

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



- Brain Power
- Exercise & Movement
- Expression
- Inner Strength
- Nourishment & Health
- Socialization
- Spirituality

Location Keys

2nd Floor Puzzle Area	2
3rd Floor	3rd
3rd Floor Activity Room	3
3rd Floor Card Lounge	CL
Assisted Living Family Room (2nd Floor)	ALFR
Assisted Living Theater (1st Floor)	ALTH
Chapel	CH
Dining Room	DR
Front Desk	FD
Front Porch	FP
IL Dining Room	ILDR
Library	L
Meet in Lobby	ML
Popcorn Room	PR
Theater	TH

ShapeMaster Room Open
 9:30 ☀ Inspirational Video of the Day [ALTH]
 10:30 🚶 Sittercize Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 ☀ Catholic Mass (IL) [ILDR]
 2:00 🍷 Make Your Own Mini Pizzas
 3:00 🍷 Happy Hour with Darlene! [DR]

Dakim Brain Fitness
ShapeMaster Room Open
 10:30 🚶 Zumba [3rd]
 11:15 🍷 Lunch Outing: Steel Plow RSVP REQ'D (\$) [ML]
 1:00 🎵 Music on the Front Porch! [FP]
 1:30 🚌 'Cruising the QC' Bus Ride
 3:00 🎨 National Coloring Day: Lets Color Together!

ShapeMaster Room Open
 10:00 🍷 Meet Friends for Coffee [PR]
 12:00 🎲 Meet & Play Board Games [PR]
 12:30 🧠 Brain Buster Packet [FD]
 1:00 🚶 Resident Led: Walking Club [ML]
 2:00 🧠 Puzzles, Puzzles, Puzzles! [2]
 6:00 🍷 Movie Night: Gone with the Wind [TH]

ShapeMaster Room Open
 8:00 ☀ Church Shuttle: List of Churches at Front Desk
 1:00 🍷 Porch Pals: Meet on Porch & Chat! [FP]
 2:30 🧠 Kings on The Corner Card Game [CL]
 6:00 🍷 Movie Night: Meet & Choose the Movie! [TH]

ShapeMaster Room Open
 9:00 🍷 Target Shopping Trip (RSVP) [ML]
 10:30 🚶 Chair Exercise [3rd]
 10:30 🐕 Therapy Dog Visit [PR]
 2:30 🎨 Resident Led Color Me Calm [ALFR]
 6:00 🧠 Card Club! Meet & Play Cards! [CL]

Dakim Brain Fitness
ShapeMaster Room Open
 9:00 🍷 Walgreens Outing (RSVP)
 9:30 🧠 Morning Brain Busters & Chats [PR]
 10:30 🚶 Light 'N' Lively Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🎲 Wheel of Fortune
 3:00 🧠 Crosswords and Sudoku [PR]

ShapeMaster Room Open
 9:30 ☀ Bible Study with Pastor Paul [CH]
 10:00 🚶 Hy-Vee Outing (RSVP)
 10:30 🚶 Chair Exercise
 10:45 🧘 Laughter Yoga & Guided Meditation
 2:00 🧠 Bingo [ALFR]

ShapeMaster Room Open
 9:30 ☀ Inspirational Video of the Day [ALTH]
 10:30 🚶 Sittercize Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🎨 Stained Glass Art [3]
 3:30 🍷 France Themed Happy Hour with Ron! [DR]

Dakim Brain Fitness
ShapeMaster Room Open
 9:30 🧠 Dakim Tutorial and Sign up!
 10:30 🚶 Zumba [3rd]
 12:45 🍷 Lunch Outing: Whitey's Ice Cream RSVP REQ'D [ML]
 1:30 🚌 'Cruising the QC' Bus Ride
 2:00 🎨 Piano Recital Performance

