

# August 2023 Calendar

Independent Living - Life Enrichment & Wellness

August Birthdays



Don Hunt 8/7  
Earl Wilcox 8/9  
Imogene Blackmon 8/10  
Helen Fail 8/10  
Vera McSparin 8/10  
Mary Lou Ross 8/10  
Mardelle Nashan 8/13

Gail Griffin 8/14  
Robert Calhoun 8/18  
Sheila Fleming 8/19  
Janet Yokum 8/19  
Morna Matheny 8/23  
Pauline Jellum 8/26  
David Martin 8/28



*Peace Begins with a Smile*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - #Floor Lounge L - Lobby CB - Coffee Bar in the Dining Room CR - Community Room DR - Dining Room DRP - Dining Room Patio CY - Courtyard HH - Heritage Hall MT - Movie Theater BR - Billiard Room LL - Lower Level AS - Art Studio in the Lower Level WS - Woodshop in the Lower Level MDR - Manor Dining Room GR - Garden Room in the Health Center CW - Campus Wide Event CH 99 - Channel 99</p>		<p><b>1</b> 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> <b>Guest Speaker Adisa with Agape</b> 3:00 Bingo - HH 6:30 - Hymn Sing - HH <b>7:00 Toastmasters - CR</b></p>	<p><b>2</b> 9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>11:00 Lunch at Casa Tequilla</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Greg Conover</b></p>	<p><b>3</b> 9:30 Healthy Lower Body - CR <b>11:00 Neurobics - MT</b> 1:30 Balance/Core - CR 1:30 Harris Teeter <b>2:00 Guest Speaker - CR</b> <b>David Benson on Fitness 101</b> 3:00 Watermelon on the Manor Patio 4:00 Spa Day - Manor 6:00 Dominoes - CR</p>	<p><b>4</b> 10:00 Water Walking &amp; Stretch - P 11:00 Seated Tai Chi - CH 99 <b>11:00 Communion Service in the Health Center Chapel</b> <b>3:00 Disk Golf Demonstration - HH</b> <b>by the Rock Hill Rec Department</b> <b>6:00 Movie Night - MT</b> <i>The Lost City</i></p>	<p><b>5</b> 10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p><b>6</b> 9:00 WPC Service CH 98 - CR <b>2:00 Oakland Ave. Presbyterian Church Communion Service - CR</b> 3:00 Board Games - CR 4:00 Vespers - HH</p>	<p><b>7</b> 9:30 Healthy Upper Body - HH <b>10:30 Wings of Peace - CR</b> 1:30 Full Body Stretch - HH 2:30 Aqua Move &amp; Groove - P <b>3:00 Travelogue - CR</b> <b>Sahara Dessert</b> 3:30 Newport Walmart <b>6:00 Movie Night - MT</b> <i>Ocean's 8</i></p>	<p><b>8</b> 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> 3:00 Bingo - HH <b>3:45 YCL Bookmobile - L</b> 6:30 - Hymn Sing - HH</p>	<p><b>9</b> 9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>10:45 Trip to Billy Graham Library</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Shannon Ford</b> <b>4:00 Hippie Mocktail Party - L</b></p>	<p><b>10</b> <b>9:30 Circuit Training - Gym</b> <b>10:00 - 12:00 Health Clinic - CR</b> <b>By Agape Care, Blood Pressure</b> <b>11:00 Neurobics - MT</b> <b>11:30 Lunch with Pastor Lee - DR</b> 1:30 Balance/Core - HH 1:30 Harris Teeter <b>2:00 Activity Committee - 4L</b> <b>2:00 Food Committee - DR</b> 6:00 Dominoes - CR</p>	<p><b>11</b> <b>10:00-1:00 Rock-a-Thon</b> 10:00 Water Walking &amp; Stretch - P 11:00 Seated Tai Chi - CH 99 <b>2:00 Earl Wilcox Book Signing - HH</b> <i>The Surfacing of Joy</i> <b>2:00 Ride About</b> 3:00 Spa Day - CR <b>6:00 Movie Night - MT</b> <i>Steel Magnolias</i></p>	<p><b>12</b> 10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p><b>13</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR <b>3:00 St. Anne's Catholic Communion Service - HH</b> <b>Deacon Angel Juarez Presiding</b> 4:00 Vespers - HH</p>	<p><b>14</b> 