



"Live the Stellar Life!"

August 2010

Elmore Place II

**HAPPY BIRTHDAY!**  
Please join us for a Birthday Party on Tuesday, August 24th, at 2:30 p.m. in the Dining Room.

**August Birthday**  
Lois Ehrman ..... 8/9

**Room Key**  
1FL- 1st Floor Lounge  
2FL- 2nd Floor Lounge  
ALDR- AL Dining Room  
ALMR- AL Media Room  
ALWL- AL Wii® Lounge  
AR- Activity Room  
BC- Business Center  
DR- Dining Room  
L- Library  
MR- Media Room  
PDR- Private Dining

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b> 8:00-12:00 Church Shuttle 10:30 Sit and Be Fit (MR) 1:00-3:00 Hospital Visits 1:30 Movie Matinee (MR) 2:00-3:30 Flamingo Follies at QC Botanical Garden Center (\$4 Admission)</p>	<p><b>2</b> 9:00 Walmart Outing 9:30 Sit and Be Fit (MR) 12:30 Knitting Club (AR) 1:30 Computer Class (BC) 3:00 Dominoes (DR) 3:00-4:00 Farmers' Market Outing: Trinity @ Terrace</p>	<p><b>3</b> 9:00 Wisdom &amp; Wellness Workshop: "myHalo" (MR) 10:00 Arthritis Foundation Aquatic Program (P) 11:00 Rosary (PDR) 11:30 Dakim Group Session (L) 1:30 iPod® Program: Favorite Records (MR) 3:00 Karaoke (1FL)</p>	<p><b>4</b> 9:30 Devotions (DR) 10:00 Wellness Walk (1FL) 10:00-11:30 QC Arts Gallery Outing (FREE Admission) 11:00 Wii Bowling Club (MR) 1:30 Sit and Be Fit (MR) 2:00 Town Hall (ALDR) 6:30 Midweek Movie Night (MR)</p>	<p><b>5</b> 9:00 Deep Breathing (PDR) 11:00 Arthritis Foundation Aquatic Program (P) 12:30 Balance Training (MR) 2:00 Dakim Group Session (L) 2:30 Arts and Crafts Hour (AR) 3:30 25-cent Bingo (DR)</p>	<p><b>6</b> 9:00 Current Events (1FL) 11:30 Brown Bag Lunch Outing: Midwest Writing Center Poetry Reading (FREE) 2:00 Library Outing 4:00-5:00 Wine and Cheese Social Hour (1FL)</p>	<p><b>7</b> 9:00-12:00 Personal Errands 9:00-10:30 Freighthouse Farmers' Market Outing 11:00 Sit and Be Fit (MR) 1:00-4:00 Personal Errands 1:30 Movie Matinee (MR)</p>
<p><b>8</b> 8:00-12:00 Church Shuttle 10:30 Sit and Be Fit (MR) 1:00-3:00 Hospital Visits 1:30 Movie Matinee (MR) 3:30 Wii Games (MR) 6:30 Cards and Board Games (DR)</p>	<p><b>9</b> 9:00 Target Outing 9:30 Sit and Be Fit (MR) 12:30 Knitting Club (AR) 1:30 Computer Class (BC) 3:00 Rummikub (DR)</p>	<p><b>10</b> 10:00 Arthritis Foundation Aquatic Program (P) 11:00 Rosary (PDR) 11:30 Dakim Group Session (L) 1:30 iPod® Program: Favorite Records (MR)</p>	<p><b>11</b> 9:30 Devotions (DR) 10:00 Wellness Walk (1FL) 11:00 Wii Bowling Club (MR) 1:30 Sit and Be Fit (MR) 6:30 Midweek Movie Night (MR)</p>	<p><b>12</b> 9:00 Deep Breathing (PDR) 11:00 Arthritis Foundation Aquatic Program (P) 12:30 Balance Training (MR) 1:00 Wisdom &amp; Wellness Series: Identity Theft (MR) 2:30 Arts and Crafts Hour (AR)</p>	<p><b>13</b> 9:00 Current Events (1FL) 9:30 DCHS Dance Team (ALDR) 11:00 Village Inn 4:00-5:00 Wine and Cheese Social Hour (1FL) 6:30 MJAM Karaoke (ALDR)</p>	<p><b>14</b> 9:00-12:00 Personal Errands 9:00-10:30 Freighthouse Farmers' Market Outing 11:00 Sit and Be Fit (MR) 1:00-4:00 Personal Errands 1:30 Movie Matinee (MR)</p>