ShapeMaster Room Open
 9:00 🚶 Resident Led: Walking Club [ML]
 10:00 🍷 Meet Friends for Coffee [PR]
 12:00 🎲 Meet & Play Board Games [PR]
 2:00 🧠 Beach Themed Bingo!
 3:00 🍷 National Smores Day: Smores on the Back Patio!
 6:00 🍷 Movie Night: Spencer's Mountain [TH]

ShapeMaster Room Open
 8:00 ☀ Church Shuttle: List of Churches at Front Desk
 1:00 🍷 Porch Pals: Meet on Porch & Chat! [FP]
 2:30 🧠 Kings on The Corner Card Game [CL]
 6:00 🍷 Movie Night: Meet & Choose the Movie! [TH]

ShapeMaster Room Open
 9:00 🍷 Target Shopping Trip (RSVP) [ML]
 10:00 🧠 Boredom Buster Packet: See Front Desk [FD]
 2:30 🎨 Resident Led Color Me Calm [ALFR]
 6:00 🧠 Card Club! Meet & Play Cards! [CL]

Dakim Brain Fitness
ShapeMaster Room Open
 9:15 🍷 Food Forum: Dining Feedback Meeting [DR]
 9:30 🧠 Morning Brain Busters & Chats [PR]
 10:30 🚶 Light 'N' Lively Exercise [3rd]
 1:00 🍷 Cooking Club: Mini Quesadillas & Salsa [DR]
 3:00 🧠 Trivia on Front Porch [FP]

ShapeMaster Room Open
 9:00 🧠 Dakim Tutorial and Sign up! [L]
 10:00 🚶 Hy-Vee Outing (RSVP)
 10:30 🚶 Chair Exercise: Drums Alive!
 12:00 🚶 Lets Play with our Therapy Dog Stella! [ML]
 2:00 🧠 Bingo [ALFR]

ShapeMaster Room Open
 9:30 🎵 Inspirational Video & Story-Telling [ALTH]
 10:30 🚶 Sittercize Exercise [3rd]
 1:00 ☀ Catholic Mass (AL) [ALFR]
 2:00 🎨 Activity Planning Meeting
 3:00 🍷 Happy Hour [DR]

Dakim Brain Fitness
ShapeMaster Room Open
 9:30 🚶 Sightseeing Stroll Walk [ML]
 10:30 🚶 Chair Exercise [3rd]
 11:15 🍷 Lunch Outing: Pizza & A Movie (RSVP REQ'D) [ML]
 1:30 🚌 'Cruising the QC' Bus Ride
 2:30 🎨 Music on the Front Porch! [FP]

ShapeMaster Room Open
 10:00 🍷 Meet Friends for Coffee [PR]
 12:00 🎲 Meet with Friends & Play Board Games [PR]
 12:30 🧠 Brain Buster Packet [FD]
 1:00 🚶 Resident Led: Walking Club [ML]
 2:00 🧠 Puzzles, Puzzles, Puzzles! [2]
 6:00 🍷 Movie Night: Singin' in the Rain [TH]

ShapeMaster Room Open
 8:00 ☀ Church Shuttle: List of Churches at Front Desk
 1:00 🍷 Porch Pals: Meet on Porch & Chat! [FP]
 2:30 🧠 Kings on The Corner Card Game [CL]
 6:00 🍷 Movie Night: Meet & Choose the Movie! [TH]

ShapeMaster Room Open
 9:00 🍷 Target Shopping Trip (RSVP) [ML]
 2:30 🎨 Resident Led Color Me Calm [ALFR]
 3:00 🧠 Alzheimer's / Dementia Care Giver Support Group [ALTH]
 6:00 🧠 Card Club! Meet & Play Cards! [CL]

Dakim Brain Fitness
ShapeMaster Room Open
 9:00 🍷 Walgreens Outing (RSVP)
 9:30 🧠 Morning Brain Busters & Chats [PR]
 10:30 🚶 Light 'N' Lively Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🎲 Wii Bowling [CL]
 3:00 🍷 Nail Painting (RSVP REQ'D at Front Desk) [PR]

