

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45am – Water Aerobics 1 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 2:00pm – Billiard Group 6:30pm – Duplicate Bridge	8:15am – Yoga/Stretch 2 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Vitality Checks and Blood Pressure Screening 10:00am – Bereavement 11:00am – Tai Chi 11:00am- Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting	9:00am – Depart for Wells Fargo 3 9:30pm – Water Aerobics 2:00pm – Exercise with Tammy 2:15pm – Catholic Mass 6:30pm – Depart for FENCES	8:15am – Yoga/Stretch 4 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Writing Group 7:00pm - Bingo	8:45am – Water Aerobics 5 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm - -Depart for Giant 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – SIORA (Phyllis Chappell) * Prefers not to be on TV.	
3:00pm – Sunday Church Service 7	8:45am – Water Aerobics 8 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for Walmart 2:00pm – Billiard Group 6:30pm – Duplicate Bridge	8:15am – Yoga/Stretch 9 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Caring for the Caregiver 11:00am – Tai Chi 11:00am – Rosary Prayer 11:00pm –Depart for Bach at Noon 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting 3:00pm – Book Club	9:30pm – Water Aerobics 10 10:00am – Resident Association Meeting 2:00pm – Exercise with Tammy	8:15am – Yoga/Stretch 11 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Writing Group 7:00pm - Bingo	8:45am – Water Aerobics 12 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm – Depart for Wegmans 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – Fred Miller – Harry Warren	7:00pm – Macungie Band 13
3:00pm – Sunday Church Service 14	8:45am – Water Aerobics 15 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 2:00pm – Billiard Group 6:30pm – Duplicate Bridge 7:00pm – English Formal Gardens	8:15am – Yoga/Stretch 16 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Vitality Checks and Blood Pressure Screening 10:00am – Bereavement 11:00am – Tai Chi 11:00am- Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm – Quilting	9:00am – Depart for Wells Fargo 17 9:30pm – Water Aerobics 2:00pm – Exercise with Tammy	8:15am – Yoga/Stretch 18 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Writing Group 7:00pm - Bingo	8:45am – Water Aerobics 19 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm – Depart for Giant 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games	Beach Party Day 20
3:00pm – Sunday Church Service 21	8:45am – Water Aerobics 22 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 2:00pm – Billiard Group 6:30pm – Duplicate Bridge	8:15am – Yoga/Stretch 23 9:15am – Yoga/Stretch 10:00am – WELLderly 10:00am – Caring for the Caregiver 11:00am – Tai Chi 11:00am – Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm - Quilting 2:30pm – Holly's PAWsome Visit	9:30pm – Water Aerobics 24 2:00pm – Exercise with Tammy	8:15am – Yoga/Stretch 25 9:15am – Yoga/Stretch 11:15am – Hymn Sing 2:00pm – Coloring Book Group 2:30pm – Writing Group 7:00pm - Bingo	8:45am – Water Aerobics 26 10:00am – Exercise with Tammy 11:00am – Herb Gifford Road Show 1:30pm – Depart for Wegmans 2:00pm – Knitting Group 2:00pm – Billiard Group 2:00pm – Line Dancing 3:00pm – Resident Games 7:00pm – LC Chorus Sing - Along	27
3:00pm – Sunday Church Service 28	8:45am – Water Aerobics 29 9:45am – Water Volleyball 10:00am – Exercise with Tammy 11:00am – Bible Study 11:00am – Zentangle 1:00pm – Depart for CVS 2:00pm – Billiard Group 6:30pm – Duplicate Bridge	8:15am – Yoga/Stretch 30 9:15am – Yoga/Stretch 10:00am – WELLderly 11:00am – Tai Chi 11:00am – Rosary Prayer 1:00pm – Ask Me Another 1:00pm – Mah Jong 1:30pm - Quilting	9:00am – Depart for Wells Fargo 31 9:30pm – Water Aerobics 2:00pm – Exercise with Tammy	<h1>August 2022</h1> INDEPENDENT LIVING ACTIVITIES CALENDAR		

Activities are subject to change