

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Dimensions of Wellness <ul style="list-style-type: none"> ■ Intellectual ■ Emotional ■ Social ■ Spiritual ■ Physical 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 1 ■ 12:30-4:00 Shopping Trip to Hobby Lobby ■ 1:30 Meet the Expert Travels with Eric MPR ■ 2:30 Reminisce-MPR "Your Best Friend" 	<ul style="list-style-type: none"> ■ 8:30 Kroger Run 2 ■ 9:30 Coffee & Donuts-Café ■ 10:00-1:00 Farmer's Market BB Parking Lot ■ 2:30 Energizers-MPR ■ 3:30 SGT Practice-MPR ■ 4:00-4:30 BP Check-Café ■ 6:00 Music with Millie-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 3 ■ 1:00 Bingo-MPR ■ 2:30 Scrabble-Café ■ 3:00 Watermelon-CY ■ 4:00 Midweek Prayer-MPR ■ Book Van Visit 	<ul style="list-style-type: none"> ■ 9:30 Coffee Time-Café 4 ■ 9:45-10:15 Shopping Cart-Café ■ 10:30 Bible Study-LL ■ 2:00 Young at Heart Big Band Performance-MPR ■ 3:30 Stories with Marie-FL 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 5 ■ 1:00 Bingo- MPR ■ 3:00 Root Beer Floats-Café ■ 6:00 Music with Bobby-Café 	<ul style="list-style-type: none"> ■ 11:00 Catholic Communion-6 FL ■ 2:00 Scrabble-Café ■ 6:00 Saturday Cinema-LL "The Long, Long Trailer." 	
<ul style="list-style-type: none"> ■ 10:00 Southland Christian Church Service-ABC 7 ■ 1:30 Church Service with Tom Cruze-MPR ■ 3:00 Scrabble-LL ■ 3:00 Music with Thomas-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 8 ■ 12:30-4:00 Shopping Trip to Meijer-Fayette Mall ■ 1:30-2:30 Hymn Sing with Barbara-Café ■ 3:00 Punch and Porching-Expansion Courtyard ■ 5:30 Music with Terry & Al-MPR 	<ul style="list-style-type: none"> ■ 8:30 Kroger Run 9 ■ 9:30 Coffee & Donuts-Café ■ 10:00-1:00 Farmer's Market BB Parking Lot ■ 1:30 Book Show and Tell – Introduce the E-Readers-MPR ■ 2:45 Music with Craig-Café ■ 3:30 SGT Practice-MPR ■ 4:00-4:30 BP Check-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 10 ■ 1:00 Bingo-MPR ■ 2:30 Scrabble-Café ■ 4:00 Midweek Prayer-MPR 	<ul style="list-style-type: none"> ■ 9:30 Coffee Time-Café 11 ■ 9:45-10:15 Shopping Cart-Café ■ 9:50 Better with Age at Tate's Creek- Sign Up in Activity Book ■ 10:30 Bible Study-LL ■ 1:30 Puzzle Packets-Café ■ 5:00 Music with Paul-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 12 ■ 1:00 Bingo- MPR ■ 3:00 Vinyl Record Dance Party- MPR 	<ul style="list-style-type: none"> ■ 11:00 Catholic Communion-13 FL ■ 2:00 Scrabble-Café ■ 6:00 Saturday Cinema-LL "Rear Window" 	
<ul style="list-style-type: none"> ■ 10:00 Southland Christian Church Service-Channel 10 14 ■ 1:30 Church Service with Chaplain Dale-MPR ■ 3:00 Scrabble-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 15 ■ 12:30-4:00 Shopping Trip to Walmart ■ 1:30 Charades-MPR ■ 3:00 Kindle Questions-MPR ■ 5:30 Music with Mary-Café 	<ul style="list-style-type: none"> ■ 8:30 Kroger Run 16 ■ 9:30 Coffee & Donuts-Café ■ 10:00-1:00 Farmer's Market BB Parking Lot ■ 1:30 Stories with Marie- FL ■ 3:30 SGT Practice-MPR ■ 4:00-4:30 BP Check-Café ■ 6:00 Music with Millie-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 17 ■ 1:00 Bingo- MPR ■ 2:30 Scrabble-Café ■ 2:30 Jeopardy-MPR ■ 4:00 Midweek Prayer-MPR ■ 4:00 Music with Bob-Café ■ Book Van Visit 	<ul style="list-style-type: none"> ■ 9:30 Coffee Time-Café 18 ■ 9:45-10:15 Shopping Cart-Café ■ 10:30 Bible Study-LL ■ 2:00 Cooking Demo with Chef Justin ■ 3:15 Drama Club- FL 	<ul style="list-style-type: none"> ■ 9:00 PODIATRIST-MPR 19 ■ You must sign up for an Appointment. No Walk-ins ■ 1:00 Bingo-MPR ■ 3:00 Lemonade & Cookies In the courtyard ■ 6:00 Music with Bobby-Café 	<ul style="list-style-type: none"> ■ 11:00 Catholic Communion / FL 20 ■ 2:00 Scrabble / Café ■ 6:00 Saturday Cinema / LL "From Here to Eternity" 	
<ul style="list-style-type: none"> ■ 10:00 Southland Christian Church Service-Channel 10 21 ■ 1:30 Church Service with Chaplain Dale-MPR ■ 3:00 Scrabble- LL ■ 3:00 Music with Thomas-Cafe 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 22 ■ 12:30-4:00 Shopping Trip to Dollar Tree ■ 1:30 Trivia-Café ■ 2:30 Nifty Nails-Café ■ 5:30 Music with Mary-Café 	<ul style="list-style-type: none"> ■ 8:30 Kroger Run 23 ■ 9:30 Coffee & Donuts-Cafe ■ 10:00-1:00 Farmer's Market BB Parking Lot ■ 1:30 Birthday Party with music by the Ukin Kats-MPR ■ 3:30 SGT Practice-MPR ■ 4:00-4:30 BP Check-Café LL 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 24 ■ 1:00 Bingo-MPR ■ 2:30 Scrabble-Café ■ 4:00 Midweek Prayer- MPR ■ 4:00 Music with Bob-Café 	<ul style="list-style-type: none"> ■ 9:30 Coffee Time-Café 25 ■ 9:45-10:15 Shopping Cart-Café ■ 10:30 Bible Study-LL ■ 2:00 Movie Matinee Fun-MPR "The Wizard of Oz" ■ 5:00 Brighter Day Music Trio-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 26 ■ 1:00 Bingo-MPR ■ 3:00 Reminisce "Tell us about your Favorite Dog" – MPR ■ 6:00 Music with Gary-Café 	<ul style="list-style-type: none"> ■ 11:00 Catholic Communion-FL 27 ■ 2:00 Scrabble-Café ■ 6:00 Saturday Cinema-LL "Elvis Movie" 	
<ul style="list-style-type: none"> ■ 10:00 Southland Christian Church Service-Channel 10 28 ■ 1:30 Church Service with Chaplain Dale-MPR ■ 3:00 Scrabble-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 29 ■ 1:00 Name that Tune-MPR ■ 2:30 Food Committee Meeting-MPR ■ 3:30 Stories with Marie-FL 	<ul style="list-style-type: none"> ■ 8:30 Kroger Run 30 ■ 9:30 Coffee & Donuts-Café ■ 10:00-1:00 Farmer's Market BB Parking Lot ■ 1:00 Craft Time-MPR ■ 2:45 Music with Craig-Café ■ 3:30 SGT Practice- MPR ■ 4:00-4:30 BP Check-Café 	<ul style="list-style-type: none"> ■ 10:00 Exercise-MPR 31 ■ 1:00 Bingo-MPR ■ 2:30 Scrabble-Café ■ 2:30 Trail Mix Party-MPR ■ 4:00 Midweek Prayer- MPR ■ Book Van Visit 	<h1 style="font-size: 4em; margin: 0;">August 2022</h1> <h2 style="font-size: 1.5em; margin: 0;">Friendship Towers Activities</h2>			

*All Activities are subject to change. All changes will be posted ASAP. Thank you!