



AUGUST 2010

Independent Living Activities



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>NAME TAG WEEK</u> Menu S/S Week #3 10:00 College Park Baptist Church Pickup 7:00 Vespers	2 <u>NAME TAG WEEK</u> 9:00 Stretcherize 10:00 Lowes Shopping 1:00 Wii Bowling 1:00 Free Swim 4:00 Walking Group 6:30 Men's Bridge	3 <u>NAME TAG WEEK</u> 9:45 Hanes Mall 1:15 Water Aerobics 1-5 Doctor Visits 3:00 Sedge Garden Methodist Hand Bells 6:30 Dulcimer Jam with Martha & Tom Duval	4 <u>NAME TAG WEEK</u> 9:00 Stretcherize 10:30 Worship Service 1-3 Bridge 1:00 Movie <i>"The Life of Billy Graham"</i> 4:00 Walking Group	5 <u>NAME TAG WEEK</u> 1:15 Water Aerobics 2:30 Clay Class with Kathy 4:00 Walking Group	6 <u>NAME TAG WEEK</u> 9:00 Stretcherize 10:00 Visiting Healthcare Friends 4:00 Walking Group	7 <u>NAME TAG WEEK</u> 10:30 Weekly Sunday School 7th Floor Solarium 3:00 Skipbo
8 Menu S/S Week #4 10:00 College Park Baptist Church Pickup 7:00 Vespers	9 9:00 Stretcherize 10:00 Lowes Shopping 1:00 Wii Bowling 1:00 Free Swim 2:30 BINGO 4:00 Walking Group 6:30 Men's Bridge	10 8:30 Resident Council 9:30 Market Place Mall 1-5 Doctor Visits 1:15 Water Aerobics 4:00 Walking Group	11 9:00 Stretcherize 10:30 Worship Service 1-3 Bridge 1:00 Movie <i>"The African Queen"</i> 3:30 Dialogue with Chaplain Briggs	12 10:00 Farmer's Market in Greensboro 1:15 Water Aerobics 2:00 WalMart Shopping 6:30 Go to Bethabara for Concert Band	13 9:00 Stretcherize with April 10:00 Water Aerobics with April 3:00 Coffee & Pastries with the "90+ers" 4:00 Walking Group	14 10:30 Weekly Sunday School 7th Floor Solarium 3:00 Skipbo
15 Menu S/S Week #5 10:00 College Park Baptist Church Pickup 7:00 Vespers	16 Library Deliveries 9:00 Stretcherize 10:00 Lowes Shopping 1:00 Wii Bowling 1:00 Free Swim 4:00 Walking Group 6:30 Men's Bridge	17 1-5 Doctors Visits 1:15 Water Aerobics 2:30 Services for the Blind Presentation 4:00 TOWN MEETING	18 9:00 Stretcherize 10:30 Worship Service 1:00 Movie <i>"America the Beautiful"</i> 1-3 Bridge 4:00 Walking Group	19 10:00 Farmer's Market in Winston-Salem 1:15 Water Aerobics 3:00 "Mater" Sandwiches 4:00 Walking Group 4:45 Birthday Dinner	20 9:00 Stretcherize 4:00 Walking Group 4:30 Mystery Dinner Bob will give clues. <i>"South or East ONLY"</i>	21 10:30 Weekly Sunday School 7th Floor Solarium 3:00 Skipbo
22 Menu S/S Week #1 10:00 College Park Baptist Church Pickup 7:00 Vespers	23 9:00 Stretcherize 10:00 Lowes Shopping 1:00 Wii Bowling 1:00 Free Swim 2:30 BINGO 4:00 Walking Group 6:30 Men's Bridge	24 1-5 Doctor Visits 1:15 Water Aerobics 3:00 Hearing Care Center with Carol Rexrode 4:00 Walking Group	25 9:00 Stretcherize 10:30 Worship Service 1-3 Bridge 1:00 Movie <i>"North Carolina is My Home"</i> 2:00 WalMart Shopping 4:00 Walking Group	26 1:00 Dessert Social - Bring your Favorite & Share with Others 1:15 Water Aerobics 2:30 Clay Class with Kathy 4:00 Walking Group	27 9:00 Stretcherize 9:45 Wii Games 10:00 Shopping at Aldi's 11:30 Lunch at Twin City Chophouse 3:00 Laughter Therapy with Bob-on <i>The Steps</i>	28 10:30 Weekly Sunday School 7th Floor Solarium 3:00 Skipbo
29 Menu S/S Week #2 10:00 College Park Baptist Church Pickup 7:00 Vespers	30 9:00 Stretcherize 10:00 Lowes Shopping 1:00 Wii Bowling 1:00 Free Swim 4:00 Walking Group 6:30 Men's Bridge	31 7:30 ROMEO's to K & W Breakfast 1-5 Doctors Visits 1:15 Water Aerobics 4:00 Walking Group 6:30 Gospel Group	WALKING GROUP MON-FRI at 4PM LOWES SHOPPING MONDAY'S 10AM	IL CLINIC Tuesdays & Thursdays 1-3 PRAY FOR OUR NATION August 10th & 24th	STRETCHERCIZE M.W.F. at 9AM POOL SHARKS M.W.F. at 9:30AM	THE DOG DAYS OF SUMMER