National Senior Day!
ShapeMaster Room Open
 9:30 ☀ Bible Study with Pastor Paul [CH]
 10:00 🚶 Hy-Vee Outing (RSVP)
 10:30 🚶 Chair Exercise
 10:45 🧘 Laughter Yoga & Guided Meditation
 11:00 🧠 Tech Helpers: Bring your Electronics and Learn how to use it! [ALFR]
 2:00 🧠 Bingo [ALFR]

ShapeMaster Room Open
 9:30 🎵 Inspirational Video & Story-Telling [ALTH]
 10:30 🚶 Sittercize Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🎨 Group Painting Activity [ALFR]
 3:00 🍷 Happy Hour with James Ryan [DR]

Dakim Brain Fitness
ShapeMaster Room Open
 9:00 🧠 Traveling to France Video [TH]
 10:30 🚶 Zumba [3rd]
 11:15 🍷 Lunch Outing: Celebration Belle RSVP REQ'D (\$) [ML]
 1:30 🚌 'Cruising the QC' Bus Ride
 2:30 🎨 Music on the Front Porch! [FP]

ShapeMaster Room Open
 10:00 🍷 Meet Friends for Coffee [PR]
 12:00 🎲 Meet with Friends & Play Board Games [PR]
 12:30 🧠 Brain Buster Packet [FD]
 1:00 🚶 Butterfly Art Craft [3]
 2:00 🧠 Puzzles, Puzzles, Puzzles! [2]
 6:00 🍷 Movie Night: Giant [TH]

ShapeMaster Room Open
 8:00 ☀ Church Shuttle: List of Churches at Front Desk
 1:00 🍷 Porch Pals: Meet on Porch & Chat! [FP]
 2:30 🧠 Kings on The Corner Card Game [CL]
 6:00 🍷 Movie Night: Meet & Choose the Movie! [TH]

ShapeMaster Room Open
 9:00 🍷 Target Shopping Trip (RSVP) [ML]
 10:30 🚶 Chair Exercise [3rd]
 1:00 🎨 Town Hall Meeting with Annette [DR]
 2:30 🎨 Resident Led Color Me Calm [ALFR]
 6:00 🧠 Card Club! Meet & Play Cards! [CL]

Dakim Brain Fitness
ShapeMaster Room Open
 9:30 🧠 Morning Brain Busters & Chats [PR]
 10:30 🚶 Light 'N' Lively Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🎨 Tie Dye: Bring a Plain T Shirt! [3]
 3:00 🧠 Trivia on Front Porch [FD]

ShapeMaster Room Open
 9:00 🍷 Donut Social
 10:00 🚶 Hy-Vee Outing (RSVP)
 10:30 🚶 Chair Exercise: Drums Alive!
 12:00 🍷 New Resident Housewarming Lunch
 1:00 🧠 Music and Memory Demonstration
 2:00 🧠 Bingo [ALFR]

ShapeMaster Room Open
 9:30 🎵 Inspirational Video & Story-Telling [ALTH]
 10:30 🚶 Sittercize Exercise [3rd]
 12:00 🥊 Rock Steady Boxing (Parkinson's Specific Class)
 1:00 🍷 Farewell Summer Party Social
 3:00 🍷 Happy Hour with Don Gustofson [DR]

Dakim Brain Fitness
ShapeMaster Room Open
 10:30 🚶 Zumba [3rd]
 11:15 🍷 Lunch Outing: Picnic at the Park! RSVP REQ'D (\$) [ML]
 1:30 🚌 'Cruising the QC' Bus Ride
 2:30 🎨 Music on the Front Porch! [FP]

ShapeMaster Room Open
 10:00 🍷 Meet Friends for Coffee [PR]
 12:00 🎲 Meet with Friends & Play Board Games [PR]
 12:30 🧠 Brain Buster Packet [FD]
 1:00 🚶 Resident Led: Walking Club [ML]
 2:00 🧠 Puzzles, Puzzles, Puzzles! [2]
 6:00 🍷 Movie Night: Casablanca [TH]