

2024

## **Independent & Assisted Living**



### **August Birthdays**

8/3 Cruz Santini **8/4 Yetive Baylor** 8/9 Paul Heinze 8/14 Linda Parker 8/15 Helen Davis 8/24 Betsy Jenkins 8/25 Lisa Krassner



#### 1 Thankful Thursday

**International Mahjong Day** 9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions **Pastor Emmitt** 

10:30 (TH) Movement is Medicine Chair Exercises\*

12:00 (FL) Let's Go to The Library 1:00 (TH) Movie & Popcorn "Sleepless in Seattle" 1:30 (B) Play Mahjong

3:00 (PL) Aquatic Exercise 3:00 (CR) Art Therapy w/Kila 6:00 (CR) Sundown Social

#### 2 SALON DAY

#### **International Beer Day** 9:00 (B) Coffee & Conversation

10:00 (TH) Daily Devotions w/ **Carolyn Hill** 10:30 (TH) Movement is Medicine

Chair Exercises\* 12:45 (CR) B-I-N-G-O

9:30 (CR) Rise & Shine Social

2:30 (TH) Assisted Living Forum 3:00 (B) International Beer Day **Happy Hour** 

6:00 (CR) Sundown Social

#### 3 Super Saturday **Cruz Santini Birthday**

9:30 (CR) Rise & Shine Social \* 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\*

2:00 (TH) Saturday Matinee



#### 4 Splendid Sunday

**Sisters Day Yetive Baylor Birthday** 11:00 (TH) Duluth First United **Methodist Church** 

1:00 (CR) B-I-N-G-O 2:00 (TH) Covenant **Presbyterian Church Sing** w/ Elder Bob Baily 3:00 (B) Dominoes\*

#### 5 Magnificent Monday

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\*

12:45 (CR) B-I-N-G-O

2:15 Singing in Memory Care **Go Ring the Doorbell** 3:00 (B) A Manicure Kind of **Afternoon. Men & Ladies** 

6:00 (TH) Late Night Movie "The Way We Were"

#### **6 Terrific Tuesday**

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\*

12:30 (TH) Afternoon Movie "Three Men and a Little Lady 2"

1:30 (CR) Rummikub

2:30 (TH) Resident Council 3:00 (PL) Aquatic Exercises 3:00 (B) Scrabble Challenge\* 6:00 (CR) Sundown Social

#### 7 Wonderful Wednesday **Purple Heart Day**

9:30 (CR) Rise & Shine Social 10:00 (TH) New Harvester Intl. **Ministries** 

10:30 (TH) Movement is Medicine Chair Exercises\*

12:45 (FL) Publix Sign up Reg 12:45 (CR) B-I-N-G-O

1:30 (2FD) A Book a Day- Silent Read 3:00 (B) Cooking w/ Kila

**Come See What She Is Making!** 6:00 (CR) Sundown Social

#### 8 Thankful Thursday **International Cat Lovers Day**

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions **Pastor Emmitt** 

10:30 (TH) Movement is Medicine Chair Exercises\*

12:30 (TH) Afternoon Movie "The Great Debaters"

1:30 (B) Gin Rummy 3:00 (PL) Aquatic Exercise 3:00 (B) Art Therapy w/ Kila 6:00 (CR) Sundown Social

#### 9 SALON DAY/Paul Heinze Birthday

9:00 (B) Coffee & Conversation 9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions w/ **Carolyn Hill** 

10:30 (TH) Movement is Medicine Chair Exercises\*

11:00 (FL) Lunch Outing Twin Cities Pizzeria. Sign up Reg. 12:45 (CR) B-I-N-G-O 1:30 (B) Uno

3:00 (B) Scrabble Challenge & **Mango Slices** 

6:00 (CR) Sundown Social

# 1:00 (CR) B-I-N-G-O

"Mrs Doubtfire" Robin Williams



#### 9:30 (CR) Rise & Shine Social\* 10:00 (TH) Daily Devotions Miss Carol w/ Christ the

10 Super Saturday

King Church. 10:30 (TH) Movement is

Medicine Chair Exercises\* 1:00 (CR) B-I-N-G-O

2:00 (2FD) Sharpen your **POOL Skills\*** 

#### 11 Splendid Sunday 11:00 (TH) Duluth First United **Methodist Church**

1:00 (CR) B-I-N-G-O 2:00 (B) Monopoly\*



#### 12 Magnificent Monday

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises

#### 11:00-1:00 Joyful Noise Luncheon Sign up Req. \$8

12:45 (CR) B-I-N-G-O 1:30 (B)

> 3:00 (TH) Arm Chair Travel Kauai, Hawaii

> 6:00 (TH) Late Night Movie "Untraceable"

#### 13 Terrific Tuesday

#### **Left-Handers Day**

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine **Chair Exercises** 

1:00 (TH) Afternoon Movie "My Big Fat Greek Wedding 2" 1:30 (B) Phase 10

3:00 (PL) Aquatic Exercises 3:00 (B) Creative Color Pages\* 6:00 (CR) Sundown Social

#### 14 Wonderful Wednesday **Linda Parker Birthday**

9:30 (CR) Rise & Shine Social 10:00 (TH) New Harvester Intl.

10:30 (TH) Movement is Medicine Chair Exercises

12:45 (CR) B-I-N-G-O

6:00 (CR) Sundown Social

**Ministries** 

12:45 (FL) Kroger Sign up Req. 2:30 (TH) Food Forum 3:00 (2FD) Let's Play Pool & **Make Ice Cream Sunday's** 

#### 15 Thankful Thursday **Helen Davis Birthday**

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions **Pastor Emmitt** 

10:30 (TH) Movement is Medicine **Chair Exercises** 

1:00 (TH) Afternoon Movie "Shall We Dance"

1:30 (B) Rummikub 3:00 (PL) Aquatic Exercise 3:00 (CR) Art Therapy w/ Kila 6:00 (CR) Sundown Social

#### **SALON DAY**

9:00 (B) Coffee & Conversation 9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions w/ **Carolyn Hill** 

10:30 (TH) Movement is Medicine **Chair Exercises** 12:45 (CR) B-I-N-G-O

1:30 (B) Dominoes 3:00 (B) Let's Play: "The Price IS Right"

6:00 (CR) Sundown Social

#### 17 Super Saturday

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\* 1:00 (CR) B-I-N-G-O

2:00 (TH) Saturday Matinee "The Sound of Music" **Julie Andrews** 

18 Splendid Sunday 11:00 (TH) Duluth First United **Methodist Church** 

12:00 (FL) Stripers Game **Game Starts at 1:05** 1:00 (CR) B-I-N-G-O 2:00 (B) Uno\*



25 Splendid Sunday

9:30 (CR) Rise & Shine Social 12:45 (CR) B-I-N-G-O

19 Magnificent Monday/Elvis Week

10:30 (TH) Movement is Medicine

2:30-4:00 (B) Let's Get a Manicure,

**Men & Ladies** 

**Elvis Musical Tribute** 

"Elvis in Frankie and Johnny"

12:00 (FL) Go Thrifting w/ Us

12:45 (CR) B-I-N-G-O

1:30 (B) Uno

9:30 (CR) Rise & Shine Social

10:00 (TH) Daily Devotions\*

3:15 (FL) Hammerheads **Dinner Outing. Sign up** Required

**Terrific Tuesday National Lemonade Day** 

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises

> 1:00 (TH) Afternoon Movie "Elvis in Kid Galahad"

1:30 (CR) Mexican Dominoes 3:00 (PL) Aquatic Exercises. Let's Have Some Lemonade!! 3:00 (B) Scrabble Challenge\* 6:00 (CR) Sundown Social

6:00 (CR) Sundown Social

National "Sponge Cake" Day **Ministries** 

12:45 (FL) Dollar Tree Sign up Req. 1:30 (2FD) A Book a Day- Silent Read

**Berries & Play POOL** 

10:00 (TH) Daily Devotions **Pastor Emmitt** 10:30 (TH) Movement is Medicine

No Movie or Swimming this Afternoon

9:30 (CR) Rise & Shine Social

22 Thankful Thursday

Chair Exercises 11:00 (B) Let's Have a Luau

**Party** 3:00 (B) Tiki Bar Happy Hour 6:00 (CR) Sundown Social

29 Thankful Thursday

1:30 (CR) Gin Rummy

6:00 (CR) Sundown Social

**Pastor Emmitt** 

**Chair Exercises** 

9:30 (CR) Rise & Shine Social

10:00 (TH) Daily Devotions

10:30 (TH) Movement is Medicine

1:00 (TH) Afternoon Movie

"Skyscraper"

3:00 (PL) Aquatic Exercise

3:00 (CR) Art Therapy w/ Kila

10:30 (TH) Movement is Medicine **Chair Exercises** 12:45 (CR) B-I-N-G-O

1:30 (B) Scrabble

**Colors & Karaoke** 

6:00 (CR) Sundown Social

**College Football Begins Today Betsy Jenkins Birthday** 

24 Super Saturday

9:30 (CR) Rise & Shine Social \* 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\* 1:00 (CR) B-I-N-G-O

2:00 (2FD) Sharpen your **POOL Skills** 



**Lisa Krassner Birthday** 11:00 (TH) Duluth First **United Methodist Church** 1:00 (CR) B-I-N-G-O 2:00 (B) Rummikub\*

**26 Magnificent Monday** 

6:00 (TH) Late Night Movie

10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises

6:00 (TH) Late Night Movie "The Shack"

27 Terrific Tuesday

**National Just Because Day** 9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises

1:00 (TH) Afternoon Movie "Because I Said So"

1:30 (CR) Yahtzee

3:00 (PL) Aquatic Exercises 3:00 (B) Creative Color Pages\* 6:00 (CR) Sundown Social

28 Wonderful Wednesday

3:00 (B) Cooking w/ Kila:

9:30 (CR) Rise & Shine Social 10:00 (TH) New Harvester Intl.

21 Wonderful Wednesday

9:30 (CR) Rise & Shine Social

**Ministries** 

Chair Exercises

12:45 (CR) B-I-N-G-O

10:00 (TH) New Harvester Intl.

10:30 (TH) Movement is Medicine

12:45 (FL) Walmart Sign up Req.

1:30 (2FD) A Book a Day- Silent Read

**Come See What she will Make** 

9:00 (FL) Ladies & Men's Breakfast

- Cracker Barrel - Sign up Reg

10:30 (TH) Movement is Medicine Chair Exercises

11:30 (DR) Happy August Birthday 12:45 (CR) B-I-N-G-O

3:00 (2FD) Make Tri-Colored

6:00 (CR) Sundown Social

30 SALON DAY/

23 SALON DAY

**Carolyn Hill** 

**Chair Exercises** 

12:45 (CR) B-I-N-G-O

1:30 (B) Rummikub

9:00 (B) Coffee & Conversation

10:00 (TH) Daily Devotions w/

10:30 (TH) Movement is Medicine

3:00 (B) Calendar Review for

**September & Suggestions for Oct.** 

6:00 (CR) Sundown Social

9:30 (CR) Rise & Shine Social

**College Color Day** 

9:00 (B) Coffee & Conversation 9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions w/ **Carolyn Hill** 

3:00 (B) Wear your College

31 Super Saturday **Eat Outside Today** 

9:30 (CR) Rise & Shine Social 10:00 (TH) Daily Devotions\* 10:30 (TH) Movement is Medicine Chair Exercises\* 1:00 (CR) B-I-N-G-O

Early 1:00 (TH) Saturday Matinee "South Pacific"

(B) Bistro (2FD) 2<sup>nd</sup> Floor Den (CR) Card Room (TH) Theater (DR) Dining Room (FL) Front Lobby (C) Courtyard (PL) Pool Deck (AO) Activity Office (\*) Independently Led

Red Is an Outing **Purple are Visitors** Green is Important Blue is Entertainment



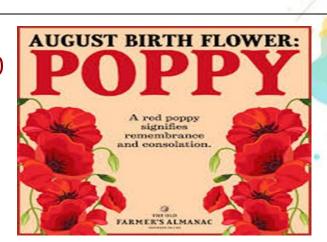
~National Friendship Month~

~National Scrabble Month~

~National Service Dog Month~



~Aquatic Exercise with Tricia~ Every Tuesday & Thursday @ 3:00 On the Pool Deck Come Exercise or Just Come Sit by the Pool in the Shade. Water Provided.







9:00 Morning Stroll
9:30 Daily Chronicles & Current Events
10:00 Hydration & Snack
10:30 Movement is Medicine
11:30 Lunch
1:00 Visit w/ Cosette the Therapy Dog
2:00 Hydration & Snack
3:00 Music Therapy- Move your Body
4:00 Dinner
6:00 Sundown Social Vision Sundown Sundown Sundown Social Vision Sundown S

9:30 Daily Chronicles & Current events

**Elvis Week** 

8:00 Breakfast

8:00 Breakfast

11:30 Lunch

4:00 Dinner

Therapy Dog

9:00 Morning Stroll

11:00 Brain Games

10:00 Hydration & Snack

1:00 Visit w/ Cosette the

2:00 Hydration & Snack

6:00 Sundown Social

10:30 Movement is Medicine

3:00 Music Therapy- Elvis Presley

19
8:00 Breakfast
9:00 Morning Stroll
9:30 Daily Chronicles & Current
Events
10:00 Hydration & Snack
10:30 Movement is Medicine
11:30 Lunch
1:00 Manicure/Hand Massage

