



WWW.SENIORLIFESTYLE.COM
Activities are subject to change



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



HAPPY BIRTHDAY TOM BETHEA 1
9:00 ● Coffee Social [1FL-LG]
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● MARTY RUIZ ENTERTAINS [LGN]
1:00 ● Open Swimming
2:15 ● BINGO in Media Room [MR]
3:30 ● Afternoon Games [MR]
6:30 ● Marty Ruiz Entertains

9:00 ● Coffee Social [1FL-LG] 2
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:00 ● The Louvre: De La Tour, Le Nain, and 17th Century Painting [MR]
2:00 ● OUTING TO WALMART
3:00 ● BEGINNER'S SPANISH WITH IRIS [4thFL-Art]
3:00 ● Tech Chicks

HAPPY ANNIVERSARY ANDY & JEAN ODOM 3
9:00 ● Coffee Social [1FL-LG]
1:00 ● Arranging Flowers [LGN]
2:30 ● BINGO in Media Room [MR]
4:00 ● Happy Hour

1:00 ● BOOK TALK WITH NANCEE [MR] 4
3:00 ● BINGO in Media Room [MR]
5:00 ● Saturday Matinee -- "Ron Clark Story" [MR]

11:00 ● Plymouth Park United Methodist Church Sunday Sermon [MR] 5
11:00 ● Sunday Mass on Channel KFWD
1:30 ● Prayer Session with Heidi [CHP]
3:00 ● Aaron Jacob at the Piano [LGN]
3:00 ● Sunday Sundaes
3:30 ● Sunday Matinee -- "Teacher of the Year" [MR]

Labor Day 6
9:00 ● Coffee Social [1FL-LG]
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● Open Swimming
1:30 ● BINGO in Media Room [MR]
6:00 ● Monday Night Movie -- "The Breakfast Club" [MR]

MONTHLY WEIGH-IN WITH MARIE/AL 7
9:00 ● Coffee Social [1FL-LG]
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Plymouth Park United Methodist Church Sermon [CHP]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:30 ● OUTING TO KROGER

9:00 ● Coffee Social [1FL-LG] 8
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● BINGO in Media Room [MR]
1:00 ● Open Swimming
2:45 ● Paul's Hootenanny [LGN]
6:00 ● Evening Games [MR]

9:00 ● Coffee Social [1FL-LG] 9
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:00 ● The Louvre: Claude and Poussin -- French Painters in Rome [MR]
2:00 ● OUTING TO WALMART
2:00 ● Women's Tea Social [MR]
3:00 ● Tech Chicks
3:30 ● NAME THAT TUNE WITH MIKE! [MR]

9:00 ● Coffee Social [1FL-LG] 10
1:00 ● Arranging Flowers [LGN]
1:00 ● Sassy Senior Dancers [LGN]
2:30 ● BINGO in Media Room [MR]
4:00 ● Happy Hour

3:00 ● BINGO in Media Room [MR] 11
5:00 ● Saturday Matinee -- "Cool Hand Luke" [MR]

- Connect
- Contribute
- Feel
- Grow
- Move
- Reflect

HAPPY ANNIVERSARY BILL & BARBARA BORTHWICK 12
11:00 ● Plymouth Park United Methodist Church Sunday Sermon [MR]
11:00 ● Sunday Mass on Channel KFWD
3:00 ● Aaron Jacob at the Piano [LGN]
3:00 ● Sunday Sundaes
3:30 ● Sunday Matinee -- "Lost in Translation" [MR]

HAPPY BIRTHDAY TOM CHAPMAN 13
9:00 ● Coffee Social [1FL-LG]
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● Open Swimming
1:30 ● BINGO in Media Room [MR]
3:00 ● Monday Matinee -- "The World Series" [MR]
3:00 ● Tech Chicks
6:00 ● FOOTBALL TALK WITH BRECK [MR]

9:00 ● Coffee Social [1FL-LG] 14
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● DEVOTIONAL [CHP]
1:00 ● Open Swimming
1:30 ● Card Making [4thFL-Art]
1:30 ● OUTING TO KROGER
2:00 ● Poker Tournament [3FL-LG]

9:00 ● Coffee Social [1FL-LG] 15
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● DON & SHARON PERFORM
1:00 ● Open Swimming
2:15 ● BINGO in Media Room [MR]
3:30 ● Afternoon Games [MR]

9:00 ● Coffee Social [1FL-LG] 16
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:00 ● The Louvre: Watteau and Chardin [MR]
2:00 ● OUTING TO WALMART
3:00 ● BEGINNER'S SPANISH WITH IRIS [4thFL-Art]
3:00 ● Tech Chicks

9:00 ● Coffee Social [1FL-LG] 17
1:00 ● Arranging Flowers [LGN]
2:30 ● BINGO in Media Room [MR]
4:00 ● Happy Hour

HAPPY BIRTHDAY MARY LOU DUBOIS 18
12:30 ● SPECTACULAR FOLLIES AT THE EISEMANN CENTER
1:00 ● Coppel Lion's Club Bingo
5:00 ● Saturday Matinee -- "Secondhand Lion" [MR]

11:00 ● Plymouth Park United Methodist Church Sunday Sermon [MR] 19
11:00 ● Sunday Mass on Channel KFWD
1:30 ● Prayer Session with Heidi [CHP]
3:00 ● Aaron Jacob at the Piano [LGN]
3:00 ● Angel Perez and Jayesh Dave Present Sunday Sundaes
3:30 ● Sunday Matinee -- "North Country" [MR]

9:00 ● Coffee Social [1FL-LG] 20
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● Open Swimming
1:30 ● BINGO in Media Room [MR]
3:00 ● Tech Chicks
3:00 ● Trivia with Darlene [LGN]
6:00 ● Monday Night Movie -- "Casablanca" [MR]

9:00 ● Coffee Social [1FL-LG] 21
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:30 ● OUTING TO KROGER
1:30 ● RESIDENT COUNCIL/AL [MR]
3:00 ● TOWN HALL/VILLAS [GYM]

9:00 ● Coffee Social [1FL-LG] 22
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
1:00 ● Open Swimming
1:30 ● BINGO in Media Room [MR]
2:00 ● EXHIBIT & LUNCH AT NORTHPARK
6:00 ● Evening Games [MR]

9:00 ● Coffee Social [1FL-LG] 23
9:00 ● Men's Breakfast
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Food Forum with Alba [1FL-LG]
1:00 ● Open Swimming
1:00 ● The Louvre: Boucher, Fragonard, and the Rococo in France [MR]
2:00 ● Men
2:00 ● OUTING TO WALMART
3:00 ● Tech Chicks

9:00 ● Coffee Social [1FL-LG] 24
1:00 ● Arranging Flowers [LGN]
2:30 ● BINGO in Media Room [MR]
4:00 ● Happy Hour

1:30 ● Medicare 101 [MR] 25
3:00 ● BINGO in Media Room [MR]
5:00 ● Saturday Matinee -- "State Fair" 1933 Version [MR]

HAPPY BIRTHDAY BOB GALBRAITH 26
11:00 ● Plymouth Park United Methodist Church Sunday Sermon [MR]
11:00 ● Sunday Mass on Channel KFWD
1:30 ● Prayer Session with Heidi [CHP]
3:00 ● Aaron Jacob at the Piano [LGN]
3:00 ● Sunday Sundaes
3:30 ● Sunday Matinee -- "State Fair" 1945 Version [MR]

HAPPY BIRTHDAY JOANNE CONNELL & MARGARET VALDEZ 27
9:00 ● Coffee Social [1FL-LG]
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
12:00 ● New Residents Luncheon [MR]
1:00 ● Open Swimming
1:30 ● Celebration of June Birthdays & New Residents [LGN]
3:00 ● BINGO in Media Room [MR]
3:00 ● Tech Chicks
6:00 ● Monday Night Movie -- "It Happened at the World's Fair" [MR]

9:00 ● Coffee Social [1FL-LG] 28
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● DEVOTIONAL [CHP]
1:00 ● Open Swimming
1:30 ● OUTING TO KROGER
3:00 ● JEOPARDY! [MR]

9:00 ● Coffee Social [1FL-LG] 29
9:00 ● Water Aerobics with Betty
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● BINGO Store Open
1:00 ● Open Swimming
1:30 ● BINGO in Media Room [MR]
3:00 ● Afternoon Games [MR]

HAPPY BIRTHDAY VALERIE NORDER 30
9:00 ● Coffee Social [1FL-LG]
10:00 ● Move It or Lose It with Betty [GYM]
11:00 ● Yoga with Betty [GYM]
1:00 ● Open Swimming
1:00 ● The Louvre: Jacques-Louis David and His School [MR]
2:00 ● OUTING TO WALMART
3:00 ● BEGINNER'S SPANISH WITH IRIS [4thFL-Art]
3:00 ● Beginner's Spanish [4thFL-Art]
3:00 ● Tech Chicks
4:00 ● Nancee's Corner [MR]

- Location Keys**
- 3rd Floor Lounge 3FL-LG
 - 4th Floor Art Area 4thFL-Art
 - Chapel CHP
 - Clubhouse Lounge 1FL-LG
 - Gym GYM
 - Lounge LGN
 - Media Room MR

"There is nothing in the world so irresistibly contagious as laughter and good humor."
— Charles Dickens, A Christmas Carol

