
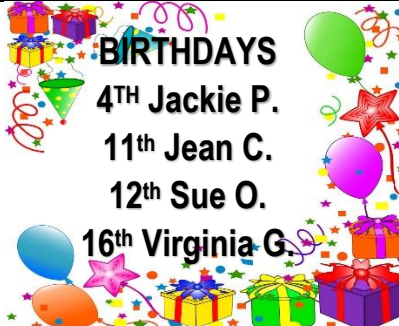




Life Enrichment Calendar –August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Trips this Month 1 ST Dollar General		1 9:00 Trip to Dollar General 10:00 Rummikub 11:00 Puppy Playtime 11:00 Walking Club 11:00 Music in Motion 1:00 Balance Exercises 2:30 Birthday Party for August 4:00 Sit Down Dancing	2 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Game - Sequence 11:00 Music in Motion 1:00 Side By Side (Music) 3:00 Happy Hour 4:00 Sit Down Dancing	3 10:00 Sequence & Board Games 11:00 Walking Club 11:00 Music in Motion 12:45 Meditation Moments 1:00 Wii Bowling 4:00 Sit Down Dancing PANORAMA DAYS	4 Happy Birthday Jackie P. TBA Panorama Days Parade 11:00 Walking Club 11:00 Music in Motion 3:00 Sit Down Dancing 7:00 Lawrence Welk PANORAMA DAYS
5 11:00 Walking Club 11:00 Music in Motion 2:30 Movie & Popcorn 4:00 Sit Down Dancing Dusk-Shirley Temple Movie Outside PANORAMA DAYS	6 Place Orders for Groceries 9:00 Men's Coffee 9:45 Music 10:00 BINGO 11:00 Music in Motion 1:00 Balance Exercises 1:30 Cribbage 4:00 Sit Down Dancing	7 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 10:00 Church 11:00 Music in Motion 1:00 Bible study 12:30 Trip to Walgreens 3:00 Resident Meeting 4:00 Sit Down Dancing SENIOR DENTAL HERE TODAY	8 10:00 Music with Jerry Michael 11:00 Puppy Playtime 11:00 Music in Motion 1:00 Balance Exercises 2:00 Cards - UNO 4:00 Sit Down Dancing	9 PODIATRIST HERE TODAY 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Game - Sequence 11:00 Music in Motion 11:00 Walking Club 3:00 Happy Hour 4:00 Sit Down Dancing	10 9:00 Therapy Dog 10:00 Sequence & Board Games 11:00 Walking Club 11:00 Music in Motion 12:45 Meditation Moments 1:00 Wii Bowling 4:00 Sit Down Dancing	11 Happy Birthday Jean C. TBA Sweet Corn Parade-Adel 11:00 Walking Club 11:00 Music in Motion 3:00 Sit Down Dancing 7:00 Lawrence Welk
12 Happy Birthday Sue O. 11:00 Walking Club 11:00 Music in Motion 2:00 Movie & Popcorn 4:00 Sit Down Dancing 5:00 Gospel Night – First Christian Church	13 Place Orders for Groceries TRIP TO THE IOWA STATE FAIR 9:00 Men's Coffee 9:45 Music 10:00 Word Games 11:00 Walking Club 11:00 Music in Motion 4:00 Sit Down Dancing	14 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Music in Motion 1:00 Bible study 2:00 Trip to 4:00 Sit Down Dancing	15 10:00 Rummikub 11:00 Puppy Playtime 11:00 Music in Motion 1:00 D.O.T. Presentation for Senior Drivers 2:00 Cards - UNO 4:00 Sit Down Dancing	16 Happy Birthday Virginia G. 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Game – Dominoes 11:00 Walking Club 11:00 Music in Motion 1:00 Cards-Mr. Wilson 3:00 Happy Hour 4:00 Sit Down Dancing	17 VITALS CLINIC TODAY 9:00 Therapy Dog 10:00 Sequence & Board Games 11:00 Walking Club 11:00 Music in Motion 12:45 Meditation Moments 1:00 Wii Bowling 4:00 Sit Down Dancing 4:30 Supper at Just Ethel's-Yale	18 TBA Linden Days Parade 11:00 Walking Club 11:00 Music in Motion 3:00 Sit Down Dancing 7:00 Lawrence Welk
19 11:00 Walking Club 11:00 Music in Motion 2:00 Movie & Popcorn 4:00 Sit Down Dancing	20 Place Orders for Groceries 9:00 Men's Coffee 10:00 BINGO 11:00 Walking Club 11:00 Music in Motion 1:00 Balance Exercises 1:30 Cribbage 4:00 Sit Down Dancing	21 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Music in Motion 1:00 Bible study 4:00 Sit Down Dancing	22 SCENIC DRIVES TODAY 10:00 Rummikub 11:00 Puppy Playtime 11:00 Music in Motion 1:00 Balance Exercises 2:00 Cards - UNO 4:00 Sit Down Dancing	23 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Music with Bill Tillman 11:00 Music in Motion 1:00 Cards-Mr. Wilson 3:00 Happy Hour 4:00 Sit Down Dancing	24 8:00 Breakfast on the Beach 10:00 Sequence & Board Games 11:00 Walking Club 11:00 Music in Motion 12:45 Meditation Moments 1:00 Wii Bowling 4:00 Sit Down Dancing	25 WALK TO END ALZHEIMER'S-Des Moines 11:00 Walking Club 11:00 Music in Motion 3:00 Sit Down Dancing 7:00 Lawrence Welk
26 11:00 Walking Club 11:00 Music in Motion 2:00 Movie & Popcorn 4:00 Sit Down Dancing	27 Place Orders for Groceries 9:00 Men's Coffee 9:45 Music 10:00 BINGO 11:00 Walking Club 11:00 Music in Motion 1:00 Balance Exercises 1:30 Cribbage 4:00 Sit Down Dancing	28 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Music in Motion 1:00 Bible study 4:00 Sit Down Dancing	29 10:00 Rummikub 11:00 Puppy Playtime 11:00 Music in Motion 1:00 Balance Exercises 2:00 Cards - UNO 4:00 Sit Down Dancing	30 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Game - Dominoes 11:00 Music in Motion 1:00 Cards-Mr. Wilson 3:00 Happy Hour 4:00 Sit Down Dancing	31 9:00 Therapy Dog 10:00 Sequence & Board Games 11:00 Walking Club 11:00 Music in Motion 12:45 Meditation Moments 1:00 Wii Bowling 4:00 Sit Down Dancing	 BIRTHDAYS 4 TH Jackie P. 11 th Jean C. 12 th Sue O. 16 th Virginia G.

