

# Wellington Park Calendar of Events - August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Black: Common Area Activities</b>  <b>Brown: Assisted Living Activities</b>  <b>Green: Fitness</b>  <b>Purple: Outings</b>  <b>Red: Special Events</b></p>	<p><b>*Activities are subject to change. Please review your Weekly Runner for the most up-to-date list of activities</b></p>	<p><b>1</b>            9:00 am ALFL Chair Exercise &amp; Mind Exercises            10:00 am ALFL Nails  <b>11:30 a.m. IH Lunch &amp; Learn with Grandview</b>            1:15 pm DP Resident-led Pool Exercise            2:00 pm PDR "Book Review" with North Shelby Library            2:00 p.m. Mexican Train Dominoes WPS            6:45 pm BW Bridge Group</p>	<p><b>2</b>            8:30 am Chair EX Video            9:30 am Bank Run            10:00 am AL Bible Study &amp; Communion with Daphney (AL 2nd Floor)            1:15 pm FS Chair Exercise Video            1:45 pm FS Wii Bowling            2:00 pm ALFL Bridge Group            2:00 pm PDR Current Events Discussion Group  <b>3:30 p.m. IH Community Council with Jaclyn</b></p>	<p><b>3</b>            9:00 am ALFL Chair Exercise &amp; Mind Exercises  <b>10:00 am Flower Arranging (WPS)</b>  <b>10:00 am Donuts &amp; Coffee in Bistro</b>            1:15 pm DP PEP- Pool Exercise Program            2:00 p.m. AL2FL Bingo  <b>7:00 pm IH Classical Guitar with Jeffrey Bianchi</b>            7:00 pm DT Night School</p>	<p><b>4</b>            8:30 am DP Pool Volleyball Resident Led            9:00 am Chair Exercise &amp; Word Game (AL2FL)            10:00 am WPS Hand &amp; Foot  <b>10:15 am Chair Exercise Video FS</b>  <b>11:00 am-12:00 am Walgreens/Fresh Market</b>  <b>2:00 pm Chair Yoga FS</b>            6:30 pm \$1 Bingo (IH)</p>	<p><b>5</b>            10:00 am WPS Hand and Foot  <b>10:15 am FS Chair Exercise Class Video</b>            1:00 pm CA Quiddler Card Game            1:30 pm WP Rummikub  <b>2:00 pm FS Weekend Wii</b>            7:00 pm DTR Movie &amp; Popcorn: La La Land</p>
<p><b>6</b>            10:00 am IH Protestant Church Service            10:30 am FS Catholic Communion Service            2:00 pm IH Movie Matinee            3:00 pm BW Bridge Group  <b>3:00 pm WPS Rummikub</b></p>	<p><b>7</b>  <b>8:30 am Hydro-cise DP</b>  <b>9:30-11:00 am Walmart</b>            10:00 am PDR Bible Study            10:30 am DT Weekly Movie  <b>1:00 pm FS Chair Exercise</b>            1:00 pm BW Hand &amp; Foot            1:30 pm DT Weekly Movie  <b>1:30-3:00 pm Publix</b>  <b>1:45 pm FS Wii Bowling</b>            2:00 pm ALFL Bridge Group            2:00 pm Nails (WP)            7:00 pm DTR Monday Music Series</p>	<p><b>8</b>            8:30 am DP Pool Volleyball            9:00 am ALFL Chair Exercise &amp; Mind Exercises            10:00 am ALFL Nails  <b>10:15 am FS Cycle Circuit</b>  <b>1:15 pm DP Pool Exercise Program</b>  <b>1:00 pm IH Lyft Informational Meeting</b>            2:00 pm PDR Activities Committee Meeting  <b>2:00 pm Traveling Ice Cream Cart (AL Floors)</b>  <b>3:00 pm IH "Books to You" Presented by Hoover Library</b></p>	<p><b>9</b>  <b>8:30 am DP Hydro-cise</b>  <b>9:30 am Bank Run</b>            10:00 am AL Bible Study with Daphney (AL 2nd Floor)  <b>1:15 pm FS Chair Exercise</b>  <b>1:45 pm FS Wii Bowling</b>            2:00 pm ALFL Bridge Group            2:00 pm PDR Current Events Discussion Group  <b>4:00 pm WB Happy Hour with Mike &amp; Sheila</b></p>	<p><b>10</b>            9:00 am ALFL Chair Exercise &amp; Mind Exercises  <b>9:30 am FS Balance Class</b>  <b>9:30 am Depart for Shopping at the Shops of Grand River</b>  <b>1:15 pm DP PEP- Pool Exercise