

LEGACY ESTATES

Activities & Wellness

AUGUST 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:00 Catholic Communion (AR) 1:30 Movie – TO KILL A MOCKINGBIRD (Ch 10) 2:00 Bible Study with Indian Hills Church (AR) 4:00 Music by CHRIS SAYRE (GDR) BRUNCH 11:00-200	2 10:00 Sunflower Chat (AR) 10:00 Shop @ SUNMART** 11:00 Wii Bowling (FSR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Men's Bridge (P) 1:15 Goodbye Party for Christ's Kids (AR) 6:30 Pinochle (P) GOODWILL PICKUP**	3 10:00-11:00 CHEF FEST VIP HOUR FOR RESIDENTS 2:00 Travelogue – WILD ALASKA (AR) CHEF FEST 11:00-2:00pm (throughout the facility)	4 10:30 BINGO (AR & P) 11:45 Mind & Body Relaxation (FC) 1:00 POOL LEAGUE (P) 1:30 Movie – THE LOCKET (Ch 10) 1:30 Pinochle (P) 2:00 Rocking on Gibraltar (AR) 3:30 HAPPY HOUR (P)	5 9:00 PODIATRY CHECKS (NS) ** 10:00 Kings on Corner (AR) 10:00 RED HAT Lunch at CASTLE UNICORN** 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Movie- THE LOCKET (T) 1:30 Dominoes (P) 2:00 Lemonade Facts (AR) 7:00 Music by STRINGS & ROSES (GDR)	6 9:00 WATER AEROBICS** 9:00-11:00 Nail Care (AR) 12:30 Ladies' Bridge (P) 1:30 Travelogue - WILD ALASKA (T) 1:30 Let's Talk (AR) 3:00 Catholic Mass (AR)	7 10:30 BINGO (AR & P) 1:30 Pitch (P) 1:30 Movie - PAINT YOUR WAGON (T) 2:00 Travel Destination (AR)
8 10:00 Catholic Communion (AR) 11:00 Shop @ OLD CHENEY FARMER'S MARKET** 1:30 Movie- PAINT YOUR WAGON (Ch 10) 2:00 Chapel with Evangelical Free Church (AR)	9 10:00 Putt Putt Golf (AR) 11:00 Wii Bowling (FSR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Men's Bridge (P) 2:00 Who Am I? (AR) 6:30 Pinochle (P) HORSESHOE CASINO**	10 10:30 BINGO (AR & P) 12:30 Ladies' Bridge (P) 1:00 PODIATRY CHECKS (NS) 1:00 Poker (P) 2:00 Birthday Party - Music by WAYNE MILLER (GDR)	11 10:00 Card BINGO (AR) 11:00 LUNCH @ GREENFIELD'S & VAN RIDE TO WILBER** 11:45 Mind & Body Relaxation (FC) 1:00 POOL LEAGUE (P) 1:30 Pinochle (P) 1:30 Movie- INVICTUS (Ch 10) 2:00 August Craft (AR) 3:30 HAPPY HOUR (P) 7:05 SALTDogs' BASEBALL GAME*	12 10:30 Music Therapy (AR) 11:50 Stretch, Tone & Balance (FC) 1:00 Van Trip to LINCOLN CHILDREN'S ZOO** 1:30 Dominoes (P) 2:00 Fair Day Party (P) 6:00 FISHING TRIP** 6:30 MOVIE PREMIERE - INVICTUS (T)	13 9:00 WATER AEROBICS** 9:00-11:00 Nail Care (AR) 12:30 Ladies' Bridge (P) 1:00 Shop @ DOLLAR TREE* 1:30 Ramadan (AR) 3:00 Catholic Mass (AR)	14 10:30 BINGO (AR & P) 1:30 Movie – HOPE FLOATS (T) 1:30 Pitch (P) 2:30 Performance by DWIGHT CZECH DANCERS (GDR)
