

IN-PERSON ACTIVITIES: AUGUST 1ST – 7TH

“WEEK AT A GLANCE”

Sunday August 1 st	Monday August 2 nd	Tuesday August 3 rd	Wednesday August 4 th	Thursday August 5 th	Friday August 6 th	Saturday August 7 th
<p>10:30 Cardio Drumming Broadview Rm</p> <hr/> <p>1:00 <i>RR</i> Bridge Game Room</p> <p>1:30 Play Reading Broadview Rm</p> <p>3:00 <i>RR</i> Card & Board Games Game Room</p>	<p>8:30 Stretch & Flex Broadview Rm</p> <p>9:15 Enhance Fitness Broadview Rm</p> <p>10:30* Grocery Trip Trader Joe's</p> <hr/> <p>1:00 Gentle Chair Yoga w Binka Broadview Rm</p> <p>2:30 Watercolors w Cathy Shiovitz Broadview Rm</p>	<p>9:00 Pool Fitness</p> <p>9:30 <i>RR</i> Knitter's Korner Bistro</p> <p>9:45 Stretch & Flex Broadview Rm</p> <p>10:30 Film History w Lance Rhoades <i>The Outlaw</i></p> <hr/> <p>1:00 Contemporary Ethics w David Smith Broadview Rm</p> <p>2:00 <i>RR</i> Mahjong Game Room</p> <p>2:15 Men's Group w Cliff Library</p> <p>3:30 Cardio Drumming Broadview Rm</p>	<p>8:30 Stretch & Flex Broadview Rm</p> <p>9:15 Enhance Fitness Broadview Rm</p> <p>10:30 Balance Basics Broadview Rm</p> <p>10:30* Scenic Drive Monroe</p> <hr/> <p>1:00 Current Events w Jacob Bolotin Broadview Rm</p> <p>2:00 <i>RR</i> Bible Discussion Group Fireside Lounge</p> <p>(2:30 <i>August Birthdays Reception – Invitation Only</i>)</p> <p>6:30 <i>RR</i> Bridge Broadview Rm</p>	<p>9:00 Pool Fitness</p> <p>9:00 Balance w Select Rehab Broadview Rm</p> <p>9:45 Stretch & Flex Broadview Rm</p> <p>10:30 Food Advisory with Brian Broadview Rm</p> <hr/> <p>1:00 Theatre Games Broadview Rm</p> <p>2:15 Women's Group w Leah Library</p> <p>3:30 <i>Return to the Past: Dana Sanders Dance Performance</i> Broadview Rm</p>	<p>8:30 Stretch & Flex Broadview Rm</p> <p>9:15 Aerobics & Weight Training Broadview Rm</p> <p>10:30 <i>Hits Through the Years – Songs to Sing or Swing to w Bob</i> Broadview Rm</p> <hr/> <p>1:00 <i>You & We</i> -Talk with Life Enrichment Director, Dana Sanders <i>-For All Residents-</i> Broadview Room</p> <p>3:00 Bingo Broadview Rm</p>	<p>9:30* Park Walk Seward Park</p> <hr/> <p>1:00 Doggy Social Garden</p> <p>2:30 Muffins & Mimosas Social Hour Broadview Rm</p>

* = Sign up in Bistro Binders BA = Broadview Activity Rm RR = Resident-Run