

SUMMER TIME

AUGUST 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dimensions of Wellness

-  Physical
-  Emotional
-  Spiritual
-  Environmental
-  Vocational
-  Social
-  Intellectual
-  Health Services

The calendar can change for unforeseen circumstances

	01	02	03	04	05	Night of Tisha B'Av 06
	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 01:00 Bridge Group 02:00 Bingo! 03:00 Rosary 03:30 Rummikub with neighbors 06:30 Movie and Popcorn in the theater	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:30 Sewing, Stitching, and Needle work Group 01:00 Women's Chit Chat 03:00 500 with friends! 06:30 Lemonade on the front porch	09:00 Coffee and Converstion 09:30 Coffee with the Executive Director 10:30 Activity Planning Session 01:00 Let's Get Crafty 03:00 Rosary	09:00 Coffee and Converstion 10:00 Movie and Popcorn in the theater 10:00 Newtrax Circular 01:00 Cribbage 03:00 Resident Council 06:30 Late Night Happy Hour	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 02:00 Happy Hour 03:00 Rosary and Communion 03:30 Rummikub with neighbors	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:00 Fun and Fitness 01:00 Movie and Popcorn in the theater 01:30 Skip-Bo 03:00 Farkle 03:30 OUTING: Church of St. Pius X
Tisha B'Av 07	08	09	10	11	12	13
09:00 Coffee and Converstion 10:00 Non-Denominational Worship Organizational Meeting 01:00 500 with friends! 03:00 Dominos 06:30 Phase 10	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 01:00 Bridge Group 02:00 Musical entertainment with Nate Hance 03:00 Rosary 03:30 Rummikub with neighbors 06:30 Movie and Popcorn in the theater	07:30 ALZ Waffle Breakfast 09:00 Coffee and Converstion 10:00 Cardio Drumming 10:30 Sewing, Stitching, and Needle work Group 01:00 Women's Chit Chat 02:00 Food Forum 03:00 500 with friends! 06:30 Lemonade on the front porch	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Blood Pressure Clinic 10:45 OUTING: Dock Cafe 01:00 Let's Get Crafty 03:00 Rosary	09:00 Coffee and Converstion 10:00 Movie and Popcorn in the theater 10:00 Newtrax Circular 01:00 Cribbage 02:00 Town Hall Meeting 03:00 Men's Group	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 02:00 Happy Hour 03:00 Rosary and Communion 03:30 Rummikub with neighbors	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:00 Fun and Fitness 01:00 Movie and Popcorn in the theater 01:30 Skip-Bo 03:00 Farkle 03:30 OUTING: Church of St. Pius X
14	15	16	17	18	19	20
09:00 Coffee and Converstion 10:00 Non-Denominational Worship Organizational Meeting 01:00 500 with friends! 03:00 Dominos 06:30 Phase 10	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 01:00 Bridge Group 02:00 Bingo! 03:00 Rosary 03:30 Rummikub with neighbors 06:30 Movie and Popcorn in the theater	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:30 Sewing, Stitching, and Needle work Group 01:00 Women's Chit Chat 02:00 Trivia with Don 03:00 500 with friends! 06:30 Lemonade on the front porch	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Newtrax Information Session 12:30 OUTING: Fishing with Bear Boating on White Bear Lake 03:00 Rosary	09:00 Coffee and Converstion 10:00 Movie and Popcorn in the theater 10:00 Newtrax Circular 10:30 OUTING: Vadnais Heights Senior Picnic 01:00 Cribbage 05:30 Backyard Bonfire and Smores!	09:00 Coffee and Converstion 10:00 New Resident Meet and Greet Coffee Social 10:00 Fun and Fitness 02:00 Happy Hour 03:00 Rosary and Communion 03:30 Rummikub with neighbors	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:00 Fun and Fitness 10:30 Stamping and Card Making with Diane 01:00 Movie and Popcorn in the theater 01:30 Skip-Bo 03:00 Farkle 03:30 OUTING: Church of St. Pius X
21	22	23	24	25	26	27
09:00 Coffee and Converstion 10:00 Non-Denominational Worship Organizational Meeting 01:00 500 with friends! 03:00 Dominos 06:30 Phase 10	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 01:00 Bridge Group 02:00 Bingo! 03:00 Rosary 03:30 Rummikub with neighbors 06:30 Movie and Popcorn in the theater	09:00 Coffee and Converstion 10:30 Sewing, Stitching, and Needle work Group 01:00 Women's Chit Chat 02:00 Trivia with Don 03:00 500 with friends! 06:30 Lemonade on the front porch	09:00 Coffee and Converstion 10:00 Fun and Fitness 01:00 Let's Get Crafty 03:00 Rosary 06:30 ALZ- Movie Night	09:00 Coffee and Converstion 10:00 Movie and Popcorn in the theater 10:00 Newtrax Circular 01:00 Cribbage 01:30 State Fair Party 03:00 Men's Group	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 02:00 Happy Hour 03:00 Rosary and Communion 03:30 Rummikub with neighbors	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:00 Fun and Fitness 10:30 Stamping and Card Making with Diane 01:00 Movie and Popcorn in the theater 01:30 Skip-Bo 03:00 Farkle 03:30 OUTING: Church of St. Pius X
28	29	30	31			
09:00 Coffee and Converstion 10:00 Non-Denominational Worship Organizational Meeting 01:00 500 with friends! 03:00 Dominos 06:30 Phase 10	09:00 Coffee and Converstion 10:00 Fun and Fitness 10:30 Walking Group 11:00 Craft planning! 01:00 Bridge Group 02:00 Bingo! 03:00 Rosary 03:30 Rummikub with neighbors 06:30 Movie and Popcorn in the theater	09:00 Coffee and Converstion 10:00 Cardio Drumming 10:30 Sewing, Stitching, and Needle work Group 01:00 Women's Chit Chat 02:00 Trivia with Don 03:00 500 with friends! 06:30 Lemonade on the front porch	09:00 Coffee and Converstion 10:00 Fun and Fitness 01:00 Let's Get Crafty 03:00 Rosary 04:30 OUTING: Sgt. Peppers			