15 10:00 Catholic Communion (AR) 1:30 Movie- HOPE FLOATS (Ch 10) 2:00 Bible Study with Indian Hills Church (AR) 5:30 WATERMELON FEED (P) BRUNCH 11:00-2:00	16 9:30 Shop @ WAL-MART** 10:00 Current Events (AR) 11:00 Wii Bowling (FSR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Men's Bridge (P) 2:00 Stone Age (AR) 6:30 Pinochle (P)	17 10:30 BINGO (AR & P) 11:30 Men's Group to FAMOUS DAVE'S** 12:30 Ladies' Bridge (P) 1:00 Poker (P) 1:30 Travelogue - GERMANY (T) 2:00 Music by DEL & CAROL WEISS (GDR)	18 10:00 Card BINGO (AR) 11:45 Mind & Body Relaxation (FC) 1:00 POOL LEAGUE (P) 1:30 Movie – THE READING ROOM (Ch 10) 1:30 Pinochle (P) 2:00 Auction (AR) 3:30 HAPPY HOUR (P)	19 10:00 Kings on Corner (AR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Movie- THE READING ROOM (T) 1:30 Dominoes (P) 2:00 Video – THE HORN BLOWS AT MIDNIGHT (TVR) 6:30 Pet Therapy (AR)	20 9:00 WATER AEROBICS** 9:00-11:00 Nail Care (AR) 12:30 Ladies' Bridge (P) 1:30 Travelogue - GERMANY (AR) 3:00 Catholic Mass (AR)	21 10:30 BINGO (AR & P) 1:30 Pitch (P) 1:30 Movie – AUGUST RUSH (T) 2:00 Rootbeer Floats (AR)
22 10:00 Catholic Communion (AR) 1:30 Movie – AUGUST RUSH (Ch 10) 2:00 Bible Study with Indian Hills Church (AR)	23 10:00 Flyswatter Volleyball (AR) 10:00 Shop @ SCHWESERS** 11:00 Wii Bowling (FSR) 11:15 Assisted Residents' Meeting (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Independent Residents' Meeting (GDR) 1:30 Men's Bridge (P) 2:00 A Corny Kind of Dog (AR) 6:30 Pinochle (P)	24 10:30 BINGO (AR & P) 12:30 Ladies' Bridge (P) 1:00 Poker (P) 1:00 VAN RIDE TO WOODLAND HILLS** 2:00 Wedding Memories (AR)	25 10:00 Card BINGO (AR) 11:45 Mind & Body Relaxation (FC) 1:00 POOL LEAGUE (P) 1:30 Movie – THE INHERITANCE (Ch 10) 1:30 Pinochle (P) 1:30 Art Hour w/ Jean Martin (AR) 3:30 NEW RESIDENT SOCIAL (P)	26 9:00 PODIATRY CHECKS (NS)*** 10:00 Learn to Wii Bowl (AR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:00-3:00 PITCH CARD PARTY (P) 1:30 Movie – THE INHERITANCE (T) 1:30 Dominoes (P)	27 9:00 WATER AEROBICS** 9:00-11:00 Nail Care (AR) 12:30 Ladies' Bridge (P) 1:30 Teacher Celebration (GDR) 3:00 Catholic Mass (AR) 6:45 Music by BROADWAY BILL (GDR)	28 10:30 BINGO (AR & P) 1:30 Movie – FRIED GREEN TOMATOES (T) 1:30 Pitch (P) 2:00 Challenge Your Mind (AR) 7:05 SALTDogs' BASEBALL GAME*
29 10:00 Catholic Communion (AR) 1:30 Movie – FRIED GREEN TOMATOES (Ch 10) 2:00 Hymn Sing Along (GDR)	30 10:00 What Am I? (AR) 10:00 Shop @ HY-VEE** 11:00 Wii Bowling (FSR) 11:00 Chair Exercise (AR) 11:50 Stretch, Tone & Balance (FC) 1:30 Men's Bridge (P) 1:30 DIABETES EDUCATION (GDR) 2:00 Wheel of Fortune (AR) 6:30 Pinochle (P)	31 10:30 BINGO (AR & P) 12:30 Ladies' Bridge (P) 1:00 Poker (P) 2:00 Cook's Corner – ROCK CANDY (AR) 7:00 Music by MELODY WRANGLERS (GDR)	Please sign up at the front desk for all activities marked with **		WELLNESS CENTER HOURS Mondays 7:00-11:30 & 12:30-5:00 Tuesdays 8:00-11:30 12:30-2:45 Wednesdays 7:00-11:30 & 12:30-3:00 Thursdays 8:00-11:30 & 12:30-2:45 Fridays 7:00-12:00	ACTIVITY LOCATION KEY P – Pub T – Theatre L – Lobby AR – Activities Room NS – Nurse's Station GDR – Grand Dining Room FSR – Fireside Room MS- Main Street TVR – Assisted TV Room
				MASSAGES Saturdays 10:00am-1:00pm Sign up at the front desk. \$20 for 25 minutes.		