

# August 2010 ~ Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 11:30 Short Walk W/C – I 1:00 Sing Along - B 1:30 Bingo – I	3 Beauty Shop - H 10:00 Exercise--H 10:30 Exercise --B 11:00 Catholic Communion 11:00 Exercise—I 1:15 Bingo – H 1:00 Seminar: Increasing Activity / Decreasing Pain w/Dr. Roskamp – B 2:00 Seminar – I 3:00 Seminar – H	4 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 1:00 Walking Club - I Beauty Shop - I 3:00 Shopping - HIB	5 9:15 Ethical Discussion 9:30 Library 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 11:30 Lunch Club – HIB 1:00 Vegetable Garden - I Beauty Shop - B	6 10:00 Exercise—H 10:30 Exercise --B 11:00 Exercise—I 1:00 Walking Club - H 1:30 Bingo - B	7 1:30 Saturday Matinee - HIB
8 1:00 Play at Northport Community Arts Center	9 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 11:30 Short Walk W/C – I 1:30 Bingo - I 1:00 Walking Club – B	10 Beauty Shop – H 10:00 Exercise--H 10:30 Exercise --B 11:00 Catholic Communion 11:00 Exercise—I 11:30 Short Walk W/C – I 1:00 Euchre – I 1:00 Bridge - B 1:15 Bingo – H 3:00 Tai Chi – HIB	11 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 1:00 Nature Walk - HIB Beauty Shop - I	12 9:15 Ethical Discussion 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise--I 11:30 Lunch Club – H I B 11:30 Short Walk W/C- I 1:00 Vegetable Garden – I Beauty Shop - B	13 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 11:30 Short Walk W/C- I 1:00-Walking Club - H 1:30 Bingo - B	14 1:30 Saturday Matinee – HIB
15	16 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 11:30 Short Walk W/C – I 1:00 Walking Club – B 1:30 Bingo - I 1:00 Sing Along - H 5:30 Ice Cream Social - B	17 Beauty Shop – H 10:00 Exercise--H 10:30 Exercise --B 11:00 Catholic Communion 11:00 Exercise—I 11:30 Short Walk W/C- I 1:00 Euchre – I 1:00 Bridge - B 1:15 Bingo – H 5:30 Ice Cream Social – I	18 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise--I Beauty Shop – I 1:00 Walking Club - I 5:30 Ice Cream Social – H	19 9:15 Ethical Discussion 9:30 Library 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise--I 11:30 Lunch Club – H I B 11:30 Short Walk W/C – I 1:00 Vegetable Garden - I Beauty Shop - B	20 10:00 Exercise--H 10:30 Exercise --B 11:00 Exercise—I 1:00-Walking Club - H 1:30 Bingo - B	21 1:30 Saturday Matinee - HIB

<p><b>22</b></p>	<p><b>23</b>  10:00 Exercise-H  10:30 Exercise – B  11:00 Exercise-I  11:30 Short Walk W/C – I  1:00 Walking Club o- B  1:30 Bingo – I</p>	<p><b>24</b>  Beauty Shop – H  10:00 Exercise--H  10:30 Exercise --B  11:00 Catholic Communion  11:00 Exercise—I  11:30 Short Walk W.C- I  1:00 Euchre – I  1:00 Bridge - B  1:15 Bingo – H  1:30 Short Story/Discus - B  2:30 Short Story/Discuss-I  3:00 Tai Chi - HIB</p>	<p><b>25</b>  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise—I  1:00 Walking Club - I  Beauty Shop – I</p>	<p><b>26</b>  9:15 Ethical Discussion  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise--I  11:30 Lunch Club – H I B  11:30 Short Walk W/C – I  1:00 Vegetable Garden - I  Beauty Shop – B</p>	<p><b>27</b>  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise—I  11:30 Short Walk W/C- I  1:00 Walking Club - H  1:30 Bingo - B</p>	<p><b>28</b>  1:30 Saturday Matinee - HIB</p>
<p><b>29</b></p>	<p><b>30</b>  10:00 Exercise-H  10:30 Exercise – B  11:00 Exercise—I  11:30 Short Walk W/C- I  1:00 Walking Club - B  1:30 Bingo – I</p> <p><b>Beltone Hearing Aid Checks H-I-B</b></p>	<p><b>31</b>  Beauty Shop – H  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise - I  11:00 Catholic Communion  11:30 Short Walk W/C – I  1:00 Euchre – I  1:00 Bridge - B  1:15 Bingo – H  3:00 Tai Chi</p>	<p><b>1</b>  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise—I  Beauty Shop – I</p> <p><b>5:00 Fair at Inverness</b></p>	<p><b>2</b>  9:15 Ethical Discussion  9:30 Library  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise--I  11:30 Lunch Club – H I B  11:30 Short Walk W/C- I  1:00 Vegetable Garden - I  Beauty Shop – B  <i>Fair Raindate</i></p>	<p><b>3</b>  10:00 Exercise--H  10:30 Exercise --B  11:00 Exercise—I  11:30 Short Walk W/C – I  1:00 Walking Club - H  1:30 Bingo - B</p>	<p><b>4</b>  1:30 Saturday Matinee-HIB</p>