

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities in Blue require you to sign up in the notebook at the front desk Special events are in Red ***** Pinnacle Bank Tues-Wed-Thru 10-2 ***** Patti/Mary Kay-Tues. Aug 6	AER -Aerobics Room-Thrive EDR-Education Room-Dining VT-Village Theatre-AL 1st ***** Please wear your name tags the first week of the month. This helps everyone get to know each other. Thanks!	The Landing Rummage Sale Wed. Aug.21-6:30-4 Thurs. Aug 22-6:30-2 Thrive Center No Clothes or Shoes All proceeds will be given to the Alzheimer's Assn. Volunteer sign up sheet at the front desk	Sign up sheets for outings with the bus are in the three ring notebook at the front desk ***** Note-Rise N Shine will be at 8:30AM on Tues & Thurs. in the Aerobics Room/Thrive ***** Please have all transportation requests in 24 hr. prior to appt. Thanks!	1 8:30 Rise N Shine-AER 9:30 AL Polish To Go 9:30 Tabitha Vital Signs 1:00 Shopping: Kohl's 2:00 Decorate Sacks for MOW VT	2 9:00 Rise N Shine AER 10:00 Pitch 10:00 Writing Group-EDR 10:30 Catholic Devotions VT 11:00 Sr. Brain Fitness-VT 4:00 Social Hour Music: Wayne Miller	3 9:00 Rise N Shine AER 9:00 Wii Bowling 2&7 Movie
4 10:15 Worship AER 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	5 9:00 Rise N Shine AER 10:00 Sing Along with Doris 2:00 Music & Movement-VT	6 8:30 Rise N Shine-AER 9:00 Wii Bowling 10:00 Pitch 10:00 Knit Together 10:00 Bus to Sunken Garden No Silver Chords/Choir No Chime Choir Patti Bailey with Mary Kay will be in the Thrive Center	7 9:00 Rise N Shine AER 10:00 Bible Study EDR 1:00 Bible Truths VT 2:00 Bingo VT	8 8:30 Rise N Shine AER 9:30 AL Polish To Go 1:00 Shopping: Trader Jo's 2:00 The Best of Johnny Caron -Video-VT	9 9:00 Rise N Shine AER 10:00 Pitch 10:00 Writing Group-EDR 11:00 Sr. Brain Fitness-VT 4:00 Social Hour Music: Chris Sayre	10 9:00 Rise N Shine AER 9:00 Wii Bowling 2&7 Movie
11 10:15 Worship AER 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie	12 9:00 Rise N Shine AER 10:00 Some "Corny" Fun Facts AL Lobby 1:00 RAC-EDR 2:00 AL Birthday Party 2:30 AL Resident Meeting	13 8:30 Rise N Shine-AER 9:00 Wii Bowling 9:30 Coffee/Donuts-Patio 10:00 Pitch 10:00 Knit Together 1:00 Silver Chords AER 2:00 Chime Choir EDR 7:00 Parkinson's Support	14 9:00 Rise N Shine AER 10:00 Bible Study EDR 1:00 Bible Truths VT 2:00 Music by Brian Roe AER	15 8:30 Rise N Shine AER 9:00 Christensen Audiology VT 9:30 AL Polish To Go 9:30 Tabitha Vital Signs 1:00 Shopping: Walgreens 2:00 Celebration of Life Service AER	16 9:00 Rise N Shine AER 10:00 Pitch 10:00 Writing Group EDR 11:00 Sr. Brain Fitness VT 11:00 Lunch Bunch Screamers 4:00 Social Hour: Tim Javorsky	17 9:00 Rise N Shine AER 9:00 Wii Bowling 2&7 Movie
18 10:15 Worship AER 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie 6:15 Bus to Lincoln Municipal Band Concert-Antelope Park	19 9:00 Rise N Shine AER 9:00 Foot Dr. IL 1:00 AL 9:30 Coffee with John /Patio 10:00 Let's Talk About The State Fair AL Lobby 2:00 Bunco VT	20 8:30 Rise N Shine-AER 9:00 Wii Bowling 9:00 Set Up Rummage Sale 10:00 Pitch 10:00 Knit Together 2:30 Choir to sing at Clark Jeary Leave 1:45 No Chime Choir	21 6:30-4 Rummage Sale 9:00 Rise N Shine AER 10:00 Bible Study EDR 1:00 Bible Truths VT 2:00 Bingo VT	22 6:30-2 Rummage Sale 8:30 Rise N Shine AER 9:30 AL Polish To Go 12:30-4 AARP Safe VT Driving Course 1:00 Shopping: Target	23 9:00 Rise N Shine AER 10:00 Pitch 10:00 Writing Group EDR 11:00 Sr. Brain Fitness VT 4:00 Social Hour Music: Pam Kraght	24 9:00 Rise N Shine AER 9:00 Wii Bowling 2&7 Movie
