

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Melissa 793-1353</p> <p>Michelle 793-1340</p> <p>Wendy 793-1312</p>	<p>Please sign up for ALL of the trips/events (in RED) that you wish to attend to help us with planning.</p> <p>Calendar is subject to change...</p>	<p><u>IL PICNIC MENU FOR AUGUST 21:</u></p> <p>Baked Haddock Macaroni & Cheese Stewed Tomatoes Cole Slaw Rolls & Butter Sticky Toffee Pudding Cake</p> <p>\$12.00+ tax per person RSVP by calling 793-1317 before or on August 16 (at latest) to avoid a late fee</p>	<p>1</p> <p>9:45-Silver Toning (LGR) 11:00-Chats with Charlie (GCC) 1:00-"Dog Days of Summer" - Hot Dog Bar (Cafe Patio) 1:00-Scrabble (Player's Club) 4:30-Gel Manicures (LGR)</p>	<p>2</p> <p>9:15-Chair Stretching (LGR) 9:30-Trip to Dollar General, Peach Hill Farm Market and Zimmerman's Bulk Store 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library)</p>	<p>3</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR) 10:00-Needlework (Great Room) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>
<p>4</p> <p>10:30-Chapel Worship (BMC) 3:00-Card Club (Library)</p>	<p>5</p> <p>10:00-Swing into Shape (LGR) 10:30-Water Aerobics – stations on your own 11:00-Water Volleyball 1:00-Bible Study (Library) 2:00-Bob Onskt - Guitarist (GCC) 6:00-Card Club (Library)</p>	<p>6</p> <p>9:30-Wal-Mart 2:00-Let's make Key Lime Dessert (Rec Room) 3:00-Discussion Group with Harry & Tom (LGR)</p>	<p>7</p> <p>10:00-"Spaghetti Wednesday" at DelGrosso Park - you may go to the lazy river, if you would like (2nd meal choice is Lasagna) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis – stations on your own 11:00-Water Volleyball</p>	<p>8</p> <p>9:30 -Community Update Breakfast w/Lisa (GCC) 1:00-Scrabble (Player's Club) 2:00-Make and take beaded bangle bracelet (Rec Room) 2:00-Lutheran Communion (BMC)</p>	<p>9</p> <p>9:15-Chair Stretching (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 12:45-Quarterly Birthday Party (Cafe) 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library)</p>	<p>10</p> <p>10:00-Needlework (Great Room) 10:00-Table Tennis, Darts and Shuffleboard (LGR) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>
<p>11</p> <p>Holy Communion Sunday</p> <p>10:30-Chapel Worship (BMC) 3:00-Card Club (Library)</p>	<p>12</p> <p>9:15-Silver Cardio OR Walking Program (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Quarterly Residents' Association Meeting (GCC) 2:00-Cognitive Fitness (Library) 3:00-Watermelon Welcome (MW Pavilion) 6:00-Card Club (Library)</p>	<p>13</p> <p>9:30-Giant Eagle 9:45 AM-Silver Toning (LGR) 1:15 PM-Yoga (LGR) 1:30 PM-Movie - "Eight Below" and icy treat (GCC) 3:00 PM-Alzheimer's Support Group (Club Room) 4:30 PM-Dining for Dollars @ The Villa Capri</p>	<p>14</p> <p>Golf Tournament</p> <p>9:00-Wake up with Wendy (Cafe Patio) 10:00-Swing into Shape (LGR) 10:30-Blood Pressure Screening (Community Nursing Office) 1:15-Line Dancing (LGR) 2:00-Dick McConnell music (Cafe)</p> 	<p>15</p> <p>9:45-Silver Toning (LGR) 11:00-Chats with Charlie (GCC) 1:00-Scrabble (Player's Club) 2:00-Banana Split Bash (MW Pavilion) 3:00-Catholic Mass (BMC) 6:00-Meet Crazy Horse Family Elder & Author W. Matson at the Southern Alleghenies Museum of Art in Altoona</p>	<p>16</p> <p>9:15-Chair Stretching (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 11:30-Trip to Woody Lodge Winery 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library) RSVP by calling 793-317 before the end of today to avoid a late sign-up fee for the August 21 picnic</p>	<p>17</p> <p>10:00-Table Tennis, Darts and Shuffleboard (LGR) 10:00-Needlework (Great Room) 2:00-Bingo (Library) 3:00-Card Club (Library)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:30-Chapel Worship (BMC) 3:00-Card Club (Library)	19 9:00-Massages by Ashley, LMT (room across from fitness room - Appointments BEGIN at 9:00) 9:15-Silver Cardio OR Walking Program (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Bible Study (Library) 2:00-Cognitive Fitness (Library) 3:00-Rock Painting (Rec Room) 6:00-Card Club (Library)	20 9:30-Wal-Mart 9:45-Silver Toning (LGR) 1:15-Yoga (LGR) 2:00-Chatty Chicks Summer Cocktail Party (Café Patio) 4:30-Gel Manicures (LGR) Appointments BEGIN at 4:30	21 NO Food Demo this month 9:15-Zumba Gold (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis 11:00-Water Volleyball 12:30-Blood Pressure Screening (Community Nursing Office) 1:15-Line Dancing (LGR) 2:00-Make a chia pet (Rec Room) 4:30-Picnic (MW Pavilion)	22 9:00 AM-Trip to Altoona Farmer's Market and coffee at the Clay Cup 1:00 PM-Scrabble (Player's Club) 2:00 PM-"What in the world is happening now"? w/Chaplain (Cafe) 4:30 PM-Gel Manicures (LGR) Appointments BEGIN at 4:30	23 9:15-Chair Stretching (LGR) 9:30-Shopping at Logan Town Center, Lunch out and shop at Aldi's 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 2:00-Spiritual Journeys & Conversations w/Chaplain (Rec Room) 4:30-Terrace Hour (Cafe) 6:00 -Card Club (Library)	24 10:00-Needlework (Great Room) 10:00-Table Tennis, Darts and Shuffleboard (LGR) 2:00-Bingo (Library) 3:00-Card Club (Library)
25 10:30-Chapel Worship (BMC) 3:00-Card Club (Library)	26 9:00-Pastries with Guys & Gals (Coffee Shop) 9:15-Silver Cardio OR Walking Program (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Bible Study (Library) 2:00-Cognitive Fitness (Library) 3:00-"Dog Day" Party - Bring your dog! Come for a dreamsicle & a special treat for your dog (MW Pavilion) 6:00-Card Club (Library)	27 9:30-Giant Eagle 11:00-Religious Life Committee Meeting (BMC) 2:00-Men's Snack & Yack Pack -Cool dudes cool snacks (Café Patio) 2:00-Parkinson's Support Group w/Jody Hurley (LGR)	28 9:00-Wake up with Wendy (Cafe Patio) 9:15-Zumba Gold (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Arthritis 11:00-Water Volleyball 1:15-Line Dancing (LGR) 2:00-Circle of Friends (Rec Room)	29 9:30-Trip to Mt. Assisi Gardens & Lunch at Vito's Restaurant & Pizzeria 9:45-Silver Toning (LGR) 11:00-Chats with Charlie (GCC) 1:00-Scrabble (Player's Club)	30 9:15-Chair Stretching (LGR) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 2:00 -Let's make ice cream sandwiches (MW Pavilion) 4:30-Terrace Hour (Cafe) 6:00-Card Club (Library)	31 10:00-Table Tennis, Darts and Shuffleboard (LGR) 10:00-Needlework (Great Room) 2:00-Bingo (Library) 3:00-Card Club (Library)