

August 2022 Calendar

August Birthdays



| | |
|-----------------------|----------------------|
| Don Hunt 8/7 | Gail Griffin 8/14 |
| Earl Wilcox 8/9 | Robert Calhoun 8/18 |
| Imogene Blackmon 8/10 | Shelia Flemming 8/19 |
| Helen Faile 8/10 | Janet Yocum 8/19 |
| Vera McSparin 8/10 | Don Grant 8/21 |
| Mary Lou Ross 8/10 | Morna Matheny 8/23 |
| Mardell Nasshan 8/13 | David Martin 8/28 |



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|--|
| <p># + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room DP-Dining Room Patio Center HH - Heritage Hall L - Lobby MT - Movie Theater</p> | <p>1 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT</p> <p><i>Cami Off</i></p> | <p>2 National Ice Cream Sandwich Day 8:30 Publix 10:00 Balance in Motion - CR 11:00 Wakeup Your Brain - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Ice Cream Sandwich Social - CB 3:00 Rummikub - 5L 7:00 Hymn Sing - HH</p> <p><i>Dru 7:00 am - 5:00pm - HH</i> <i>Cami Off</i></p> | <p>3 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball - HH 1:30 Ice Cream at Springs Farm 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Happy Hour (BYOB) - CR</p> <p><i>Cami Off</i></p> | <p>4 Chocolate Chip Cookie Day 10:00 Balance in Motion - CR 11:00 Wakeup Your Brain - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Chocolate Chip Cookies & Recipe Exchange - CR 4:00 Aquatic Balance - P 6:30 Planning Meeting - HH Christian Tours Trip to Ark Encounters</p> <p><i>Down payment Due for Christian Tour's Ark Encounter Trip</i> <i>Dru 7:00 am - 5:00pm - HH</i> <i>Mandatory Traiuning</i></p> | <p>5 10:00 Healthy Bones and Strong Muscles - CR 10:30 Shopping at Belk in Rock Hill and Lunch at Chili's 11:00 Seated Tai Chi - CH 99 1:30 Matinee Movie - MT Persuasion 2:00 Muscle Stretch - CH 99 3:00 Ice Cream at Two Scoops 4:00 Functional Fitness - CR 6:00 Movie - MT</p> <p><i>Dru 7:00 - 5:00pm - HH</i></p> | <p>6 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH</p> |
| | <p>7 2:00 Oakland Avenue Presbyterian Church Communion - CR 4:00 Vespers - HH</p> | <p>8 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 Hawaiian Trivia Questions HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT</p> <p><i>Hawaiian Shirt Day</i></p> | <p>9 8:30 Publix 10:00 Balance in Motion - CR 11:00 Wakeup Your Brain - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Watermelon & Pineapple Social - CB 3:00 Rummikub - 5L 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH</p> <p><i>Dru 6:30am - 12:00pm - HH</i> <i>Biomentirc Screening</i></p> | <p>10 National S'mores Day 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:00 Lunch at Front Porch 12:30 Hawiian Balloon Volleyball - HH 2:00 Muscle Stretch - HH 2:00 Newport Walmart/Adli/\$1 Tre 3:00 Church Service - HH 4:00 Happy Hour (BYOB) - CR With S'Mores</p> | <p>11 10:00 Balance in Motion - HH 11:00 Wakeup Your Brain - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 Guest Speaker - HH Ann Evans on The White Homestead in Fort Mill, SC 4:00 Aquatic Balance - P</p> | <p>12 10:00 Healthy Bones and Strong Muscles - CH 99 11:00 Seated Tai Chi - CH 99 11:15 Lunch at Firey Crab 2:00 Muscle Stretch - CH 99 2:30 Hawaiian Luau - HH 4:00 Functional Fitness - HH 6:00 Movie - MT Blue Hawaii</p> <p><i>Balance Due for Christian Tour's Ark Encounter Trip</i></p> |



