

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Continental Breakfast 9:00 Circuit Training 11:00 Jadomte' Mobile Nail Bar 12:30 Mahjong 3:00 Cards 5:00 Yoga 7:00 Shuffleboard	2 8:00 Continental Breakfast 10:00 Spiro100 Exercise 1:00 Mexican Train Dominoes 3:30 Seated Exercise 4:30 Happy Hour 6:30 Cards 6:30 Card Making w/ Janet	3 8:00 Continental Breakfast 9:00 Exercise w/Michelle 1:00 Coffee & Current Events 3:00 - 5:00 Shred It & Shop! 6:30 Movie Night	4 8:00 Continental Breakfast 9:00 Exercise w/Kashmir 11:00 Bible Study 1:00 Card Making w/ Janet 2:00 Craft Group 3:30 Seated Exercise 7:00 Shuffleboard	5 8:00 Continental Breakfast 10:00 Water Fitness w/ Terina 11:00 Water Fitness w/ Terina 12:30 Bridge Club 4:00 Happy Hour w/ Pat & Jesse James 6:30 Movie Night	6 8:00 Continental Breakfast 8:00 - 12:30 Old Market Farmer's Market 10:00 Seated Exercise 2:00 Cards 6:00 Game Night
7 8:30 Mindful Meditation - Spiro100 9:00 - 1:00 Aksarben Village Farmer's Market 1:00 Netflix - Animal 6:05 Storm Chasers vs. St. Paul	8 8:00 Continental Breakfast 9:00 Circuit Training 12:30 Mahjong 3:00 Cards 5:00 Yoga 7:00 Shuffleboard	9 8:00 Continental Breakfast 10:00 Spiro100 Exercise 1:00 Mexican Train Dominoes 2:00 Chair Massage 3:30 Seated Exercise 4:30 Happy Hour w/ Food Truck 6:30 Cards - Hearts and Spades	10 8:00 Continental Breakfast 9:00 Exercise w/Michelle 11:30 Lunch on the Town: Brushi Bistro & Bar 1:00 Coffee & Current Events 6:30 Movie Night	11 8:00 Continental Breakfast 9:00 Exercise w/Kashmir 11:00 Bible Study 2:00 Craft Group 3:30 Seated Exercise 7:00 Shuffleboard	12 8:00 Continental Breakfast 10:00 Water Fitness w/ Terina 11:00 Water Fitness w/ Terina 11:30 - 1:00 Tech Help for All 12:30 Bridge Club 4:00 Happy Hour 8:30 Dive-In Movie Night	13 8:00 Continental Breakfast 8:00 - 12:30 Old Market Farmer's Market 10:00 Seated Exercise 2:00 Cards 6:00 Game Night
14 8:30 Mindful Meditation - Spiro100 9:00 - 1:00 Aksarben Village Farmer's Market 1:00 Netflix - Animal 5:00 New Neighbor Potluck	15 8:00 Continental Breakfast 9:00 Circuit Training 12:30 Mahjong 3:00 Cards 5:00 Yoga 7:00 Shuffleboard	16 8:00 Continental Breakfast 10:00 Spiro100 Exercise 1:00 Mexican Train Dominoes 3:30 Seated Exercise 4:30-6:30 Happy Hour w/ The Gravy Dippers 6:30 Cards - Hearts and Spades	17 8:00 Continental Breakfast 9:00 Exercise w/Michelle 11:30-1:00 Lunch & Learn: Ways to Navigate Market Fluctuation 2:00 Lifestyle Meeting 6:30 Movie Night	18 8:00 Continental Breakfast 9:00 Exercise w/Kashmir 11:00 Bible Study 2:00 Craft Group 3:30 Seated Exercise	19 8:00 Continental Breakfast 10:00 Water Fitness w/ Terina 11:00 Water Fitness w/ Terina 12:30 Bridge Club 4:00 Happy Hour 5 - 11:00 NE Balloon & Wine Festival 6:30 Movie Night	20 8:00 Continental Breakfast 8:00 - 12:30 Old Market Farmer's Market 10:00 Seated Exercise 2:00 Cards 3 - 11:00 NE Balloon & Wine Festival 6:00 Game Night
21 8:30 Mindful Meditation - Spiro100 9:00 - 1:00 Aksarben Village Farmer's Market 11:30 Lunch on the Town: Copal 1:00 Netflix - Animal	22 8:00 Continental Breakfast 9:00 Circuit Training 11:00 Jadomte' Mobile Nail Bar 12:30 Mahjong 3:00 Cards 5:00 Yoga 7:00 Shuffleboard	23 8:00 Continental Breakfast 10:00 Spiro100 Exercise 1:00 Mexican Train Dominoes 2:00 Chair Massage 3:30 Seated Exercise 4:30 Happy Hour 5:30 Summertime Spa Do's 6:30 Cards - Hearts and Spades	24 8:00 Continental Breakfast 9:00 Exercise w/Michelle 1:00 Coffee & Current Events 6:30 Movie Night 6:30 Avidor Storm Chasers vs. Scranton/WB	25 8:00 Continental Breakfast 9:00-11:00 Mini Donut Food Truck 11:00 Bible Study 2:00 Craft Group 3:30 Seated Exercise 7:00 Shuffleboard	26 8:00 Continental Breakfast 10:00 Water Fitness w/ Terina 11:00 Water Fitness w/ Terina 12:30 Bridge Club 4:00 Happy Hour 6:30 Movie Night	27 8:00 Continental Breakfast 8:00 - 12:30 Old Market Farmer's Market 10:00 Seated Exercise 11:30 Husker Football Kick Off Potluck (vs Northwestern) 2:00 Cards 6:00 Game Night
28 8:30 Mindful Meditation - Spiro100 9:00 - 1:00 Aksarben Village Farmer's Market 1:00 Netflix - Animal 3:05 Storm Chasers vs. Scranton/WB	29 8:00 Continental Breakfast 9:00 Circuit Training 12:30 Mahjong 2:00 Chair Massage 3:00 Cards 5:00 Yoga 7:00 Shuffleboard	30 8:00 Continental Breakfast 10:00 Spiro100 Exercise 1:00 Mexican Train Dominoes 3:30 Seated Exercise 4:30 Happy Hour 6:30 Cards - Hearts and Spades	31 8:00 Continental Breakfast 9:00 Exercise w/Michelle 1:00 Coffee & Current Events 6:30 Movie Night			Ways to Wellness Physical Emotional Intellectual Spiritual Environmental Social Occupational

EVENTS

Summertime Spa Do's

Summertime tips and tricks for the skin is best from the experts! Harmony Med Spa will here for all the information.

Shred It & Shop!

Shred all your unwanted papers and stay for the fun! Shops and music will be on site Wed., Aug. 3 from 3-5 PM!

Dive-In into Movie Night!

Invite your friends and families to dive-in the pool as we enjoy a family-friendly movie with snacks, Fri., August 12 at 8:30 PM!