

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August cont'd 30 10:00 Presbyterian Service Streamed [4T] 1:00 Rummikub [WC] 1:30 Open Gym [FR] 2:00 Afternoon Movie (see Weekly for titles) [MT] 2:00 Afternoon Stretch [4P] 2:30 Independent Card/Board Games [AS] 7:30 Movie (see Weekly for titles) [MT]	31 10:00 Water Aerobics w/ Alice [P] 11:10 Meditation Class [MT] 11:45 Chair Yoga with Becky [MT] 1:00 Shopping - Blue Ash Kroger [L] 2:00 Chair Exercise w/ Buckeye [3P] 2:00 Poker Party [MN] 4:00 Rosary Prayer Group [MR] 7:30 Documentary [MT]	Location Keys AL 3 Patio Common Area AL 4 Common Area AL 4 Patio Common Area AL 4th Floor Theater Art Studio, 6th Fl Fitness Room Front Parking Lot Library, 1st Fl Marquis Theater, 1st Fl Meet in the Lobby, 1st Fl Moonlight Terrace, 16th Fl Music Room, 9th Fl Pool, 1st Floor Queen City Room, 7th Fl Wine Cellar, 1st Floor 3P 4C 4P 4T AS FR FP LI MT L MN MR P QC WC Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality	Always Available M-F: The Buckeye Nurse Is In 9am-12pm, 5th Floor Shape Master, 3 FL Gym Sign up for programs in the lobby for items with an (R)!	The Senso Fitness System is always available for use in the 1st floor gym! See the front desk or Programs staff to sign up!	9:45 Shopping at Walmart (R) [L] 1:30 Open Gym [FR] 2:30 Independent Card/Board Games [AS] 7:30 Movie: THE BODY IN THE LOCKER (suspenseful thriller) [MT]	
2 11:00 Presbyterian Service Streamed [4T] 1:00 Rummikub [WC] 1:30 Open Gym [FR] 2:00 Afternoon Movie (see Weekly for titles) [MT] 2:30 Independent Card/Board Games [AS] 7:30 Movie (see Weekly for titles) [MT]	3 Duvenek Presentation 10:00 Water Aerobics w/ Alice [P] 11:10 Meditation Class [MT] 11:45 Chair Yoga with Becky [MT] 1:00 Shopping - Oakley Kroger [L] 2:00 Chair Exercise w/ Buckeye [3P] 2:00 Poker Party [MN] 4:00 Rosary Prayer Group [MR] 7:30 Sing Along with DJ Jonny! Sign up with suggestions! (R) [MT]	4 Kenwood Boutique Open 10a-12p-QC 9:45 Seated Strength Class w/ Buckeye [MT] 11:00 Great Courses-America from Columbus to the Constitution [MT] 1:15 Biking the Byways [MT] 1:30 Northern Lights Jewelry Making [4C] 2:00 Stitch Together w/Ruth [QC] 3:30 Diane Shields Lecture: First 10 Amendments 4:30 Outing to Seasons 52 (R) [L] 6:30 Bingo [4C] 7:30 Travel w/Brian Jorg: Western Road Trip! [MT]	5 10:00 Bible Scripture Study [QC] 10:00 Water Aerobics w/ Alice [P] 10:15 Rock Steady Boxing for Parkinson's 1:00 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Poker Party [MN] 2:00 Tech Help with Gary (R) [LI] 7:30 Movie (see Weekly for titles) [MT]	6 10:00 Praying the Rosary [4T] 10:30 Catholic Mass [4T] 11:30 Sit & Be Fit [MT] 12:30 Mahjong Group [AS] 2:00 Adventures & Mixology: Featuring Reykjavik! [MT] 3:30 Diane Shields Lecture: The Eight Presidents of Ohio [MT] 7:30 Happy Hour Trio Concert [MT]	7 Kenwood Boutique Open 10a-12p-QC 11:00 Krimmer's Italianette Lunch Outing (R) [L] 12:00 Balance with Buckeye [MT] 1:30 Tai Chi [MT] 2:00 Poker Party [MN] 4:00 Shabbat Service: Dara Wood [AS] 4:30 Happy Hour: Dick Watson & Iceland appetizer! [WC] 7:30 New Release Movie [MT]	8 9:45 Shopping at Rookwood (R) [L] 1:30 Open Gym [FR] 2:00 Afternoon Movie (Titles on Weekly) [MT] 2:30 Independent Card/Board Games [AS] 7:30 Movie (see Weekly for titles) [MT]
9 11:00 Presbyterian Service Streamed [4T] 1:00 Rummikub [WC] 1:30 Open Gym [FR] 2:00 Afternoon Movie (see Weekly for titles) [MT] 2:00 Bingo [4C] 2:30 Independent Card/Board Games [AS] 7:30 Movie (see Weekly for titles) [MT]	10 10:00 Water Aerobics w/Alice [P] 11:10 Meditation Class [MT] 11:45 Chair Yoga with Becky [MT] 1:00 Shopping - Downtown Oakley [L] 2:00 Chair Exercise w/ Buckeye [4C] 2:00 Poker Party [MN] 3:00 Programs Planning Meeting [MT] 3:30 Health Fair [MT] 4:00 Rosary Prayer Group [MR] 7:30 Documentary [MT]	11 Kenwood Boutique Open 10a-12p-QC Optometrist at Kenwood 10-3 9:45 Seated Strength Class w/ Buckeye [MT] 11:00 Great Courses-America from Columbus to the Constitution [MT] 1:00 Kenwood Alzheimer's Support Group [MN] 1:30 Lava Rock Jewelry Making (Bracelets) [4C] 2:00 Stitch Together w/Ruth [QC] 2:00 Tech Help with Gary (R) [LI] 3:30 Diane Shields Lecture: George Clooney 6:30 Bingo [4C] 7:00 Card Making w/Brenda (R) [MR] 7:30 Evening Movie (See Weekly for Title) [MT]	12 10:00 Bible Scripture Study [QC] 10:00 Water Aerobics w/Alice [P] 10:15 Rock Steady Boxing-CANCELLED 11:00 Nourishing Minds w/the Rabbi [MR] 1:00 Rummikub [WC] 2:00 Basic Fitness w/ Buckeye [4P] 2:00 Poker Party [MN] 3:00 Ice Cream Novelties w/ Trinity! (R) [WC] 7:30 Ricky Nye Concert [MT]	13 11:30 Sit & Be Fit [MT] 12:30 Mahjong Group [AS]</		