8:00 Breakfast

11:30 Lunch

Monday

4:00 Dinner

9:00 Morning Stroll

10:00 Hydration & Snack

2:00 Hydration & Snack

3:00 Life Story Time

6:00 Sundown Social

11:30 Lunch
1:00 Manicure/Hand Massage
Monday
2:00 Hydration & Snack
3:00 Life Story Time
4:00 Dinner
6:00 Sundown Social

9:30 Daily Chronicles & Current

1:00 Manicure/Hand Massage

10:00 Road Trip- Scenic Ride-Along

2:00 Hydration & Snack

3:00 A Book A Day- Reading Hour

4:00 Dinner
6:00 Sundown
Social

27
8:00 Breakfast

9:00 Morning Stroll

9:30 Daily Chronicles & Current

**20 National Lemonade Day** 

9:30 Daily Chronicles & Current

8:00 Breakfast

11:30 Lunch

9:00 Morning Stroll

10:00 Hydration & Snack

10:30 In the Garden

1:00 Creative Crafting

27
8:00 Breakfast
9:00 Morning Stroll
9:30 Daily Chronicles & Current
Events
10:00 Hydration & Snack
10:30 In the Garden
11:30 Lunch
1:00 Creative Crafting

2:00 Hydration & Snack

3:00 A Book A Day- Reading Hour

4:00 Dinner

6:00 Sundown Social

28
8:00 Breakfast
9:00 Morning Stroll
9:30 Daily Chronicles & Current
Events
10:00 Hydration & Snack
10:30 Movement is Medicine
11:30 Lunch
1:00 B-I-N-G-O
2:00 Hydration & Snack
3:00 Life Story Time
4:00 Dinner
6:00 Sundown Social

21

**Events** 

11:30 Lunch

4:00 Dinner

1:00 B-I-N-G-O

8:00 Breakfast

9:00 Morning Stroll

10:00 Hydration & Snack

2:00 Hydration & Snack

3:00 Life Story Time

6:00 Sundown Social

9:30 Daily Chronicles & Current

10:30 Movement is Medicine

29 Salon Day
8:00 Breakfast
9:00 Morning Stroll
9:30 Daily Chronicles & Current
Events
10:00 Hydration & Snack
10:30 In The Garden
11:30 Lunch
1:00 Creative Crafting
2:00 Hydration & Snack
3:00 A Book a Day- Reading Hour
4:00 Dinner

6:00 Sundown Social

22 Salon Day

9:00 Morning Stroll

10:00 Hydration & Snack

1:00 Creative Crafting

2:00 Hydration & Snack

6:00 Sundown Social

10:30 Road Trip-Scenic Ride

9:30 Daily Chronicles & Current

3:00 A Book a Day- Reading Hour

8:00 Breakfast

**Events** 

11:30 Lunch

4:00 Dinner

30
8:00 Breakfast
9:00 Morning Stroll
9:30 Daily Chronicles & Current
Events
10:00 Hydration & Snack
10:30 Movement is Medicine
11:30 Lunch
1:00 Music Therapy-1940's Hits
2:00 Hydration & Snack
3:00 Art Therapy
4:00 Dinner
6:00 Sundown Social

23

**Events** 

11:30 Lunch

4:00 Dinner

8:00 Breakfast

9:00 Morning Stroll

10:00 Hydration & Snack

2:00 Hydration & Snack

3:00 Art Therapy

6:00 Sundown Social

10:30 Movement is Medicine

1:00 Music Therapy-Clap to the Beat

9:30 Daily Chronicles & Current

11:00 B-I-N-G-O 11:30 Lunch 1:00 Life Skills & Task Boxes 2:00 Hydration & Snack 3:00 A Book a Day- Reading Hour 4:00 Dinner 6:00 Sundown Social 31 8:00 Breakfast 9:00 Morning Stroll 9:30 Daily Chronicles & Current Events 10:00 Hydration & Snack 10:30 Movement is Medicine 11:00 B-I-N-G-O 11:30 Lunch 1:00 Life Skills & Tasks Boxes 2:00 Hydration & Snack 3:00 A Book a Day- Reading Hour 4:00 Dinner 6:00 Sundown Social

9:30 Daily Chronicles & Current Events

8:00 Breakfast

9:00 Morning Stroll

10:00 Hydration & Snack

10:30 Movement is Medicine





# ~National Friendship Month~

~International Service Dog Month~



