

THE LEGACY

ACTIVITIES & WELLNESS

AUGUST 2010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|--|---|
| 1 1:00 Movie – THE LONG SHOT (Ch 10) 2:00 Chapel w/ Southpointe Christian Church (ADR) 4:00 Jazz Music by NOLAN GRUNDY (GDR) Brunch Buffet 11:00-2:00 (GDR) | 2 9:30 BALANCE THERAPY (AR) 10:30 Body Language (AR) 10:30 Men's Pool Group (FSR) 10:45 STRETCH & TONE (FC) 1:00 Free Sing (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) 2:30 BOOK CLUB (FSR) | 3 8:45 OSTEOBALL EXERCISE (AR) 9:00 Bible Study (FSR) 10:30 BINGO (AR & FSR) 1:00 Pinochle Group (LIB) 1:30 Food Forum (PDR) 2:00 Craft's - Rock Painting (AR) 6:00 Ladies' Pool Group (FSR) | 4 9:00 Shop @ SUNMART** 9:30 BALANCE THERAPY (AR) 10:30 Dominoes (AR) 10:45 STRETCH & TONE (FC) 11:30 Wii Bowling (FSR) 2:00 Healthy Living - ToFu (AR) 3:30 HAPPY HOUR (FSR) 6:15 Grief & Loss Support Group (DWN) | 5 10:00 FREE EQUIPMENT CHECK BY JIM'S HOME HEALTH (FSR) 10:30 Music Therapy (AR) 10:00 Ladies' Pool Group (FSR) 2:00 Smoothies (FSR) 2:15 MIND & BODY RELAXATION (DWN) 3:00 Catholic Mass (AR) 6:00 Men's Pool Group (FSR) 7:00 Music by COUNTRY CROSS (GDR) | 6 9:00 WATER AEROIBCS** 10:00 Star of the Month-Lucille Ball (FSR) 10:45 STRETCH & TONE (FC) 11:30 Ladies' Coffee (FSR) 2:00 Coffee Klatch (AR) 2:00 Poker Group (FSR) | 7 10:00 QUARTER BINGO (AR & FSR) 11:00 Men's Pool Group (FSR) 1:00 VAN RIDE TO WILBER** 1:30 Movie – THE LOCKET (Ch 10) 2:00 Wheel of Fortune (AR) |
| 8 10:50 Shop @ OLD CHENEY FARMER'S MARKET** 1:00 Movie – THE LOCKET (Ch 10) 2:00 Chapel w/ Faith Bible Church (ADR) | 9 9:30 BALANCE THERAPY (AR) 10:30 Front Porch Travels (AR) 10:30 Men's Pool Group (FSR) 10:45 STRETCH & TONE (FC) 12:00 Lunch from Sunrise Coffee Co** (FSR) 1:00 Free Sing (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) Horseshoe Casino Trip** | 10 8:45 OSTEOBALL EXERCISE (AR) 9:00 Bible Study (FSR) 10:30 BINGO (AR & FSR) 1:00 Pinochle Group (LIB) 2:00 Music by CHRIS SAYRE (GDR) August Birthday Party in FSR following music 6:00 Ladies' Pool Group (FSR) | 11 9:00 Shop @ SUPER TARGET* 9:30 BALANCE THERAPY (AR) 10:30 Banana Grams (AR) 10:45 STRETCH & TONE (FC) 11:30 Wii Bowling (FSR) 2:00 Sing-A-Long (TVR) 3:30 NEW RESIDENT SOCIAL (FSR) 7:05 SALTDogs' BASEBALL GAME** | 12 9:00 Podiatry Check (WHR) 10:00 Riddle Me This (AR) 10:00 Ladies' Pool Group (FSR) 1:00 Trip to LINCOLN CHILDREN'S ZOO** 2:00 Fondue It (AR) 2:15 MIND & BODY RELAXATION (DWN) 3:00 Catholic Mass (AR) 6:00 Men's Pool Group (FSR) 6:00 FISHING TRIP** | 13 9:00 WATER AEROIBCS** 10:00 Spiritual Circle (FSR) 10:45 STRETCH & TONE (FC) 12:00 Travelogue with light lunch- ROUTE 66 (DWN) 2:00 Travelogue- ROUTE 66 (TVR & Ch 10) 2:00 Poker Group (FSR) | 14 9:00 FREE EYEGLOSS CHECKS (FSR) 10:00 QUARTER BINGO (AR & FSR) 11:00 Men's Pool Group (FSR) 1:15 Dwight Czech Dancers (GDR) 1:30 Movie – THE READING ROOM (Ch 10) |
