



August 2021 Health Center 6th Floor Activities

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p>Olympics on NBC 1</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>11:00 † Worship Service - Ch. 81</p>	<p>Olympics on NBC 2</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Daily Chronicle!</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Game Corner "Beach Ball Bowling"</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:00 † FUMC Worship Service [CH81]</p> <p>2:00 → Manicures - By Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 3</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Move and Groove</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Daily Chronicle!</p> <p>10:30 → Chair Pilates [CH81]</p> <p>10:30 → Guitar with Hayley</p> <p>2:30 → Action Table</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Olympics on NBC 4</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>10:30 → Music with Nancy</p> <p>11:00 → Devotional with Rev. Mike</p> <p>2:00 → Manicures by Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 5</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Refreshing Quencher "Strawberry Banana Smoothies"</p> <p>10:30 → Chair Pilates [CH81]</p> <p>11:00 → Guitar with Hayley</p> <p>2:30 → Tranquility</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Olympics on NBC 6</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Second Cup</p> <p>9:45 → Do you hear what I hear? [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:30 → Afternoon Cinema</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 7</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Sit & Get Fit [CH81]</p> <p>10:00 → Pet Therapy with Margaret and Chance</p>	
	<p>Olympics on NBC 8</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>11:00 † Worship Service - Ch. 81</p>	<p>Olympics on NBC 9</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Daily Chronicle!</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:15 → Coffee, Cookies and Current Events</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:00 † FUMC Worship Service [CH81]</p> <p>2:00 → Manicures - By Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 10</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Move and Groove</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Daily Chronicle!</p> <p>10:30 → Chair Pilates [CH81]</p> <p>10:30 → Guitar with Hayley</p> <p>2:30 → Action Table</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Olympics on NBC 11</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>10:30 → Music with Nancy</p> <p>11:00 † Devotional with Rev. Mike</p> <p>11:30 → Resident Council</p> <p>2:00 → Manicures by Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 12</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → What's in the News?</p> <p>10:30 → Chair Pilates [CH81]</p> <p>11:00 → Live with Mike Perkins</p> <p>3:00 → Sit and Get Fit [CH81]</p> <p>3:00 → Tranquility</p>	<p>Olympics on NBC 13</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Second Cup</p> <p>9:45 → Bingo</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:30 → Afternoon Cinema</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Olympics on NBC 14</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Sit & Get Fit [CH81]</p>	
	<p>Chair Aerobics 15</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>11:00 † Worship Service - Ch. 81</p>	<p>Balance Class 16</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Daily Chronicle!</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:15 → Game Corner, "Balloon Toss"</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:00 † FUMC Worship Service [CH81]</p> <p>2:00 → Manicures - By Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Balance Class 17</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Move and Groove</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Daily Chronicle!</p> <p>10:30 → Chair Pilates [CH81]</p> <p>10:30 → Guitar with Hayley</p> <p>2:30 → Action Table</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Balance Class 18</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>10:30 → Music with Nancy</p> <p>11:00 † Devotional with Rev. Mike</p> <p>2:00 → Manicures by Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Balance Class 19</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → What's Cooking, "Frozen Banana Pops"</p> <p>10:30 → Chair Pilates [CH81]</p> <p>11:00 → Guitar with Hayley</p> <p>2:30 → Reminisce, "Swimming"</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Chair Aerobics 20</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Second Cup</p> <p>9:45 → Bingo</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:30 → Afternoon Cinema</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Chair Aerobics 21</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Sit & Get Fit [CH81]</p> <p>10:00 → Pet Therapy with Margaret and Chance</p>	
	<p>Chair Aerobics 22</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>11:00 † Worship Service - Ch. 81</p>	<p>Balance Class 23</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Daily Chronicle!</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:15 → Game Corner "Parachute Ball Toss"</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:00 † FUMC Worship Service [CH81]</p> <p>2:00 → Manicures - By Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Balance Class 24</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Move and Groove</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Daily Chronicle!</p> <p>10:30 → Chair Pilates [CH81]</p> <p>10:30 → Guitar with Hayley</p> <p>11:30 → Small Group</p> <p>2:30 → Action Table</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Balance Class 25</p> <p>9:00 → Balance Class [CH81]</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>10:30 → Music with Nancy</p> <p>11:00 † Devotional with Rev. Mike</p> <p>2:00 → Manicures by Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Balance Class 26</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Let's Talk About It!</p> <p>9:45 → Game Corner, "Toss and Talk"</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Pilates [CH81]</p> <p>11:00 → Guitar with Hayley</p> <p>2:30 → Tranquility</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>Chair Aerobics 27</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Second Cup</p> <p>9:45 → Bingo</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:30 → Chair Yoga [CH81]</p> <p>1:30 → Splish and Splash Bash with Mike Frankel</p> <p>2:30 → Afternoon Cinema</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Chair Aerobics 28</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>9:00 → Sit & Get Fit [CH81]</p>	
<p>Resident Birthdays Elizabeth H. 8/26</p>	<p>Chair Aerobics 29</p> <p>8:15 → Chair Aerobics [CH81]</p> <p>11:00 † Worship Service - Ch. 81</p>	<p>Balance Class 30</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Daily Chronicle!</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:15 → Game Corner</p> <p>10:30 → Chair Yoga [CH81]</p> <p>2:00 † FUMC Worship Service [CH81]</p> <p>2:00 → Manicures - By Appointment</p> <p>4:00 → Seated Tai Chi [CH81]</p>	<p>Balance Class 31</p> <p>9:00 → Balance Class [CH81]</p> <p>9:30 → Move and Groove</p> <p>9:45 → Strength & Stretch [CH81]</p> <p>10:00 → Daily Chronicle!</p> <p>10:30 → Chair Pilates [CH81]</p> <p>10:30 → Guitar with Hayley</p> <p>11:00 → Group Brain Games</p> <p>2:30 → Action Table</p> <p>3:00 → Sit and Get Fit [CH81]</p>	<p>CC YOUNG SENIOR LIVING</p> <ul style="list-style-type: none"> 🍳 Cooking 🎮 Games 🧠 Intellectual 🎵 Music 👉 Physical 🏠 Purposeful 👥 Social ✝️ Spiritual 			<p>Activities are subject to change. See daily notices for changes!</p>	<p>"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</p>