Program</b>            2:00 pm CA Needlepoint, Etc. Interest Group Meeting            2:00 pm ALFL Bingo  <b>3:00 pm IH Chair Volleyball</b>            7:00 pm DT Night School</p>	<p><b>11</b>  <b>8:30 am DP Pool Volleyball</b>            9:00 am Chair Exercise &amp; Word Game (AL2FL)            10:00 am WPS Hand &amp; Foot  <b>10:15 am Senior-cise FS</b>  <b>11:00 am-12:00 am Walgreens/Fresh Market</b>            2:00 pm Resident Choice Games (WPS)            6:30 pm \$1 Bingo (IH)</p>	<p><b>12</b>            10:00 am WPS Hand and Foot  <b>10:15 am FS Chair Exercise Class Video</b>            1:00 pm CA Quiddler Card Game            1:30 pm WP Rummikub  <b>2:00 pm FS Weekend Wii</b>            7:00 pm DTR Movie &amp; Popcorn: The Jungle Book</p>
<p><b>13</b>            10:00 am IH Protestant Church Service            10:30 am FS Catholic Communion Service            3:00 pm BW Bridge Group  <b>3:00 pm WPS Rummikub</b></p>	<p><b>14</b>  <b>8:30 am Hydro-cise DP</b>  <b>9:30-11:00 am Walmart</b>            10:00 am PDR Bible Study  <b>10:00 am Pet Therapy (ALFL)</b>            10:30 am DT Weekly Movie  <b>1:00 pm FS Chair Exercise</b>            1:00 pm BW Hand &amp; Foot            1:30 pm DT Weekly Movie  <b>1:30-3:00 pm Winn Dixie</b>  <b>1:45 pm FS Wii Bowling</b>            2:00 pm ALFL Bridge Group            2:00 pm Nails (WP)            7:00 pm DTR Monday Music Series</p>	<p><b>15</b>  <b>8:30 am DP Pool Volleyball</b>            9:00 am ALFL Chair Exercise &amp; Mind Exercises            10:00 am ALFL Nails  <b>10:15 am FS Cycle Circuit</b>  <b>11:30am PDR Dine In Kentucky Fried Chicken</b>  <b>1:15 pm DP Pool Exercise Program</b>  <b>2:00 pm Depart for Bruster's Ice Cream</b>  <b>3:00 pm WV Team Trivia</b>            6:45pm BW Bridge Group</p>	<p><b>16</b>  <b>8:30 am DP Hydro-cise</b>  <b>9:30 am Bank Run</b>            10:00 am AL Bible Study with Daphney (AL 2nd Floor)  <b>1:15 pm FS Chair Exercise</b>  <b>1:45 pm FS Wii Bowling</b>            2:00 pm ALFL Bridge Group            2:00 pm PDR Current Events Discussion Group  <b>3:00 pm WB Popcorn in the Bistro!</b></p>	<p><b>17</b>            9:00 am ALFL Chair Exercise &amp; Mind Exercises  <b>10:00 am Flower Arranging (WPS)</b>  <b>11:00am Lunch Group Fish Market</b>  <b>1:15 pm DP PEP- Pool Exercise Program</b>            2:00 pm AF2FL Bingo            2:00 pm IH Clear Captions Informational Seminar            2:30 pm BW Book Club Discussion Group            7:00 pm DT Night School</p>	<p><b>18</b>  <b>8:30 am DP Pool Volleyball</b>            9:00 am Chair Exercise &amp; Word Game (AL2FL)            10:00 am WPS Hand &amp; Foot  <b>10:15 am Senior-cise FS</b>  <b>11:00 am-12:00 am Walgreens/Fresh Market</b>            2:00 pm Resident Choice Games (WPS)            6:30 pm \$1 Bingo (IH)</p>	<p><b>19</b>            10:00 am WPS Hand and Foot  <b>10:15 am FS Chair Exercise Class Video</b>            1:00 pm CA Quiddler Card Game            1:30 pm WP Rummikub  <b>2:00 pm FS Weekend Wii</b>            7:00 pm DTR Movie &amp; Popcorn: The Philadelphia Story</p>





# Wellington Park Calendar of Events - August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>10:00 am IH Protestant Church Service</p> <p>10:30 am FS Catholic Communion Service</p> <p>12:30 pm AT Piano Music by Newman Evans</p> <p>2:00 pm IH Movie Matinee</p> <p>3:00 pm BW Bridge Group</p> <p>3:00 pm WPS Rummikub</p>	<p>21</p> <p>8:30 am Hydro-cise DP</p> <p>9:30-11:00 am Walmart</p> <p>10:00 am PDR Bible Study</p> <p>10:30 am DT Weekly Movie</p> <p>1:00 pm FS Chair Exercise</p> <p>1:00 pm BW Hand &amp; Foot</p> <p>1:30 pm DT Weekly Movie</p> <p>1:30-3:00 