

Calendar of Events		Independent Living						August 2026	
Senior Star at Elmore Place		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
August cont'd		30	31	Location Keys		Rock Steady Boxing		Dividat Senso is a cognitive-motor training program that is suitable for everyone who wants to strengthen physical-cognitive interplay! It is used for prevention, as well as in therapy & rehabilitation!	
				2nd Floor Card Room CR 2nd Floor Table by Rm 210 2nd Floor Assisted Living Family Room (2nd Floor) ALFR Bar/Lounge B/L Fitness Room FR 2nd IL Dining Room ILDR Meet in Lobby ML Multipurpose Room (2nd Floor) MR Pool P Pool Table PT Puzzle Lounge (By Rm 115) PL		A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) <i>Give Parkinson's Disease a good PUNCH and have fun while doing it!</i>		Sign up today & find the joy in play, with benefits for your whole body!	
8:00ai ☀ Church Transportation [ML]		8:00 🏊 Pool Class [P]		8:30 🧠 Word Search, Sudoku, & Crosswords Puzzles [B/L]		8:30 🧠 Morning Brain Games with Kate [B/L]		10:00 🏊 Resident Led Balloon Volleyball [MR]	
10:30 🧘 Color Me Calm [B/L]		8:30 🏊 Open Swim (w/Buddy) [P]		9:00 🥁 Drums Alive [MR]		9:45 🏊 Small Ball Exercises [MR]		11:00 🏊 Walking Club [ML]	
1:00 🧠 Resident Led Card Games [CR]		9:00 🎯 Target Trip (RSVP 24 hours in Advance) [ML]		9:30 🧘 Visit from the Library [B/L]		11:00 ☀ Devotionals - 'It's a God Thing' [B/L]		12:30 🚌 Cruising the QCA Bus Ride - RSVP at the desk! [ML]	
2:00 🎯 Shoot Pool with a Neighbor! [PT]		9:45 🏊 Sit & Be Fit [MR]		9:45 🌟 Light & Lively [MR]		11:00 🏊 Open Swim w/ a Buddy [P]		1:00 🧠 Resident Led Card Games [CR]	
3:00 🧠 Jigsaw Puzzles [PL]		10:15 🧘 Mindful Meditation [MR]		10:30 🌟 Rosary [MR]		11:00 🏊 25 Cent Bingo [ILDR]		2:00 🎯 Shoot Pool with a Neighbor! [PT]	
3:15 🏊 Walk with a Neighbor! [ML]		11:30 🍳 Cooking with Kate: Cowboy Salsa & Chips [ILDR]		11:00 🏊 Open Swim w/ a Buddy [P]		11:00 🧠 Hand Craft Group (Quilting, Crocheting, Knitting, etc.) [2nd Floor]		3:30 🎯 Coffee & Conversation [B/L]	
		2:00 🧠 Town Hall Meeting w/ Executive Director Annette Martinez [ILDR]		12:00 🧠 25 Cent Double Card Bingo! [ILDR]		6:00 🎯 Game Night!		6:00 🎯 Movie Night: Rudy (Netflix) [B/L]	
		2:30 🍷 Monday Social Hour & Games: Rum & Coke + Shirley Temples [B/L]		1:00 🍳 Food Forum - Dining Room Feedback Meeting [ILDR]					
				2:00 🏊 Balance Improv. Class [MR]					
				2:30 🏊 Beginner Line Dancing with Kate [MR]					
				6:00 🧠 Game Night!					