

SUN	MON	TUE	WED	THUR	FRI	SAT
		8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Football Kick Off Meet & Greet (EC)	1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	Labor Day	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 11:00 Mobility & Balance (AR) 1:30 Catholic Mass (ACR) 2:00 Card Crafters (ACR) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev. Fugh (ACR)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 COMU Presentation (EC)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)	1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 Voter Registration Assistance (L) 10:30 Judi's Gems: Bible Study (EC) 10:45 Grief Support Group (L) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 5:00 Dinner Trip to Red Lobster (L)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Townhall (EC) 11:00 Mobility & Balance (AR) 2:00 Caregiver's Support Group (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev. Fugh (ACR) 6:15 Syncopated Ladies (RC) (L)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 12:00 Guys on the Go: Red Robin (L) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Resident Birthday Party (EC) 6:15 Special Hallock Lecture (L)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 11:30 4:00PM -Valley Rescue Mum Sale (Outside) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)	1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 6:45 CSO: Beethoven & Brahms (RC) (L) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 11:00 Mobility & Balance (AR) 1:00 Android Tech Class (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev. Fugh (ACR)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:00 CSU Presentation: A Tale of 5 Objects (EC) 7:00 Bingo (EC)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Ed Doyle Bible Study: The Unseen (MR3) 5:30 PAWS Gala (L) 6:45 Tony Bennett Tribute (RC) (L)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 12:00 Green Island Grocery Store Trip (L) 1:30 Circuit Class (G) 2:00 Open Gym (G) 2:00 Wii Bowling Championship (EC) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC) 6:15 Dreamgirls (SOH) (L)	1:00 Five Crowns Card Game (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)
10:00 Little Church at the End of the Hall (ACR) 11:00 Grand Buffet (DR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 10:00 Aquafit (P) 10:30 Judi's Gems: Bible Study (EC) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 LCR (EC) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm)	8:30 Walking (L) 9:30 Cornhole (EC) 10:00 Yoga (AR) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC) 4:00 Devotion with Rev. Fugh (ACR)	8:30 Circuit Class (G) 9:15 Circuit Class (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:00 Lunch Trip to Mandarin Cafe (L) 11:30 Sit and Be Fit (EC) 1:30 Circuit Class (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)	LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room DR - Dining Room EC - Event Center	G - Gym L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater	