

SUN	MON	TUE	WED	THUR	FRI	SAT
ROOM KEY 1 FL East Lounge - 1st Floor East Lounge AR - Activity Room AS - Art Studio CS - Coffee Shop in AL CL - Corner Lounge GH - Grand Hall LL - Lakeside Lounge	LHC - Lighthouse Chapel MC - Meditation Chapel			8:40 Thoughtful Time Out (AS) 10:00 Store Trip: HyVee & Target 1:00 Helping Hands (AS) 1:30 Bingo (AR) 3:00 Mass (LHC) 6:15 Bridge (CL)	1:00 - 3:00PM Business Center Open House 10:00 Handwork & Sewing Group (AS) 10:00 IL Lakeside Shuttle 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 4:00 Social Hour (LL)	10:00 Resident-Lead Quarter Bingo (GH) 6:30 Movie Night (CL)
9:10 Catholic Reading (MC) 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie Night (CL)	10:00 Quilt Tying (AS) 10:30 Mindfulness Matters (AR) 12:30 Centering Prayer (MC) 12:30 Bridge (CL) 2:00 Bingo (GH) 2:00 Mahjongg (2nd FL IL) 3:00 Book Club (MC) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (CL)	8:40 Thoughtful Time Out (AS) 11:00 Red Hat Outing 1:00 Poker (1 FL East Lounge) 2:00 Dominos (CL) 6:15 Mahjongg (2nd Floor East)	10:30 AL Resident Meeting with Brody & Nicole (AR) 11:00 Faith Matters (MC) 1:00 Mahjongg (IL 2nd Floor East Lounge) 1:00 Manicures (AR) 1:00 Bridge (CL) 3:30 Chime Choir (GH) 6:30 Piano entertainment with Julie Giles (GH)	8:40 Thoughtful Time Out (AS) 10:00 Store Trip: Bakers & Walmart 10:30 Hymn Sing (LHC) 1:00 Helping Hands (AS) 1:30 Bingo (AR) 3:00 Mass (LHC) 6:15 Bridge (CL)	10:00 Handwork & Sewing Group (AS) 10:00 IL Lakeside Shuttle 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 1:30 August Birthday Party (GH) 4:00 Social Hour (LL)	10:00 Resident-Lead Quarter Bingo (GH) 6:30 Movie Night (CL)
9:10 Catholic Reading (MC) 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie Night (CL)	10:30 Outreach Outing to Scatter Joy Acres 12:30 Centering Prayer (MC) 12:30 Bridge (CL) 2:00 Bingo (GH) 2:00 Mahjongg (2nd FL IL) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (CL)	8:40 Thoughtful Time Out (AS) 11:00 Lakeside Outing to Omaha Storm Chasers Baseball Game 1:00 Poker (1 FL East Lounge) 2:00 Dominos (CL) 2:00 When Swing was King (GH) 6:15 Mahjongg (2nd Floor East)	11:00 Faith Matters (MC) 1:00 Mahjongg (IL 2nd Floor East Lounge) 1:00 Bridge (CL) 3:30 Chime Choir (GH) 6:30 Entertainment with Billy Troy (GH)	8:40 Thoughtful Time Out (AS) 10:00 Store Trip: HyVee & Target 1:00 Helping Hands (AS) 1:30 Bingo (AR) 3:00 Mass (LHC) 6:15 Bridge (CL)	10:00 Handwork & Sewing Group (AS) 10:00 IL Lakeside Shuttle 10:30 Husker Campus Social (LHC) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 2:30 The Joy of Backyard Chickens (AR) 4:00 Social Hour (LL)	10:00 Resident-Lead Quarter Bingo (GH) 6:30 Movie Night (CL)
9:10 Catholic Reading (MC) 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie Night (CL)	12:30 Centering Prayer (MC) 12:30 Bridge (CL) 2:00 Bingo (GH) 2:00 Mahjongg (2nd FL IL) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (CL)	8:40 Thoughtful Time Out (AS) 1:00 Poker (1 FL East Lounge) 2:00 Dominos (CL) 3:00 Storytelling (GH) 4:30 Dinner Bunch Outing to Surfside Restaurant 6:15 Mahjongg (2nd Floor East)	11:00 Faith Matters (MC) 1:00 Mahjongg (IL 2nd Floor East Lounge) 1:00 Manicures (AR) 1:00 Bridge (CL) 3:30 Chime Choir (GH) 6:30 Piano entertainment with Alexander James (GH)	8:40 Thoughtful Time Out (AS) 10:00 Store Trip: Bakers & Walmart 10:30 Hymn Sing (LHC) 1:00 Helping Hands (AS) 1:30 Bingo (AR) 3:00 Mass (LHC) 6:15 Bridge (CL)	10:00 Handwork & Sewing Group (AS) 10:00 IL Lakeside Shuttle 10:45 Animal Visit From Scatter Joy Acres (AR) 11:00 IL Lakeside Shuttle 1:00 Popcorn Fridays (CS) 2:00 Getting to Know You (GH) 4:00 Social Hour (LL)	10:00 Resident-Lead Quarter Bingo (GH) 6:30 Movie Night (CL)
9:10 Catholic Reading (MC) 9:20 Catholic Communion (MC) 9:45 Worship Service 10:30 Worship Service (LHC) 1:30 Rummikub Group (AR) 6:30 Movie Night (CL)	12:30 Centering Prayer (MC) 12:30 Bridge (CL) 2:00 Bingo (GH) 2:00 Mahjongg (2nd FL IL) 3:30 Bible Stories (AR) 6:15 Rosary (MC) 6:30 Bridge (CL)	8:40 Thoughtful Time Out (AS) 11:00 Blues Brothers Outing 1:00 Connected Living Launch Party (GH) 1:00 Poker (1 FL East Lounge) 2:00 Dominos (CL) 6:15 Mahjongg (2nd Floor East)	10:00 Resident Meeting (GH) 11:00 Faith Matters (MC) 1:00 Pack the Trunk (IL Lobby) 1:00 Entertainment with Ric (GH) 1:00 Mahjongg (IL 2nd Floor East Lounge) 1:00 Bridge (CL) 3:15 Travelogue: Iowa State Fair (AR) 3:30 Chime Choir (GH)	9-11AM Live Well Go Fish -Loft residents 8:40 Thoughtful Time Out (AS) 10:00 Store Trip: HyVee & Target 10:30 Hymn Sing (LHC) 1:30 Bingo (AR) 3:00 Mass (LHC) 6:15 Bridge (CL)	8:00AM Hot Breakfast - GH 10:00 Handwork & Sewing Group (AS) 10:00 IL Lakeside Shuttle 11:00 IL Lakeside Shuttle 1:00 Helping Hands (AS) 1:00 Popcorn Fridays (CS) 2:30 Life Enrichment Chat (AS) 4:00 Husker Pump-Up Social Hour (LL)	10:00 Resident-Lead Quarter Bingo (GH) 11:00 Nebraska Football Game: South Alabama vs. Nebraska (GH) 6:30 Movie Night (CL)