25 10:15 Worship AER 10:00 Rosary 10:30 Catholic Communion 11-1 Brunch 2&7 Movie 1:00 Bus to Wesleyan Musical Foot Loose	26 9:00 Rise N Shine-AER 10:00 Bus to Lincoln Children's Zoo 2:00 Bunco VT	27 8:30 Rise N Shine-AER 9:00 Wii Bowling 10:00 Pitch 10:00 Knit Together 1:00 Silver Chords AER 2:00 Chime Choir EDR	28 9:00 Rise N Shine AER 10:00 Bible Study EDR 1:00 Bible Truths VT 2:00 Bingo VT 7:00 Book Club EDR	29 8:30 Rise N Shine AER 9:30 AL Polish To Go 1:00 Shopping: Walt Library 2:00 The Best of the Dean Martin Variety Show Video-VT	30 9:00 Rise N Shine AER 10:00 Pitch 10:00 Writing Group EDR 11:00 Sr. Brain Fitness VT 2:00 Connected Living 101 EDR 4:00 Social Hour	31 9:00 Rise N Shine AER 9:00 Wii Bowling 11:00 Husker Football Home-South Alabama ESPN 2&7 Movie

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FAMILY SWIM EVERY WEDNESDAY 4:30 - 5:30 p.m. EVERY SATURDAY 9:30 - 11 a.m.	The Pickle Ball Court will be available whenever classes are not being held in the aerobics studio.	Location Key Meets @ Thrive Entrance Aerobics Room Swimming Pool Assisted Living Theater		1 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Aquatic Bootcamp 4:45 Aqua Fit	2 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!	3 8:15 Aqua Fit 9:00 Rise N Shine 10:00 Fusion
4	5 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Aquatic Bootcamp 2:00 Movement & Music	6 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Splash Attack! 4:45 Aqua Fit	7 8:15 Fusion 9:00 Rise N Shine 10:30 Aqua Interval 11:30 Jazzercise Lite® 2:00 Scoot N Boot	8 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Aquatic Bootcamp 4:45 Aqua Fit	9 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!	10 8:15 Aqua Fit 9:00 Rise N Shine 10:00 Fusion
11	12 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Aquatic Bootcamp	13 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Splash Attack! 4:45 Aqua Fit	14 8:15 Fusion 9:00 Rise N Shine 10:30 Aqua Interval 11:30 Jazzercise Lite® 2:00 Scoot N Boot	15 8:30 Rise N Shine 9:00 Yoga Flow 9:30 Destination Walk 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Aquatics Bootcamp 4:45 Aqua Fit	16 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!	17 8:15 Aqua Fit 9:00 Rise N Shine 10:00 Fusion
18	19 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Aquatic Bootcamp	20 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Splash Attack! 4:45 Aqua Fit	21 8:15 Fusion 9:00 Rise N Shine 10:30 Aqua Interval 11:30 Jazzercise Lite® 2:00 Scoot N Boot	22 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Aquatic Bootcamp 4:45 Aqua Fit	23 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!	24 8:15 Aqua Fit 9:00 Rise N Shine 10:00 Fusion
25	26 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Aquatic Bootcamp	27 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Blast 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Splash Attack! 4:45 Aqua Fit	28 8:15 Fusion 9:00 Rise N Shine 10:30 Aqua Interval 11:30 Jazzercise Lite® 2:00 Scoot N Boot	29 8:30 Rise N Shine 9:00 Yoga Flow 10:00 Cardio Dance 10:45 SilverSneakers® 1:30 EZ Tone 2:00 Aquatic Bootcamp 4:45 Aqua Fit	30 8:15 Fusion 9:00 Rise N Shine 9:00 Move & Flex 10:30 Aqua Interval 12:30 Jazzercise Lite® 2:00 Splash Attack!	31 8:15 Aqua Fit 9:00 Rise N Shine 10:00 Fusion