<p><b>Activities are subject to change without notice. Any change will be posted.</b></p>	<p><b>1</b></p> <p>10:00 Men's Outdoor Putting  <b>11:30 Lunch w/Music</b>            2:00 Ice cream social            3:00 Color find Memory Game            4:30 Dinner w/Music</p>	<p><b>2</b></p> <p>10:15 Piano Melodies W/ Sarah (DR)  <b>2:00 Piano &amp; Guitar Melodies by Youth Volunteers</b>            3:00 Rummikub w/Friends</p>
<p><b>3</b></p> <p>10:00 Sunday Worship w/Tallowood Church            3:30 Virtual Vesper Service (Ch 2)            2:00 Sunday Movie Classic            6:00 Gospel Serenade</p>	<p><b>4</b></p>  <p>10:00 Group Puzzle Piecing            11:30 Lunch w/Music            2:00 Laundry Folding            4:30 Dinner w/Music</p>	<p><b>5</b></p>  <p>10:00 Pretty Nails by Amparo            11:30 Lunch w/Music  <b>2:00 Sunshine Exercise Class w/Dorothy</b>            3:30 Paint by Number            4:30 Dinner w/Music</p>	<p><b>6</b></p> <p>10:00 Devotion w/Chaplain John            11:00 Family Trip Reminisce            11:30 Lunch w/Music  <b>2:00 Root beer Float &amp; cookie Social</b>            4:30 Dinner w/Music</p>	<p><b>7</b></p> <p>10:00 Group Volleyball            11:30 Lunch w/Music  <b>2:00 Happy Hour w/ Rich</b>            3:30 Picture Match Game            4:30 Dinner w/Music</p>	<p><b>8</b></p>  <p>10:00 Road Trip Scenic Ride            11:30 Lunch w/Music  <b>2:15 Popcorn &amp; Ice cream Carnival Style</b>            3:00 Group Dominoes            4:30 Dinner w/Music</p>	<p><b>9</b></p>  <p>10:15 Piano Melodies with Mark Bruni (DR)  <b>1:50 Soda Floats Treat</b>  <b>2:00 Piano &amp; Guitar Melodies by Youth Volunteers</b>            3:00 Rummikub w/Friends</p>
<p><b>10</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic (Ch 2)            5:30 Sunday Music Serenade</p>	<p><b>11</b></p> <p>10:00 B-I-N-G-O            11:30 Lunch w/Music            2:00 Elvis Presley Fun Facts            3:00 Group Puzzle Piecing            4:30 Dinner w/Music</p>	<p><b>12</b></p>  <p>10:00 Wheel of Fortune            11:00 Senior Trivia            11:30 Lunch w/Music  <b>2:00 Carnival Special w Roly</b>            3:30 Group Dominoes            4:30 Dinner w/Music</p>	<p><b>13</b></p> <p>10:00 Devotion w/Chaplain John  <b>10:30 Faithful Paws Pet Visit</b>            11:30 Lunch w/Music            3:30 Group Dominoes            4:30 Dinner w/Music</p> 	<p><b>14</b></p>  <p>9:00 Beauty Shop            10:00 Wizard of Oz Word Game            1:30 Lunch w/Music            3:30 Group Dominoes            4:30 Dinner w/Music</p>	<p><b>15</b></p> <p>Happy Birthday Mikie            10:00 Men's Outdoor Potting            11:30 Lunch w/Music  <b>2:00 Elvis Presley Reminisce</b>            3:30 Group Dominoes  <b>5:00 Resident &amp; Family Dinner w/Live Entertainment BY</b></p>	<p><b>16</b></p> <p>10:15 Piano Melodies w/Mark            1:30 Rummikub Group (B)  <b>2:00 Piano and Guitar Melodies by Volunteers</b>            3:00 Puzzle Solving (H)</p>
<p><b>17</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Gospel Serenade</p>	<p><b>18</b></p>  <p>10:00 B-I-N-G-O  <b>11:00 Resident Council Talk</b>            11:30 Lunch w/Music            2:00 Watercolor Art            3:30 Easy Scrabble            4:30 Dinner w/Music</p>	<p><b>19</b></p>  <p>10:00 Wheel of Fortune            11:30 Lunch w/Music  <b>2:00 Sunshine Exercise Class w/Dorothy</b>            3:30 Picture Match Game            4:30 Dinner w/Music</p>	<p><b>20</b></p> <p>Happy Birthday Jovita            10:00 Devotion w/Chaplain John            11:00 Senior Trivia            11:30 Lunch w/Music            2:00 At the Circus Reminisce            3:00 Pokeno Card Game            4:30 Dinner w/Music</p>	<p><b>21</b></p> <p>Senior Citizens Day            9:00 Beauty Shop            10:00 Mandala Colorful Art            11:30 Lunch w/Music  <b>2:00 Golden Minds &amp; Margarita Happy Hour w/ Danette</b>            3:30 Gin Rummy Card Game            4:30 Dinner w/Music</p>	<p><b>22</b></p> <p>10:00 Men's Outdoor Potting            11:00 Art through Music  <b>11:30 Lunch w/Music</b>            2:00 Ice cream social            3:00 Group Dominoes            4:30 Dinner w/Music</p>	<p><b>23</b></p> <p>10:15 Piano Melodies With Mark (AL)  <b>2:00 Piano and Guitar with Youth Volunteers (DR)</b>            3:00 Rummikub w/Friends</p>
<p><b>24/31</b></p> <p>10:00 Sunday Worship w/Tallowood Church            2:00 Sunday Movie Classic            3:30 Virtual Vesper Service (Ch 2)            6:00 Sunday Classic Music</p>	<p><b>25</b></p>  <p>10:00 B-I-N-G-O            11:30 Lunch w/Music  <b>2:00 Musical Memories w/Jane</b>            3:00 Group Puzzle Piecing            4:30 Dinner w/Music</p>	<p><b>26</b></p>  <p>10:00 Wheel of Fortune            11:00 Senior Trivia            11:30 Lunch w/Music            2:00 Cooking w/Familiar Spices            3:30 Lucky Strike Storytime            4:30 Dinner w/Music</p>	<p><b>27</b></p> <p>10:00 Devotion w/Chaplain John  <b>10:30 Faithful Paws Pet Visit</b>            11:30 Lunch w/Music  <b>2:00 Popcorn Social</b>            3:30 Classic Movie Hour            4:30 Dinner w/Music</p>	<p><b>28</b></p>  <p>9:00 Beauty Shop            10:00 Soap box Derby Reminisce            11:30 Lunch w/Music  <b>2:00 Residents Birthday Social</b>            4:30 Dinner w/Music</p>	<p><b>29</b></p> <p>10:00 Musical Bingo  <b>11:30 Lunch w/Music</b>            2:00 Ice cream social  <b>3:00 Group Dominoes</b>            4:30 Dinner w/Music</p>	<p><b>30</b></p> <p>Happy Birthday Carole            10:15 Piano Melodies w/Mark            1:45 Independent Word search  <b>2:00 Piano and Guitar with Youth Volunteers (DR)</b>            3:00 Rummikub w/Friends</p>