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ROOM KEY AR - Activity Room AS - Art Studio GH - Grand Hall PL - Pool TL - Thrive Wellness Center Lobby WS - Wellness Studio				9:00 Rise N' Shine (GH) 1 10:00 Strength Stations (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL) 4:00 Family Swim (PL)	8:00 Thrive Café Connections (TL) 2 9:00 Rise N' Shine (GH) 9:00 H2O Stretch & Balance (PL) 10:00 Chair Dancing (AR) 11:00 Balancing 101 (WS) 2:00 Active Games (WS)	10:00 Family Swim (PL) 3
4	9:00 H2O Balance Training (PL) 5 10:00 Chair Yoga (WS) 1:00 Rise and Shine PM Edition (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 6 10:00 Strength Stations (WS) 11:00 Latin Chair Dancing (WS) 1:00 Seated Strength (AL Parlor) 2:00 Live Well - Get Fit (AS) 2:00 Aqua Fun & Fit (PL)	9:00 Rise N' Shine (GH) 7 9:00 H2O Balance Training (PL) 11:00 Balancing 101 (WS) 1:00 Fit Stride (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 8 10:00 Strength Stations (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL) 4:00 Family Swim (PL)	8:00 Thrive Café Connections (TL) 9 9:00 Rise N' Shine (GH) 9:00 H2O Stretch & Balance (PL) 10:00 Chair Dancing (AR) 11:00 Balancing 101 (WS) 1:00 Mat Yoga (WS) 2:00 Active Games (WS)	10:00 Family Swim (PL) 10
11	9:00 H2O Balance Training (PL) 12 10:00 Chair Yoga (WS) 1:00 Rise and Shine PM Edition (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 13 10:00 Strength Stations (WS) 11:00 Latin Chair Dancing (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL)	9:00 Rise N' Shine (GH) 14 9:00 H2O Balance Training (PL) 11:00 Balancing 101 (WS) 1:00 Fit Stride (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 15 10:00 Strength Stations (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL) 4:00 Family Swim (PL)	8:00 Thrive Café Connections (TL) 16 9:00 Rise N' Shine (GH) 9:00 H2O Stretch & Balance (PL) 10:00 Chair Dancing (AR) 11:00 Balancing 101 (WS) 1:00 Mat Yoga (WS) 2:00 Active Games (WS)	10:00 Family Swim (PL) 17
18	9:00 H2O Balance Training (PL) 19 10:00 Chair Yoga (WS) 10:30 VNA Presents... "Caution! Flu Season Ahead!" (GH) 11:30 VNA Kiosk Assistance (Thrive Wellness Center) 1:00 Rise and Shine PM Edition (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 20 10:00 Strength Stations (WS) 11:00 Latin Chair Dancing (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL)	9:00 Rise N' Shine (GH) 21 9:00 H2O Balance Training (PL) 11:00 Balancing 101 (WS) 1:00 Fit Stride (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 22 10:00 Strength Stations (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL) 4:00 Family Swim (PL)	8:00 Thrive Café Connections (TL) 23 9:00 Rise N' Shine (GH) 9:00 H2O Stretch & Balance (PL) 10:00 Chair Dancing (AR) 11:00 Balancing 101 (WS) 1:00 Mat Yoga (WS) 2:00 Active Games (WS)	10:00 Family Swim (PL) 24
25	9:00 H2O Balance Training (PL) 26 10:00 Chair Yoga (WS) 10:30 Choice Rehab Connections (GH) 1:00 Rise and Shine PM Edition (WS) 2:00 Cardio Splash (PL)	9:00 Rise N' Shine (GH) 27 10:00 Strength Stations (WS) 11:00 Latin Chair Dancing (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL)	9:00 H2O Balance Training (PL) 28 11:00 Balancing 101 (WS) 1:00 Fit Stride (WS) 2:00 Cardio Splash (PL) 6:30 Wellness Wednesday (GH)	9:00 Rise N' Shine (GH) 29 10:00 Strength Stations (WS) 1:00 Seated Strength (AL Parlor) 2:00 Aqua Fun & Fit (PL) 4:00 Family Swim (PL)	8:00 Thrive Café Connections (TL) 30 9:00 H2O Stretch & Balance (PL) 10:00 Chair Dancing (AR) 11:00 Balancing 101 (WS) 1:00 Mat Yoga (WS) 2:00 Active Games (WS)	10:00 Family Swim (PL) 31

August 2019
Wellness

