

Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

# August 2024

## ALL SAINTS SENIOR APARTMENTS

<p>12:00 Bowling/L 1:00 Rummikub/LR 3:00 Rosary/MS 5:30 Euchre/DR</p> 	<p>4 9:30 Golf/L 11:00 Upper Body Strength/MSWC 12:30 Bowling/L 1:00 Chair Yoga/MSWC 1:30 Olympic Games/Café 2:00 Advanced Cardio/MSWC 3:00 Rosary/MS 3:00 Golf/L 3:00 Scrabble/Café 6:00 Bingo/DR</p>	<p>5 9:00 Breathing &amp; Meditation/MSWC 10:00 Mass/SA 11:00 Lower Body Strength/MSWC 11:45 History Museum Lecture Outing 12:30 Bowling/L 12:45 Bridge/LR 1:00 Quiddler/DR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 3:30 Movie/LR</p>	<p>6 9:00 Fire Alarm Test 9:00 Morning Stretch/MSWC 9:30 Mass/MS 9:30 Knot Just Knitters/DR 10:15 Golf/L 10:15 Great Courses/MSC 11:00 Upper Body Strength/MSWC 1:00 Chair Yoga/MSWC 1:30 Closing Ceremony/Café 1:00 500/DR 1:00 Sheepshead/DR 2:00 Advanced Cardio/MSWC 2:30 Golf/L 3:00 Eucharistic Adoration &amp; Rosary/MS</p>	<p>7 9:00 Breathing &amp; Meditation/MSWC 9:30 Mass/MS 10:00 Coffee &amp; Conversation/Café 9:30 Golf/L 11:00 Lower Body Strength/MSWC 11:30 Brown Bag Lunch/DR 12:30 Golf/L 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:00 Cribbage/AL2 2:15 Bowling/L 3:00 Rosary/MS 3:00-4:30 20<sup>th</sup> Anniversary Party/SA 5:30 Euchre/DR Happiness Happens Day/MS</p>	<p>8 9:00 Donuts &amp; Coffee/DR 9:00 Morning Stretch/MSWC 10:00 Bowling/L 11:00 Full Body Strength/MSWC 12:45 Bridge/LR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 4:00 Rummikub/DR</p>	<p>9 9:30 Coffee &amp; Conversation/DR 3:00 Rosary/MS 4:00 Mass/MS 5:00 Mass/SA 7:00 Saturday Movie/LR</p>  <p>10 3:00 Rosary/MS 4:00 Mass/MS 5:00 Mass/SA 7:00 Saturday Movie/LR</p>
<p>12:00 Bowling/L 1:00 Rummikub/LR 3:00 Rosary/MS 5:30 Euchre/DR</p>	<p>11 9:00 Book Club/LR 9:30 Golf/L 11:00 Upper Body Strength/MSWC 12:00 Giveaway Table/LR 12:30 Bowling/L 1:00 Chair Yoga/MSWC 1:00 Pinochle/DR 2:00 Advanced Cardio/MSWC 2:00 Melon Monday/Café 3:00 Rosary/MS 3:00 Golf/L 3:00 Scrabble/Café 6:00 Bingo/DR</p>	<p>12 9:00 Breathing &amp; Meditation/MSWC 10:00 Mass/SA 11:00 Lower Body Strength/MSWC 12:30 Bowling/L 12:45 Bridge/LR 1:00 Quiddler/DR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 3:30 Movie/LR</p>	<p>13 9:00 Morning Stretch/MSWC 9:30 Mass/MS 10:15 Golf/L 10:15 Great Courses/MSC 11:00 Upper Body Strength/MSWC 1:00 Chair Yoga/MSWC 1:00 500/DR 1:00 Sheepshead/DR 1:15 Bible Study/LR 2:00 Advanced Cardio/MSWC 2:30 Golf/L 3:00 Eucharistic Adoration &amp; Rosary/MS 5:30 Hot Dogs/Café 6:30 Red Hot Jazz Band/CY</p>	<p>14 9:00 Breathing &amp; Meditation/MSWC 9:30 Mass/MS 10:00 Coffee &amp; Conversation/Café 9:30 Golf/L 11:00 Lower Body Strength/MSWC 12:00 Lunch and Epic Tour 12:30 Golf/L 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:00 Cribbage/AL2 2:15 Bowling/L 3:00 Rosary/MS 5:30 Euchre/DR</p>	<p>15 9:00 Morning Stretch/MSWC 10:00 Bowling/L 11:00 Full Body Strength/MSWC 12:45 Bridge/LR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 4:00 Rummikub/DR</p> <p>Marissa Vacation</p>	<p>16 3:00 Rosary/MS 4:00 Mass/MS 5:00 Mass/SA 7:00 Saturday Movie/LR</p> 
