



August 2021 Health Center 5th Floor Activities

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
|---|--|--|---|---|--|--|---|--|---|
|  | Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81 | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 11:00 → Daily Chronicle! 11:15 → Game Corner "Beach Ball Bowling" 2:00 † FUMC Worship Service [CH81] 3:00 → Surf the Web "Beaches" 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Pilates [CH81] 10:30 → Daily Chronicle! 11:00 → Music Therapy 3:00 → Action Table 3:00 → Sit and Get Fit [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Move & Groove 10:30 → Chair Yoga [CH81] 10:30 † Communion with Rev. Mike 11:00 → Hymns & Hallelujahs 3:15 → Tranquility 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Guitar with Hayley 10:30 → Chair Pilates [CH81] 11:00 → Refreshing Quencher "Strawberry Banana Smoothies" 2:00 → Manicures - By Appointment 3:00 → Sit and Get Fit [CH81] | Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 10:30 → What's in the News? 11:00 → Music Therapy 2:30 → Afternoon Cinema 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Sit & Get Fit [CH81] | | |
| | Olympics on NBC 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81 | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 11:00 → Daily Chronicle! 11:15 → Memories with Michelle 2:00 † FUMC Worship Service [CH81] 3:00 → Let's talk about it, "Favorite Beach" 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Pilates [CH81] 10:30 → Daily Chronicle! 11:00 → Music Therapy 3:00 → Action Table 3:00 → Sit and Get Fit [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Move & Groove 10:30 → Chair Yoga [CH81] 10:30 † Devotional with Rev. Mike 11:00 → Hymns & Hallelujahs 3:15 → Tranquility 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Guitar with Hayley 10:30 → Chair Pilates [CH81] 10:45 → What's in the News? 2:00 → Manicures - By Appointment 3:00 → Sit and Get Fit [CH81] | Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 10:30 → What's in the News? 11:00 → Music Therapy 1:30 → Splish and Splash Bash with Mike Frankel 2:30 → Afternoon Cinema 4:00 → Seated Tai Chi [CH81] | Olympics on NBC 8:15 → Chair Aerobics [CH81] 9:00 → Sit & Get Fit [CH81] | | |
|  | 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81 | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 11:00 → Daily Chronicle! 11:15 → Game Corner, "Balloon Toss" 2:00 † FUMC Worship Service [CH81] 3:00 → Surf the Web, "Water Sports" 4:00 → Seated Tai Chi [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Pilates [CH81] 10:30 → Daily Chronicle! 11:00 → Music Therapy 3:00 → Action Table 3:00 → Sit and Get Fit [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Move & Groove 10:30 → Chair Yoga [CH81] 10:30 † Devotional with Rev. Mike 11:00 → Hymns & Hallelujahs 3:15 → Tranquility 4:00 → Seated Tai Chi [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Guitar with Hayley 10:30 → Chair Pilates [CH81] 11:00 → What's Cooking, "Frozen Banana Pops" 2:00 → Manicures - By Appointment 3:00 → Sit and Get Fit [CH81] | 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 10:30 → What's in the News? 11:00 → Music Therapy 2:30 → Afternoon Cinema 4:00 → Seated Tai Chi [CH81] | 8:15 → Chair Aerobics [CH81] 9:00 → Sit & Get Fit [CH81] | | |
| | 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81 | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 11:00 → Daily Chronicle! 11:15 → Memories with Michelle 2:00 † FUMC Worship Service [CH81] 3:00 → Tranquility 4:00 → Seated Tai Chi [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Pilates [CH81] 10:30 → Daily Chronicle! 11:00 → Music Therapy 11:30 → Small Group 3:00 → Action Table 3:00 → Sit and Get Fit [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Move & Groove 10:30 → Chair Yoga [CH81] 10:30 † Devotional with Rev. Mike 11:00 → Hymns & Hallelujahs 3:15 → Tranquility 4:00 → Seated Tai Chi [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:00 → Guitar with Hayley 10:30 → Chair Pilates [CH81] 10:45 → What's in the News? 2:00 → Manicures - By Appointment 3:00 → Sit and Get Fit [CH81] | 8:15 → Chair Aerobics [CH81] 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 10:30 → What's in the News? 11:00 → Music Therapy 2:30 → Afternoon Cinema 4:00 → Seated Tai Chi [CH81] | 8:15 → Chair Aerobics [CH81] 9:00 → Sit & Get Fit [CH81] | | |
| Resident Birthdays Elizabeth H. 8/26 | 8:15 → Chair Aerobics [CH81] 11:00 † Worship Service - Ch. 81 | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Yoga [CH81] 11:00 → Daily Chronicle! 11:15 → Game Corner, "Bingo" 2:00 † FUMC Worship Service [CH81] 3:00 → Surf the Web, "things you find on the beach" 4:00 → Seated Tai Chi [CH81] | 9:00 → Balance Class [CH81] 9:45 → Strength & Stretch [CH81] 10:30 → Chair Pilates [CH81] 10:30 → Daily Chronicle! 11:00 → Group Brain Games 11:00 → Music Therapy 3:00 → Action Table 3:00 → Sit and Get Fit [CH81] | 🍳 Cooking 🎮 Games 🧠 Intellectual 🎵 Music 🏃 Physical 🏠 Purposeful 👥 Social ✝️ Spiritual | | | Activities are subject to change. Please see Daily Notices for Changes! | | "Fairest of the months! Ripe summer's queen The hey-day of the year With robes that gleam with sunny sheen Sweet August doth appear." — R. Combe Miller |