<p><b>15</b> 8:00-12:00 Church Shuttle 10:30 Sit and Be Fit (MR) 1:00-3:00 Hospital Visits 1:30 Movie Matinee (MR) 3:30 Wii Games (MR) 6:30 Cards and Board Games (DR)</p>	<p><b>16</b> 9:00 Walmart Outing 9:30 Sit and Be Fit (MR) 12:30 Knitting Club (AR) 1:30 Computer Class (BC) 3:00 Dominoes (DR)</p>	<p><b>17</b> 10:00 Arthritis Foundation Aquatic Program (P) 11:00 Rosary (PDR) 11:30 Dakim Group Session (L) 1:30 iPod® Program: Favorite Records (MR) 3:00 Karaoke (1FL)</p>	<p><b>18</b> 9:30 Devotions (DR) 10:00 Food Committee Meeting (ALDR) 11:00 Wii Bowling Club (MR) 1:30 Sit and Be Fit (MR) 2:00 "Organize That" Workshop (MR) 6:30 Midweek Movie Night (MR)</p>	<p><b>19</b> 11:00 Arthritis Foundation Aquatic Program (P) 12:30 Balance Training (MR) 2:30 Arts and Crafts Hour (AR) 3:30 25-cent Bingo (DR) 7:30 CONCERT OUTING: "Barbra &amp; Frank: The Concert That Never Was" \$10</p>	<p><b>20</b> 9:00 Coffee Chat and Current Events (1FL) 11:00 Lunch Outing: Rib Fest at LeClaire Park 4:00-5:00 Wine and Cheese Social Hour (1FL)</p>	<p><b>21</b> 9:00-12:00 Personal Errands 9:00-10:30 Freighthouse Farmers' Market Outing 11:00-12:30 Nat'l Antique Auto Show, John Deere Commons 1:00-4:00 Personal Errands 1:30 Harvest Bible Chapel Volunteers (ALDR)</p>
<p><b>22</b> 8:00-12:00 Church Shuttle 10:30 Sit and Be Fit (MR) 1:00-3:00 Hospital Visits 1:30 Movie Matinee (MR) 3:30 Wii Games (MR) 6:30 Cards and Board Games (DR)</p>	<p><b>23</b> 9:00 Target Outing 9:30 Sit and Be Fit (MR) 12:30 Knitting Club (AR) 1:30 Computer Class (BC) 2:00 Armchair Travel: Sightseeing in California (ALMR) 3:00 Rummikub (DR)</p>	<p><b>24</b> 8:30-11:00 Channel Cat Boat Ride &amp; QC History Talk \$12 10:00 Arthritis Foundation Aquatic Program (P) 1:30 iPod® Program (MR) 2:30 Birthday Party (DR) 6:30 Walk Debbie's Dogs!</p>	<p><b>25</b> 9:30 Devotions (DR) 10:00 Wellness Walk (1FL) 11:00 Wii Bowling Club (MR) 1:30 "How to Avoid Scams" w/ Michelle Woods (MR) 6:30 Midweek Movie Night (MR)</p>	<p><b>26</b> 11:00 Arthritis Foundation Aquatic Program (P) 12:30 Balance Training (MR) 2:00 "Down by the Creek" Animal Therapy (ALMR) 4:30-6:00 "Dog Days of Summer" Dinner</p>	<p><b>27</b> 9:00 Coffee with Darlene (1FL) 11:00 Lunch Outing: Harris Pizza 4:00-5:00 Wine and Cheese Social Hour w/ Musical Guests, The Silvertones (ALDR)</p>	<p><b>28</b> 9:00-12:00 Personal Errands 9:00-10:30 Freighthouse Farmers' Market Outing 11:00 Sit and Be Fit (MR) 1:00-4:00 Personal Errands 1:30 Movie Matinee (MR)</p>
<p><b>29</b> 8:00-12:00 Church Shuttle 10:30 Sit and Be Fit (MR) 1:00-3:00 Hospital Visits 1:30 Movie Matinee (MR) 3:30 Wii Games (MR) 6:30 Cards and Board Games (DR)</p>	<p><b>30</b> 9:00 Walmart Outing 9:30 Sit and Be Fit (MR) 12:30 Knitting Club (AR) 1:30 Computer Class (BC) 3:00 Dominoes (DR) 3:00-4:00 Farmers' Market Outing: Trinity @ Terrace</p>	<p><b>31</b> 10:00 Arthritis Foundation Aquatic Program (P) 11:00 Rosary (PDR) 11:30 Dakim Group Session (L) 1:30 iPod® Program: Favorite Records (MR) 3:00 Karaoke (1FL)</p>	<p><b>Remember!</b> The ShapeMaster exercise equipment is available for use 7 days/ week! Exercise room located on the 3rd Floor South.</p>	<p><b>Remember!</b> The Dakim® Brain Fitness system is available for use every day in the Lifelong Learning Center! Try to stop by at least once a week, each session only takes 20 minutes!</p>	<p>August is Audio Book Appreciation Month! Please sign up at the Front Desk for the library outing on August 6th at 2:00 p.m.! Check out a couple of your favorite books on tape to listen to throughout the month.</p>	<p>~~~~~ Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language. ~Henry James ~~~~~</p>