| 15 1:00 Movie – THE READING ROOM (Ch 10) 2:00 Chapel w/ Indian Hills Church (ADR) 5:00-7:00 Dance (DWN) Brunch Buffet 11:00-2:00 (GDR) | 16 9:30 BALANCE THERAPY (AR) 10:30 Railroad Spelling (AR) 10:30 Men's Pool Group (FSR) 10:45 STRETCH & TONE (FC) 1:00 Free Sing (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) | 17 8:45 OSTEOBALL EXERCISE (AR) 9:00 Bible Study (FSR) 10:30 BINGO (AR & FSR) 1:00 Pinochle Group (LIB) 2:00 Music by LINCOLN SENIOR CHORUS (GDR) 6:00 Ladies' Pool Group (FSR) | 18 9:00 Shop @ SUNMART** 9:30 BALANCE THERAPY (AR) 10:30 Dominoes (AR) 10:45 STRETCH & TONE (FC) 11:30 Wii Bowling (FSR) 1:00-3:00 PITCH CARD PARTY (DWN) 2:00 Let's Talk - Stonehenge (FSR) 3:30 HAPPY HOUR (FSR) | 19 10:00 Jeopardy (AR) 10:00 Ladies' Pool Group (FSR) 11:15 AL Residents' Meeting (ADR) 1:00 IL Residents' Meeting (DWN) 2:00 Making Ice Cream (AR) 2:15 MIND & BODY RELAXATION (DWN) 3:00 Catholic Mass (AR) 6:00 Men's Pool Group (FSR) | 20 9:00 WATER AEROIBCS** 10:00 Hole in One Party (AR) 10:45 STRETCH & TONE (FC) 11:30 Men's & Ladies' Coffee (FSR) 1:00 Shop @ Gateway Mall** 2:00 Sing-A-Long (TVR) 2:00 Poker Group (FSR) | 21 10:00 QUARTER BINGO (AR & FSR) 11:00 Men's Pool Group (FSR) 1:00 VAN RIDE TO WOODLAND HILLS** 1:30 Movie – INVICTUS (Ch 10) 2:00 Fountain Bar (FSR) |
| 22 1:00 Movie – INVICTUS (Ch 10) 2:00 Chapel w/ Christ's Place Church (ADR) | 23 9:30 BALANCE THERAPY (AR) 10:30 Crazy Eights (AR) 10:30 Men's Pool Group (FSR) 10:45 STRETCH & TONE (FC) 1:00 Free Sing (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) | 24 8:45 OSTEOBALL EXERCISE (AR) 9:00 Bible Study (FSR) 10:30 BINGO (AR & FSR) 1:00 Pinochle Group (LIB) 2:00 State Fair Party (FSR) 3:45 Pet Therapy (TVR) 6:00 Ladies' Pool Group (FSR) | 25 9:00 Shop @ SUNMART** 9:30 BALANCE THERAPY (AR) 10:30 News Bites (AR) 10:45 STRETCH & TONE (FC) 11:30 Wii Bowling (FSR) 2:00 Kitchen Klatter (AR) 3:30 HAPPY HOUR (FSR) | 26 8:00 Men's Breakfast @ CRACKER BARREL** 10:00 Relaxation Time (AR) 10:00 Ladies' Pool Group (FSR) 11:00 Red Hat Lunch @ CHANCES R** 1:30 DIABETES EDUCATION (GDR) 2:15 MIND & BODY RELAXATION (DWN) 3:00 Catholic Mass (AR) 6:00 Men's Pool Group (FSR) | 27 9:00 WATER AEROIBCS** 10:00 Spiritual Circle (FSR) 10:45 STRETCH & TONE (FC) 1:30 Music by BROADWAY BILL (GDR) 2:00 Poker Group (FSR) | 28 10:00 QUARTER BINGO (AR & FSR) 11:00 Men's Pool Group (FSR) 1:00 & 1:45 Car Rides** 1:30 Cards & Games (AR) 1:30 Movie – THE INHERITANCE (Ch 10) 7:05 SALTDogs' BASEBALL GAME** |
| 29 1:00 Movie – THE INHERITANCE (Ch 10) 2:00 Chapel w/ Dale Sutter (ADR) | 30 9:30 BALANCE THERAPY (AR) 10:30 Boggle (AR) 10:30 Men's Pool Group (FSR) 10:45 STRETCH & TONE (FC) 1:00 Free Sing (FSR) 1:00-3:00 Nail Care (AR) 2:00 Pitch Group (FSR) | 31 8:45 OSTEOBALL EXERCISE (AR) 9:00 Bible Study (FSR) 10:30 BINGO (AR & FSR) 1:00 Pinochle Group (LIB) 2:00 Black Cow Floats (FSR) 6:00 Ladies' Pool Group (FSR) | | Please sign up at the front desk for all activities marked with ** | ACTIVITY LOCATION KEY AR - Activity Room FSR - Fireside Room TVR - TV Room DWN - Garden Room GDR - Grand Dining Room FC - Fitness Center WHR - Whirlpool Room L - Lobby LIB - Library | WELLNESS CENTER HOURS Mondays 8:30-11:30 & 12:30-3:30 Tuesdays 6:45-11:30 & 2:30-5:00 Wednesdays 8:30-11:30 & 12:30-3:30 Thursdays 6:45-11:30 & 12:30-5:00 Fridays 8:30-2:00 |