<p>12:00 Bowling/L 1:00 Rummikub/LR 3:00 Rosary/MS 5:30 Euchre/DR</p> 	<p>18 9:30 Golf/L 11:00 Upper Body Strength/MSWC 12:30 Bowling/L 1:00 Chair Yoga/MSWC 1:00 Pinochle/DR 2:00 Advanced Cardio/MSWC 2:00 Star Craft/DR 3:00 Rosary/MS 3:00 Golf/L 3:00 Scrabble/Café 6:00 Bingo/DR</p> <p>Michelle Vacation</p>	<p>19 7:30-9:00 Yolas for Waffles 9:00 Breathing &amp; Meditation/MSWC 10:00 Mass/SA 11:00 Lower Body Strength/MSWC 12:30 Bowling/L 12:45 Bridge/LR 1:00 Quiddler/DR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 4:00 Ecumenical Service/MSC 4:30 Mix &amp; Mingle/DR</p>	<p>20 9:00 Mid Continent Railway Museum and lunch 9:00 Morning Stretch/MSWC 9:30 Mass/MS 9:30 Knot Just Knitters/DR 10:15 Golf/L 10:15 Great Courses/MSC 11:00 Upper Body Strength/MSWC 1:00 Chair Yoga/MSWC 1:00 500/DR 1:00 Sheepshead/DR 1:15 Bible Study/LR 2:00 Advanced Cardio/MSWC 2:00 Movie &amp; Popcorn/MSC 2:30 Golf/L 3:00 Eucharistic Adoration &amp; Rosary/MS</p>	<p>21 9:00 Breathing &amp; Meditation/MSWC 9:30 Mass/MS 10:00 Coffee &amp; Conversation/Café 9:30 Golf/L 11:00 Lower Body Strength/MSWC 12:30 Golf/L 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:00 Cribbage/AL2 2:15 Bowling/L 3:00 Rosary/MS 5:30 Euchre/DR 6:10 Capitol City Band Concert Outing</p>	<p>22 9:00 Morning Stretch/MSWC 10:00 Bowling/L 11:00 Full Body Strength/MSWC 12:45 Bridge/LR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:00 Trivia/MSC 3:00 Rosary/MS 4:00 Rummikub/DR</p>	<p>23 3:00 Rosary/MS 4:00 Mass/MS 5:00 Mass/SA 7:00 Saturday Movie/LR</p> <p>PP DR 11:00-5:00</p>
<p>12:00 Bowling/L 1:00 Rummikub/LR 3:00 Rosary/MS 5:30 Euchre/DR</p>	<p>25 9:30 Golf/L 11:00 Upper Body Strength/MSWC 12:30 Bowling/L 1:00 Chair Yoga/MSWC 1:00 Pinochle/DR 2:00 Advanced Cardio/MSWC 3:00 Rosary/MS 3:00 Golf/L 3:00 Scrabble/Café 3:30 Garden Group Meeting/LR 6:00 Bingo/DR</p> <p>Marissa Vacation</p>	<p>26 9:00 Breathing &amp; Meditation/MSWC 10:00 Mass/SA 11:00 Lower Body Strength/MSWC 12:30 Bowling/L 12:45 Bridge/LR 1:00 Quiddler/DR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:30 Bingo/Café 3:00 Rosary/MS 3:30 Movie/LR</p>	<p>27 9:00 Morning Stretch/MSWC 9:30 Mass/MS 10:15 Golf/L 10:15 Great Courses/MSC 11:00 Upper Body Strength/MSWC 1:00 Chair Yoga/MSWC 1:00 500/DR 1:00 Sheepshead/DR 1:15 Bible Study/LR 2:00 Advanced Cardio/MSWC 2:00 Birthday Party/DR 2:30 Golf/L 3:00 Eucharistic Adoration &amp; Rosary/MS 3:00 Tim Doctor Music/MSC</p>	<p>28 9:00 Breathing &amp; Meditation/MSWC 9:30 Mass/MS 10:00 Coffee &amp; Conversation/Café 9:30 Golf/L 11:00 Lower Body Strength/MSWC 12:30 Golf/L 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 2:00 Cribbage/AL2 2:15 Bowling/L 2:30 Ice Cream Sundaes/Café 3:00 Rosary/MS 5:30 Euchre/DR</p>	<p>29 9:00 Morning Stretch/MSWC 10:00 Bowling/L 11:00 Full Body Strength/MSWC 12:45 Bridge/LR 1:00 Chair Yoga/MSWC 2:00 Work on Balance/MSWC 3:00 Rosary/MS 4:00 Rummikub/DR</p>	<p>30 3:00 Rosary/MS 4:00 Mass/MS 5:00 Mass/SA 7:00 Saturday Movie/LR</p> 

DR=Dining Room, LR=Living Room, PDR=Private Dining Room, P=Patio, MS=Main Street, MSC=Main Street Chapel, WC=Wellness Center, CR=Community Room, TS=Town Square, CY=Courtyard, ALAR=Assisted Living Activity Room