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 <p>Enjoying the dog days of summer!</p> <p><b>Birthdays in August!</b> Joyce Hull.....August 7th</p> 	<p><b>Rest, Reflect and Relax</b> 29</p> <p>10:00  Exercise in the Clubhouse</p> <p>10:30  Mass of the Air on channel 11</p> <p>11:00  Southeast Christian Church Service on channel 3</p> <p>1:00  Sunday Matinee in the Theater: Robin Williams in: "Patch Adams"</p>	<p>10:00  30 Exercise in the Clubhouse</p> <p>10:45  Outing to Martin's Bar-B-Que Joint, Please register for outing at Front Desk</p> <p>1:00  Bible Study with Tricia in the Clubhouse</p> <p>3:00  Sequence in the Filly Room</p> <p>3:30  Checkers in the Northwest Lounge</p>	<p>10:00  31 Beginner's Water Aerobics in the Pool (Five Spots Available)</p> <p>10:00  Exercise in the Clubhouse</p> <p>10:30  Intermediate Water Aerobics in the Pool (Five Spots Available, No Waitlist)</p> <p>12:30  Bingo with Ashlee (Caretenders), in the Clubhouse</p> <p>3:30  Happy Hour in the Filly Room!</p>	<p>10:00  1 Exercising to the music, in the Clubhouse</p> <p>10:35  Yoga Video in the Clubhouse</p> <p>1:00  Art Throbs: Watercolors With Marie in the Art Room</p> <p>3:00  Mountain Homecoming, Bill &amp; Gloria Gaither Video in the Theater</p> <p>3:30  Chess in the Northwest Lounge</p>	<p>10:00  2 Exercise in the Clubhouse</p> <p>10:30  Catholic Communion in the Clubhouse</p> <p>2:00  Rummicub in the Clubhouse</p> <p>3:30  All About Euchre, learning to play at the Northwest Lounge by the Activities Office</p>	<p><b>Wear your Colors Today!!! Support your favorite team and kick off a new College Football Season</b> 3</p> <p>10:00  Exercise in the Clubhouse</p> <p>10:45  Bingo in the Clubhouse, Megan</p> <p>1:00  Movie Club: "Heaven is for Real", Based on a True Story</p> <p>3:30  Happy Hour and Tailgate Party in the Filly Room!</p> <p>6:30  Cornhole Night in the Clubhouse</p>	<p>10:00  4 Exercise in the Clubhouse</p> <p>10:30  Non-denominational Communion for Everyone-Clubhouse</p> <p>12:00  Kentucky Wildcats Football: Home vs.. Louisiana Monroe in the Filly Lounge</p>

-  Intellectual
-  Physical
-  Purposeful
-  Social
-  Spiritual