



# AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Locations</b> Alpine Room, ALP Bistro, B Desert Sheep Dining Room, DSDR Exercise Room, ER	Lobby, L Malapais, MR Second Floor Balcony, SFB Second Floor Dining Room, SFDR	<b>1</b> 9:30 Morning Muffins 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:45 Bingo <b>2:45 Chair Yoga w/Karen</b>	<b>2</b> 9:00 Music w/Meghan 10:15 FIT to Balance® 12:00 P.A.L.S. With Sasha <b>12:15 Meg &amp; Preston Piano Showcase, MR</b> 1:00 Movement w/Music <b>2:30 Movie B-Day Party, ALP</b>	<b>3</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Timeless Trivia <b>1:15 Museum of Northern Arizona</b> 4:00 Daily Devotions	<b>4</b> 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 1:30 Sentimental Reflections 3:00 Happy Hour Performance, MR	<b>5</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®
<b>6</b> 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>7</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement w/Music <b>2:00 Creative Cooking</b> 3:00 Beautiful Nails	<b>8</b> 9:30 Morning Muffins 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:45 Bingo <b>3:15 Music w/B.</b>	<b>9</b> 9:00 Music w/Meghan 10:00 Intro to Tai Chi, MR 1:00 Movement w/Music 2:30 P.A.L.S. With Sasha 3:30 FIT to Balance®	<b>10</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club <b>2:30 Park Picnic Party</b> 4:00 Did You Know?	<b>11</b> 9:30 Guitar w/Dan Graves 9:45 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® <b>1:15 Peaks Spotlight, MR</b> 3:00 Happy Hour Performance, MR	<b>12</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters <b>1:10 Walking Club</b> 2:00 Bingo 3:30 FIT to Balance®
<b>13</b> 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>14</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement w/Music <b>2:00 Crafter's Corner</b> 3:00 Beautiful Nails	<b>15</b> 9:30 Morning Muffins 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:45 Bingo <b>3:15 Music w/B.</b>	<b>16</b> 9:00 Music w/Meghan 10:15 FIT to Balance® 12:00 P.A.L.S. With Sasha 1:00 Movement w/Music <b>2:30 Music Walk Dessert Party, ALP</b>	<b>17</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Timeless Trivia <b>1:15 Bookman's Outing</b> 4:00 Daily Devotions	<b>18</b> 9:30 Doughnut Shop 9:45 News & Views 10:15 FIT to Stretch® 1:30 Sentimental Reflections 3:00 Happy Hour Performance, MR	<b>19</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters <b>10:30 Dance for Joy, ALP</b> 1:00 Singalong 2:00 Bingo 3:30 FIT to Balance®
<b>20</b> 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>21</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement w/Music <b>2:00 Creative Cooking</b> 3:00 Beautiful Nails	<b>22</b> 9:30 Morning Muffins 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:45 Bingo <b>3:15 Music w/B.</b>	<b>23</b> 9:00 Music w/Meghan 10:00 Intro to Tai Chi, MR 12:00 P.A.L.S. With Sasha 1:00 Movement w/Music 3:30 FIT to Balance®	<b>24</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage 12:15 Walking Club <b>2:30 Carnival Party</b> 4:00 Did You Know?	<b>25</b> 9:30 Guitar w/Dan Graves 9:45 Doughnut Shop 10:15 News & Views 10:30 FIT to Stretch® <b>1:15 Peaks Spotlight, MR</b> 3:00 Happy Hour Performance, MR	<b>26</b> <b>9:15 Holy Catholic Communion</b> 9:30 Brain Busters <b>1:10 Walking Club</b> 2:00 Bingo 3:30 FIT to Balance®
<b>27</b> 9:30 Spiritual Music 9:45 News & Views 1:15 FIT to Pedal® <b>1:45 Sunday Matinee</b> <b>2:00 Ice Cream Social</b>	<b>28</b> 9:30 FIT to Be Strong® 10:30 FIT to Stretch® 1:00 Movement w/Music <b>2:00 Crafter's Corner</b> 3:00 Beautiful Nails	<b>29</b> 9:30 Morning Muffins 10:00 FIT to Pedal® 10:30 Piano w/Adrienne 1:45 Bingo <b>3:15 Music w/B.</b>	<b>30</b> 9:00 Music w/Meghan 10:15 FIT to Balance® 12:00 P.A.L.S. With Sasha 1:00 Movement w/Music <b>2:00 Valiant Veterans® DSDR</b> 3:30 Treasures of the Heart®	<b>31</b> 9:30 FIT to Be Strong® 10:15 Aromatherapy Hand Massage <b>12:30 Pam &amp; Lori's Facials</b> <b>2:00 Around the World: Australia</b> 4:00 Daily Devotions	<b>Birthdays</b> Julia A., 1st                      Clara J., 20th Margaret S., 18th                Margaret G., 24th  <b>Calendar events subject to change.</b>	