Hawaiian Week

Surfer Day

Lai Day

Tacky Tourist Day

Luau Day

Jason Off

Jason Off

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|---|
| 14 1:30 Movie with Sharon - MT <i>Hidden In Silence</i> 3:00 Catholic Church Service - HH 4:00 Vespers - HH | 15 Lemon Meringue Pie Day 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 Lemon Meringue Pie Social-CB 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT | 16 Tell a Joke Day 8:30 Publix 10:00 Balance in Motion - HH 11:00 Wakeup Your Brain - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Laffy Taffy Social - CR 3:00 Rummikub - 5L 7:00 Hymn Sing - HH <i>Marketing 2:30am - 5:00pm - HH</i> <i>Jason Off</i> | 17 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:00 The Audiology Center - HH 12:00 July Birthday Luncheon 12:30 Birthday Cake - DR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Happy Hour (BYOB) - CR 5:00 July Birthday Luncheon 5:30 Birthday Cake - DR | 18 10:00 Balance in Motion – HH 11:00 Wakeup Your Brain - MT 1:00 - 5:30 American Red Cross Blood Drive - HH 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 9 Ball Pool - 5L 4:00 Aquatic Balance - P | 19 National Aviation Day 9:30 Donuts & Coffee - CB 10:00 Healthy Bones and Strong Muscles - HH 11:00 Seated Tai Chi - CH 99 1:30 Popsicles at the Airport Overlook 2:00 Muscle Stretch - HH 3:00 Musical Performance - HH <i>Michael Shull</i> 4:00 Functional Fitness - HH 6:00 Movie - MT <i>Sully</i> <i>Money Due for Christian Tour's Ark Encounter Trip</i> | 20 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH |
| 21 National Senior Citizens Day 1:30 Movie with Sharon - MT <i>Wonder</i> 4:00 Vespers - HH | 22 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT | 23 8:30 Publix 10:00 Balance in Motion - HH 11:00 Wakeup Your Brain - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Musical Performance - L <i>Emily Roland on Piano</i> 3:00 Rummikub - 5L 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH | 24 Peach Pie & Waffles Day 9:00 B&K Nails 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 10:30 Outing to the Peach Stand 12:30 Balloon Volleyball - HH 1:30 Peaches & Waffles Social - CB 2:00 Muscle Stretch - HH 2:00 Newport Walmart/Adli/ \$1 Tree 3:00 Church Service - HH 4:00 Happy Hour (BYOB) - CR | 25 10:00 Balance in Motion – HH 11:00 Wakeup Your Brain - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:30 Musical Performance - HH Violinist Caroline Smoak 4:00 Aquatic Balance - P | 26 10:00 Healthy Bones and Strong Muscles - HH 11:00 Seated Tai Chi - CH 99 2:00 Muscle Stretch - CH 99 1:30 Drive to Indian Land 2:30 Musical Performance - L <i>David Domingo on Guitar</i> 4:00 Functional Fitness - HH 6:00 Movie - CR <i>Activities Crew in Lexington</i> | 27 10:30 Choir Practice - HH 3:00 Rummikub - 5L 6:30 Bingo - HH |
| 28 4:00 Vespers - HH | 29 National Chop Suey Day 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 11:30 Lunch at Red Bowl 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:30 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT | 30 National Beach Day 8:30 Publix 10:00 Balance in Motion - HH 11:00 Wakeup Your Brain - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Musical Performamance - HH <i>Joan & Paul for All Seasons</i> 3:00 Rummikub - 5L 3:30 Wellness Snack Social - CB 7:00 Hymn Sing - HH <i>Cami Off</i> | 31 National South Carolina Day 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:30 Lunch at Kounter 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 4:00 Happy Hour (BYOB) - CR <i>Cami Off</i> | Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the buletin board.</i> The Tower's bus can only accomodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor gaurantee a seat on the bus. All activites on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancelations as well as a listing of movies for the week and programs airing on CH 99. | | |