The Gardens Life Enrichment Calendar – AUGUST 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 8:45 Walking Club 9:00 Music Speaks 11:00 Sit Down Dancing 11:00 Puppy Playtime 2:00 Fill Bird Feeders 2:30 Birthday Party for August 4:00 Music in Motion</p>	<p>2 Hair Day 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Hand Massage 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>3 8:45 Fill Bird Baths 10:00 Word Search 11:00 Sit Down Dancing 11:15 Arrange Flowers 2:00 Adult Coloring 4:00 Music in Motion</p>	<p>4 PANORAMA DAYS PARADE 8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>5 8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie & Popcorn 4:00 Music in Motion</p>	<p>6 9:00 Men's Coffee 9:45 Music 10:00 BINGO! 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>7 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 3:00 Resident Meeting 4:00 Music in Motion</p>	<p>8 SENIOR DENTAL TODAY 8:45 Walking Club 9:00 Music Speaks 11:00 Puppy Playtime 1:00 Balance Exercises 2:00 Fill Bird Feeders 4:00 Music in Motion</p>	<p>9 STAYCATION/VACATION Hair Day 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Hand Massage 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion PODIATRIST COMES TODAY</p>	<p>10 8:45 Fill Bird Baths 9:30 Therapy Dog - Sadie 11:00 Sit Down Dancing 11:15 Arrange Flowers 2:00 Adult Coloring 4:00 Music in Motion</p>	<p>11 ADEL SWEET CORN PARADE 8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>12 8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie & Popcorn 4:00 Music in Motion 5:00 Gospel Night at The First Christian Church</p>	<p>13 9:00 Men's Coffee 9:45 Music 10:00 BINGO! 11:00 Sit Down Dancing 1:00 Games – Residents Choice 3:15 Snack 4:00 Music in Motion</p>	<p>14 MASSAGE THERAPY TODAY Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 2:00 Word Games 4:00 Music in Motion</p>	<p>15 8:45 Walking Club 9:00 Music Speaks 11:00 Sit Down Dancing 11:00 Puppy Playtime 2:00 Fill Bird Feeders 4:00 Music in Motion</p>	<p>16 Hair Day 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Hand Massage 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>17 8:45 Fill Bird Baths 9:30 Therapy Dog - Carmel 11:00 Sit Down Dancing 11:15 Arrange Flowers 2:00 Adult Coloring 4:00 Music in Motion</p>	<p>18 LINDEN DAYS PARADE 8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>19 8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie & Popcorn 4:00 Music in Motion</p>	<p>20 9:00 Men's Coffee 9:45 Music 10:00 BINGO! 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>21 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 4:00 Music in Motion</p>	<p>22 8:45 Walking Club 9:00 Music Speaks 10:00 Sit Down Dancing 11:00 Puppy Playtime 2:00 Fill Bird Feeders 4:00 Music in Motion</p>	<p>23 Hair Day 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Music with Bill Tillman 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>24 8:00 Breakfast on the beach 8:45 Fill Bird Baths 11:00 Sit Down Dancing 11:15 Arrange Flowers 2:00 Adult Coloring 4:00 Music in Motion</p>	<p>25 8:45 Walking Club 11:00 Sit Down Dancing 4:00 Music in Motion 7:00 Lawrence Welk</p>
<p>26 8:45 Walking Club 9:30 Church on DVD/TV 11:00 Sit Down Dancing 2:00 Movie & Popcorn 4:00 Music in Motion</p>	<p>27 9:00 Men's Coffee 9:45 Music 10:00 BINGO! 11:00 Sit Down Dancing 1:00 Games – Residents choice 3:15 Snack 4:00 Music in Motion</p>	<p>28 Hometown Foods Delivery Day 9:00 Live 2 B Healthy 9:45 Meditation Moments & Hymns 10:00 Church 11:00 Sit Down Dancing 1:00 Bible Study 4:00 Music in Motion</p>	<p>29 8:45 Walking Club 9:00 Music Speaks 10:00 Sit Down Dancing 11:00 Puppy Playtime 2:00 Fill Bird Feeders 4:00 Music in Motion</p>	<p>30 Hair Day 9:00 Live 2 B Healthy 9:45 Meditation Moments 10:00 Hand Massage 11:00 Sit Down Dancing 3:00 Social Hour 4:00 Music in Motion</p>	<p>31 8:45 Fill Bird Baths 9:30 Therapy Dog 11:00 Sit Down Dancing 11:15 Arrange Flowers 2:00 Adult Coloring 4:00 Music in Motion</p>	