pm Publix</p> <p>1:45 pm FS Wii Bowling</p> <p>2:00 pm ALFL Bridge Group</p> <p>2:00 pm Nails (WP)</p> <p>7:00 pm DTR Monday Music Series</p>	<p>22</p> <p>8:30 am DP Pool Volleyball</p> <p>9:00 am ALFL Chair Exercise &amp; Mind Exercises</p> <p>10:00 am ALFL Nails</p> <p>1:15 pm DP Pool Exercise Program</p> <p>2:00 pm AL2FL Hymn Sing with Daphney</p> <p>3:00 pm IH Chair Volleyball</p> <p>6:45 pm BW Bridge Group</p>	<p>23</p> <p>8:30 am DP Hydro-cise</p> <p>9:30 am Bank Run</p> <p>10:00 am AL Bible Study with Daphney (AL 2nd Floor)</p> <p>11:30 am IH Lunch &amp; Learn with Brookwood</p> <p>1:15 pm FS Chair Exercise</p> <p>1:45 pm FS Wii Bowling</p> <p>2:00 pm ALFL Bridge Group</p> <p>2:00 pm PDR Current Events Discussion Group</p> <p>2:00 pm Depart for Dollar Tree</p>	<p>24</p> <p>9:00 am ALFL Chair Exercise &amp; Mind Exercises</p> <p>1:15 pm DP PEP- Pool Exercise Program</p> <p>2:00 pm ALFL Bingo</p> <p>4:30 pm CDR Casino Night Dinner Buffet</p> <p>6:30 - 8:00 pm IH Casino Night!</p>	<p>25</p> <p>8:30 am DP Pool Volleyball</p> <p>9:00 am Chair Exercise &amp; Word Game (AL2FL)</p> <p>10:00 am WPS Hand &amp; Foot</p> <p>10:15 am Senior-cise FS</p> <p>11:00 am-12:00 am Walgreens/Fresh Market</p> <p>4:00 pm WB An Afternoon of Jazz</p> <p>6:30 pm \$1 Bingo (IH)</p>	<p>26</p> <p>10:00 am WPS Hand and Foot</p> <p>10:15 am FS Chair Exercise Class Video</p> <p>1:00 pm CA Quiddler Card Game</p> <p>1:30 pm WP Rummikub</p> <p>2:00 pm FS Weekend Wii</p> <p>7:00 pm DTR Movie &amp; Popcorn: Jackie</p>
<p>27</p> <p>10:00 am IH Protestant Church Service</p> <p>10:30 am FS Catholic Communion Service</p> <p>2:00 pm IH Movie Matinee</p> <p>3:00 pm BW Bridge Group</p> <p>3:00 pm WPS Rummikub</p>	<p>28</p> <p>8:30 am Hydro-cise DP</p> <p>9:30-11:00 am Walmart</p> <p>10:00 am PDR Bible Study</p> <p>10:30 am DT Weekly Movie</p> <p>1:00 pm FS Chair Exercise</p> <p>1:00 pm BW Hand &amp; Foot</p> <p>1:30 pm DT Weekly Movie</p> <p>1:30-3:00 pm Winn Dixie</p> <p>1:45 pm FS Wii Bowling</p> <p>2:00 pm ALFL Bridge Group</p> <p>2:00 pm Nails (WP)</p> <p>3:00 p.m. Town Hall with Jeana (AL2FL)</p> <p>7:00 pm DTR Monday Music Series</p>	<p>29</p> <p>9:00 am ALFL Chair Exercise &amp; Mind Exercises</p> <p>10:00 am ALFL Nails</p> <p>1:00 pm ALFL George Winter Performs</p> <p>1:15 pm DP Pool Exercise Program</p> <p>2:00 pm WPS Mexican Train Dominoes</p> <p>3:00 pm WB Name That Tune with George Winter</p> <p>4:30 pm Dinner Group Depart for Satterfield's</p> <p>6:45 pm BW Bridge Group</p>	<p>30</p> <p>8:30 am DP Hydro-cise</p> <p>9:30 am Bank Run</p> <p>10:00 am AL Bible Study with Daphney (AL 2nd Floor)</p> <p>1:15 pm FS Chair Exercise</p> <p>1:45 pm FS Wii Bowling</p> <p>2:00 pm ALFL Bridge Group</p> <p>2:00 pm PDR Current Events Discussion Group</p> <p>3:30 pm WB August Birthday Celebration</p>	<p>31</p> <p>9:00 am ALFL Chair Exercise &amp; Mind Exercises</p> <p>10:00 am Flower Arranging (WPS)</p> <p>1:15 pm DP PEP- Pool Exercise Program</p> <p>3:00 pm IH Family Feud!</p> <p>7:00 pm DT Night School</p>	<p><b>Key:</b></p> <p>BW: Bridgewater Card Room            CA: Creative Arts Studio            CH: Churchill's Billiards Room            DP: Danberry Pool            DT: Danberry Theater            FS: Fitness Studio            IH: Inverness Hall            PDR: Private Dining            WB: Winston's Bistro            WP: Wellington Park</p> <p><b>Black: Common Area Activities</b>  <b>Brown: Assisted Living Activities</b>  <b>Green: Fitness</b>  <b>Purple: Outings</b>  <b>Red: Special Events</b></p>	

\*Activities are subject to change. Please review your Weekly Runner for the most up-to-date list of activities