

Calendar of Events

Independent Living

August 2024
Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>2nd Floor Table by Rm 210 Assisted Living Family Room (2nd Floor) Assisted Living Theater (1st Floor) Bar/Lounge IL Dining Room Meet in Lobby Multipurpose Room (2nd Floor) Pool</p> <p>2nd Floor ALFR ALTH B/L ILDR ML MR P</p> <p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>	<p>Rock Steady Boxing 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></p>	<p>Keep Your Mind Sharp! The Dakim® Brain Fitness System is available every day in the Computer Lab located on the 2nd Floor. See Kate to register!!</p>	<p>Dakim Brain Fitness Paris Olympics 8:45 Ageless Grace [ILDR] 9:45 Small Ball Exercises [MR] 11:00 Devotionals [B/L] 11:00 Open Swim (with a Buddy) [P] 1:00 Catholic Mass (IL) [ILDR] 2:00 25 Cent Bingo [ILDR] 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L] 6:00 Shoot Pool with a Neighbor</p>	<p>Paris Olympics 8:00 Pool Class [P] 8:30 Open Swim (with a Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Friday Funnies (Jokes) with Kate! [MR] 11:00 Resident Led Wii Bowling [MR] 11:30 Lunch Outing: Steel Plow (RSVP Req'd) [ML] 2:00 Happy Hour with Darlene Breuwet! [ML] 6:00 Movie Night: Twister (HBO Max) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Paris Olympics Shapemaster 10:00 Resident Led - One Mile Walking Tape [MR] 1:00 Card Games 1:00 Dominoes with Friends! 2:00 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! Paris Olympics Shapemaster 8:00a Church Transportation [ML] 1:00 Card Games 2-4 Hand Craft Group [2nd Floor] 2:00 Shoot Pool with a Neighbor! 6:00 Kings in the Corner Card Game (Beginner Cards)</p>	<p>Paris Olympics 8:00 Pool Class [P] 8:30 Open Swim (with a Buddy) [P] 9:00 Target Trip (RSVP) [ML] 9:45 Sit & Be Fit [MR] 11:00 Therapy Dogs Visit - QC CAN [B/L] 11:30 Cooking with Kate: French Toast [ILDR] 12:30 Rick Steves Travelogue: France's Loire, Chateau Country [B/L] 2:00 Beginner Tai Chi [MR] 2:15 Advanced Tai Chi [MR] 2:45 Monday Mixers Social Hour: Lavender French 75 [B/L]</p>	<p>Paris Olympics 9:00 Drums Alive [MR] 9:30 Visit from the Library [B/L] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim (with a Buddy) [P] 1:00 Resident Led Tai Chi [MR] 2:00 Balance Improv. Class [MR] 2:00 Crafty Creations: Hat Wreaths 2:45 Turn it up Tuesdays [B/L] 6:00 Card Games</p>	<p>Paris Olympics 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP) [ML] 10:45 Bible Study with Paul [MR] 12:30 Jeopardy & Current Events! [B/L] 2:00 Small Group Exercise (RSVP Req'd) 2:00 Wii Bowling [MR] 3:00 Food Forum [ILDR] 6:00 Card Games</p>	<p>Paris Olympics 8:45 Ageless Grace [ILDR] 9:45 Small Ball Exercises [MR] 11:00 25 Cent Bingo [ILDR] 11:00 Open Swim (with a Buddy) [P] 1:30 France Themed Happy Hour with Ron Lubbers [ILDR] 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L] 6:00 Shoot Pool with a Neighbor</p>	<p>Paris Olympics 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Friday Funnies (Jokes) with Kate! [MR] 11:00 Resident Led Wii Bowling [MR] 12:45 Whitey's Ice-cream Outing (RSVP Req'd) [ML] 2:00 Happy Hour [ML] 6:00 Movie Night: The Boys in The Boat (Prime) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Paris Olympics Shapemaster 10:00 Resident Led - One Mile Walking Tape [MR] 1:00 Card Games 1:00 Dominoes with Friends! 2:00 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! Paris Olympics Shapemaster 8:00a Church Transportation [ML] 1:00 Card Games 2-4 Hand Craft Group [2nd Floor] 2:00 Shoot Pool with a Neighbor! 