

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 Coffee Social 10:00 Exercise 10:30 Morning Crafts 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	2 9:30 Coffee Social 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
9:00 Coffee Social 3 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	9:30 Coffee Social 4 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Resident Council/ Chocolate Chip Cookie Social 3:00 Bingo Monday 6:00 Puzzles & Table Games	10:00 Keepin' Fit 5 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night	9:30 Coffee Social 6 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social 3:00 Sweet Treat: Root Beer Floats 6:00 Wine down Wednesday	10:00 Keepin' Fit 7 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 4:00 Hangman 6:00 National Lighthouse Day	9:30 Coffee Social 8 10:00 Exercise 10:30 What's Cooking? 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	9:30 Coffee Social 9 10:00 Keepin' Fit 11:00 Bowling Fun 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard National Book Lovers Day
9:00 Coffee Social 10 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	9:30 Coffee Social 11 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Puzzle & Table Games	10:00 Keepin' Fit 12 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 Movie Night	9:30 Coffee Social 13 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday	10:00 Keepin' Fit 14 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club National Creamsicle Day	9:30 Coffee Social 15 10:00 Exercise 10:30 Morning Crafts 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	9:30 Coffee Social 16 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
9:00 Coffee Social 17 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	9:30 Coffee Social 18 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Card Club 6:00 Pinot Noir Day Social	10:00 Keepin' Fit 19 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour 6:00 National Soft Ice Cream Day	9:30 Coffee Social 20 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a Sweet Treat 6:00 Wine down Wednesday	10:00 Keepin' Fit 21 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 4:00 Hangman 6:00 Card Club National Senior Citizen Day	9:30 Coffee Social 22 10:00 Exercise 10:30 What's Cooking? 1:00 Heritage Hikers 2:00 August Birthday Party! 3:00 TGIF Happy Hour 6:00 Game Night!	9:30 Coffee Social 23 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
9:00 Coffee Social 24 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 1:00 Heritage Hikers 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday	9:30 Coffee Social 25 10:00 Exercise 10:30 Monday Manicures & Music 1:30 Heritage Hikers 2:00 Pokeno 3:00 Watermelon Monday 6:00 Puzzle & Table Games	10:00 Keepin' Fit 26 10:30 Rosary 1:00 Heritage Hikers 2:00 Bingo 3:00 Happy Hour- Whiskey Sour Day 6:00 Movie Night	9:30 Coffee Social 27 10:00 Exercise 11:00 Let the Games Begin 1:00 Heritage Hikers 2:00 Courtyard Social with a sweet treat 6:00 Wine down Wednesday	10:00 Keepin' Fit 28 10:30 Dynseo Trivia 1:00 Heritage Hikers 2:00 Midday Matinee 3:00 Words in Words 6:00 Card Club	9:30 Coffee Social 29 10:00 Exercise 10:30 Morning Crafts 1:00 Heritage Hikers 2:00 Euchre/Uno 3:00 TGIF Happy Hour 6:00 Game Night!	9:30 Coffee Social 30 10:00 Keepin' Fit 11:00 Mindful Meditation w/ Spiro 100 1:00 Heritage Hikers 2:00 Bingo 6:00 Outdoor Social in the Courtyard
9:00 Coffee Social 31 10:00 Sit and Be Fit on Spiro 100 10:30 Catholic Mass on Chan. 26 2:00 Midday Matinee & Popcorn Social 6:00 Sundaes on Sunday						

Assisted Living

Community Life Enrichment Calendar

Join us for all the fun this August!

Enjoy delicious food, great company, and exciting entertainment
all month long. Don't miss out!

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE
SENIOR LIVING
Aspire | LINCOLN
VILLAGE