

SUN	MON	TUE	WED	THUR	FRI	SAT
		11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:30 Chair Volleyball (EC) 7:00 Dominoes (CR) 7:30 Poker (CR)	8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Fluid Moves (P) 10:00 Line Dancing (EC) 10:30 Bldg. Security, and Housekeeping Forum (ACR) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Drawing Fundamentals with Cynthia Golden-Fraiser (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	2:00 PM Resident Birthday Party (EC) 10:30 Activities & Communications Forum (MR3) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:00 Television Series Thursdays (T) 7:00 Dominoes (CR)	8:30 Strength and Conditioning (G) 10:00 DVD Lecture Series (T) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 4:00 Social Hour (EC) 7:00 Dominoes (CR)	11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)
2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)	3:00 PM Root Beer & Coke Floats (EC) 8:30 Strength and Conditioning (G) 10:00 Fluid Moves (P) 10:30 Landscaping Forum (ACR) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 7:00 Mahjongg (MP) 7:00 Dominoes (CR)	1:00 PM Wellness Reboot (EC) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:30 Chair Volleyball (EC) 7:00 Dominoes (CR) 7:30 Poker (CR)	11:30 AM Banks Food Hall & Downtown (L) 8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Fluid Moves (P) 10:00 Line Dancing (EC) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Painting with Cynthia Golden-Fraiser (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	10:30 Spring Harbor Women of Faith (ACR) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:00 Food Forum (EC) 2:00 Television Series Thursdays (T) 7:00 Dominoes (CR)	2:00 PM Medicare Updates & Scams (EC) 8:30 Strength and Conditioning (G) 10:00 DVD Lecture Series (T) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 4:00 Social Hour (EC) 7:00 Dominoes (CR)	11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)
2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)	TBD Oppenheimer Movie Trip (L) 8:30 Strength and Conditioning (G) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 7:00 Mahjongg (MP) 7:00 Dominoes (CR)	10:30 AM Town Hall (EC) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:30 Chair Volleyball (EC) 7:00 Dominoes (CR) 7:30 Poker (CR)	8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Fluid Moves (P) 10:00 Line Dancing (EC) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Drawing Fundamentals with Cynthia Golden-Fraiser (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	6:00 PM Trivia & Karaoke Night (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:00 Television Series Thursdays (T) 7:00 Dominoes (CR)	1:00 PM Nutwood Winery (L) 8:30 Strength and Conditioning (G) 10:00 DVD Lecture Series (T) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 4:00 Social Hour (EC) 7:00 Dominoes (CR)	11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)
10:00 AM Devotions with Sam (T) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)	2:00 PM Super Bingo (EC) 8:30 Strength and Conditioning (G) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 7:00 Mahjongg (MP) 7:00 Dominoes (CR)	4:00 PM Dev. w/ Rev Fugh is Back (EC) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:30 Chair Volleyball (EC) 7:00 Dominoes (CR) 7:30 Poker (CR)	8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Fluid Moves (P) 10:00 Line Dancing (EC) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Painting with Cynthia Golden-Fraiser (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	2:00 PM Touchtown Refresher (EC) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:00 Television Series Thursdays (T) 7:00 Dominoes (CR)	4:00 PM Block Party (Front Parking) 8:30 Strength and Conditioning (G) 10:00 DVD Lecture Series (T) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 1:00 Columbus Speech and Hearing (ACR) 2:00 Mobility & Balance (AR) 7:00 Dominoes (CR)	11:00 Chair Volleyball (EC) 1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)
10:00 AM Devotions with Sam (T) 3 - 5 PM Signature Sunday (Apts) 2:00 Movie of the Week (T) 7:00 Dominoes (CR) 7:15 Movie of the Week (T)	8:30 Strength and Conditioning (G) 10:00 Fluid Moves (P) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Mobility & Balance (AR) 7:00 Mahjongg (MP) 7:00 Dominoes (CR)	11:00 Yoga Class (AR) 11:00 Episcopal Communion (CR) 11:30 Sit and Be Fit (CR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev. Fugh (EC) 7:00 Dominoes (CR) 7:30 Poker (CR)	8:30 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Fluid Moves (P) 10:00 Line Dancing (EC) 11:00 Rockin' Rollers (EC) 11:30 ToneZone (EC) 2:00 Drawing Fundamentals with Cynthia Golden-Fraiser (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	10:00 AM Therapy Lecture Series (EC) 5:00 PM SaltCellar Dinner Trip (L) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Yoga Class (AR) 11:30 Sit and Be Fit (CR) 2:00 Television Series Thursdays (T) 7:00 Dominoes (CR)	LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room CR - Card Room EC - Event Center G - Gym	L - Lobby MR3 - Meeting Room 3rd Floor MP - Men's Parlor P - Pool T - Theater

August 2023

Independent Living

Call the Life Enrichment team for more info 706-576-6016 or 6017.