6:00 Kings in the Corner Card Game (Beginner Cards)</p>	<p>8:00 RL Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP) [ML] 9:45 Sit & Be Fit [MR] 10:30 French with Jeannine [B/L] 11:30 Cooking with Kate: Cheesy French Pinwheels [ILDR] 2:00 Story & Picture Sharing: School/ Education [B/L] 2:45 Monday Mixers Social Hour: NA Summer Sangria [B/L]</p>	<p>9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim (with a Buddy) [P] 11:00 Walgreen's Outing (RSVP) [ML] 12:30 Program Suggestions & Ambassador Meeting [B/L] 1:00 Resident Led Tai Chi [MR] 2:00 Paint, Color & Sip: Eiffel Tower 2:45 Turn it up Tuesdays [B/L] 6:00 Card Games</p>	<p>8:00 RL Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP) [ML] 12:30 Jeopardy & Finish the Song! [B/L] 2:00 Wii Bowling [MR] 2:30 French Wine Tasting & Cheese Social [B/L] 6:00 Card Games</p>	<p>Self Care Day: Nail Painting, Tea & Relaxing Music 9:45 Small Ball Exercises [MR] 11:00 Devotionals [B/L] 11:00 Open Swim (with a Buddy) [P] 1:00 Catholic Mass (AL) [ALFR] 2:00 25 Cent Bingo [ILDR] 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L] 6:00 Shoot Pool with a Neighbor</p>	<p>8:00 RL Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Friday Funnies (Jokes) with Kate! [MR] 11:00 Resident Led Wii Bowling [MR] 11:30 Movie Matinee + Pizza Party (\$4.00 - RSVP Req'd) [ML] 2:00 August Birthday Party & Happy Hour with Jordan Daniels! [ML] 6:00 Movie Night: La La Land (Netflix) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 Resident Led - One Mile Walking Tape [MR] 1:00 Card Games 1:00 Dominoes with Friends! 2:00 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! Shapemaster 8:00a Church Transportation [ML] 1:00 Card Games 2-4 Hand Craft Group [2nd Floor] 2:00 Shoot Pool with a Neighbor! 6:00 Kings in the Corner Card Game (Beginner Cards)</p>	<p>8:00 RL Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:00 Target Trip (RSVP) [ML] 9:45 Sit & Be Fit [MR] 11:30 France Travelogue & Taste Tester! [ILDR] 1:30 Silver Bell Choir Performance [ILDR] 2:45 Laughter Yoga & Guided Meditation [MR] 3:00 Alzheimer's / Dementia Support Group [ALTH]</p>	<p>9:00 Drums Alive [MR] 9:45 Light & Lively [MR] 10:30 Rosary [MR] 11:00 Open Swim (with a Buddy) [P] 12:00 Musical Bingo with Aaron! [ILDR] 1:00 Resident Led Tai Chi [MR] 2:00 Balance Improv. Class [MR] 2:30 National Lemonade Day: Frozen Lemonades [ILDR] 6:00 Card Games</p>	<p>National Senior Day! 8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Exercises + Balloon Volleyball [MR] 10:00 Hy-Vee Outing (RSVP) [ML] 10:45 Bible Study with Paul [MR] 11:30 France Themed Luncheon [ILDR] 12:30 Jeopardy & Current Events! [B/L] 2:00 Small Group Exercise (RSVP Req'd) 2:00 Wii Bowling [MR] 6:00 Card Games</p>	<p>8:45 Ageless Grace [ILDR] 9:45 Small Ball Exercises [MR] 11:00 Devotionals [B/L] 11:00 Open Swim (with a Buddy) [P] 2:00 25 Cent Bingo [ILDR] 2-4 Hand Craft Group [2nd Floor] 3:00 Wordscapes [B/L] 6:00 Shoot Pool with a Neighbor</p>	<p>8:00 Pool Class [P] 8:30 Open Swim (w/Buddy) [P] 9:45 Sit & Be Fit [MR] 10:15 Celebration Belle Narrated Lunch Cruise (\$\$-RSVP Req'd) [ML] 10:15 Friday Funnies (Jokes) with Kate! [MR] 11:00 Resident Led Wii Bowling [MR] 2:00 Happy Hour [ML] 6:00 Movie Night: Dante's Peak (Peacock) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! Dakim Brain Fitness Shapemaster 10:00 Resident Led - One Mile Walking Tape [MR] 1:00 Card Games 1:00 Dominoes with Friends! 2:00 Shoot Pool with a Neighbor!</p>
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