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH <b>2:00 Wellness Social - CB</b> <b>Fruit Salsa with Cinnamon Chips</b> 2:30 Aqua Move &amp; Groove - P 3:30 CVS / Walgreens / Dollar Tree <b>6:00 Movie Night - MT</b> <i>Captian Phillips</i></p>	<p><b>15</b> 9:30 Healthy Lower Body - HH <b>11:00 Audiologist - HH</b> 1:30 Balance/Core - HH <b>2:00 Sweet &amp; Salty with Arzu-CR</b> 3:00 Bingo - HH 6:30 - Hymn Sing - HH <b>7:00 Toastmasters - CR</b></p>	<p><b>16 National Tell a Joke Day</b> 9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>11:30 Lunch at Copper Pub</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Jason Anderson</b> <b>6:00 Comedy Club - HH</b></p>	<p><b>17</b> 9:30 Healthy Lower Body - HH <b>11:00 Neurobics - MT</b> 1:30 Balance/Core - HH 1:30 Harris Teeter <b>2:00 Newsletter Committee - 2L</b> 6:00 Dominoes - CR</p>	<p><b>18 Hawaiian Shirt Day</b> 10:00 Water Walking &amp; Stretch - P <b>10:30 Piano Concert - HH</b> <b>Duchess Raehn</b> <b>11:00 Communion Service in the Health Center Chapel</b> 11:00 Seated Tai Chi - CH 99 <b>12:00 Lunch at Showmars</b> <b>2:00 Kool Age Social - L</b> 3:00 Cornhole - HH <b>6:00 Movie Night - MT</b> <i>50 First Dates</i></p>	<p><b>19</b> 10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p><b>20</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p><b>21 National Senior Citizens Day</b> 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH <b>2:00 Guest Speaker - HH</b> <b>Epic Care on UTI Prevention</b> 2:30 Aqua Move &amp; Groove - P <b>3:00 Senior Social - MW</b> 3:30 Newport Walmart <b>6:00 Movie Night - MT</b> <i>Going in Style</i></p>	<p><b>22</b> 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> 3:00 Bingo - HH <b>3:45 YCL Bookmobile - L</b> 6:30 - Hymn Sing - HH</p>	<p><b>23</b> <b>9:00 B&amp;K Nails</b> 9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>11:30 Trip to Black's Peaches</b> 1:30 Full Body Stretch - HH <b>3:00 Church Service - HH</b> <b>Jon Oliphant</b> <b>4:00 Musical Performance - HH</b> <b>Scott Griffin</b></p>	<p><b>24</b> 9:30 Healthy Lower Body - HH <b>11:00 Neurobics - MT</b> 1:30 Balance/Core - HH 1:30 Harris Teeter <b>2:30 Wellness Committee - 2L</b> <b>2:30 New Resident Social - CR</b> 6:00 Dominoes - CR</p>	<p><b>25</b> <b>9:30 Donuts - CR</b> 10:00 Water Walking &amp; Stretch - P <b>10:45 White Home Tour and Lunch at Flipside</b> 11:00 Seated Tai Chi - CH 99 3:00 Croquet on the Lawn <b>6:00 Movie Night - MT</b> <i>I Can Only Imagine</i></p>	<p><b>26</b> 10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p><b>27</b> 9:00 WPC Service CH 98 - CR 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p><b>28</b> 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 Aqua Move &amp; Groove - P <b>3:00 TEDTalk - CR</b> <b>The Psychology of a Smile</b> 3:30 CVS / Walgreens / Dollar Tree <b>6:00 Movie Night - MT</b> <i>Fried Green Tomatoes</i></p>	<p><b>29</b> 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH <b>2:00 Sweet &amp; Salty with Arzu - CR</b> 3:00 Bingo - HH 6:30 - Hymn Sing - HH</p>	<p><b>30</b> 9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH <b>2:00 Afternoon Tea - AS</b> <b>3:00 Church Service - HH</b> <b>Tim Tefft</b> <b>4:00 Dinner at Trios</b></p>	<p><b>31</b> 9:30 Healthy Lower Body - HH <b>11:00 Neurobics - MT</b> 1:30 Balance/Core - HH 1:30 Harris Teeter <b>4:15 Musical Performance - HH</b> <b>Bob and Sue Start</b> 6:00 Domiones - CR</p>		