

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	🍰 Happy Birthday 🍰 8/11 Jane S. 8/15 Gerald P. 8/20 Carol F.					10:00 Coffee & Chronicles 1 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 2 1:00 Weekend Wind-Down: Board Games & Snacks 3:00 History Hour in The Activity Room	10:00 The Morning Gathering 3 11:15 Spiro 100: Strong and Flexible 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + Lifelong Learning: Some Good News in 2026 3:30 Bingo!	10:00 The Morning Gathering 4 11:15 Spiro 100: Parkinson's and Movement 1:30 Thrift Outing to Savers for Senior Day! 3:30 Manicures	10:00 The Morning Gathering 5 11:15 Heritage Hikers 2:00 County Fair Pie Social w/Yard Games 3:30 Bingo! 6:00 Spiro 100: Move Those Joints	9:00 Catholic Communion 6 10:00 The Morning Gathering 11:15 Spiro 100: Tai Chi Balance 12:00 Egyptian Inspired Lunch 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Travel Club: Egypt 3:30 Pressed Flower Frames Craft	10:00 The Morning Gathering 7 11:00 Seated Yoga Class w/Barb 1:30 Baking Club: Homemade Chocolate Chip Cookies w/Frozen Custard 3:00 Music w/Jack Gorski	10:00 Coffee & Chronicles 8 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 9 1:00 Weekend Wind-Down: Board Games & Snacks 3:00 History Hour in The Activity Room	10:00 The Morning Gathering 10 11:15 Spiro 100: Posture Pleasers 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + Elvis Trivia 3:30 Bingo!	10:00 The Morning Gathering 11 11:15 Spiro 100: Joyous Movement 2:00 August Birthday Bash 3:30 Manicures	10:00 The Morning Gathering 12 11:00 Lunch Outing to Chicken Chasers 11:15 Heritage Hikers 1:30 Elvis's Blue Suede Social 3:00 Summer Sings Concert Series w/ Paul Bonstrom 6:00 Spiro 100: Tension Relief	9:00 Catholic Communion 13 10:00 The Morning Gathering 11:15 Spiro 100: Qigong and Tai Chi 1:30 This Week in The Garden 2:00 Bible Study (Hall 1) 2:30 Intro to Mahjong + Lemonade Bar 3:30 Paint-n-Sip: Wooden Coasters	10:00 The Morning Gathering 14 11:00 Seated Yoga Class w/Barb 2:00 Men's Club: The Great American Road Trip 3:30 Bingo!	10:00 Coffee & Chronicles 15 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 16 1:00 Weekend Wind-Down: Board Games & Snacks 3:00 History Hour in The Activity Room	10:00 The Morning Gathering 17 11:15 Spiro 100: Balance Boogie 1:30 The Book Nook (Hall 2) 2:30 Happy Hour + Who am I? 3:30 Bingo!	10:00 The Morning Gathering 18 (Lobby) 11:15 Spiro 100: Fighting Fatigue 2:00 August Resident Council Meeting 3:30 Manicures	10:00 Heritage Morning Carnival w/The Moms Club of Eau Claire 19 2:00 August Tea + Gossip 3:30 Bingo! 6:00 Spiro 100: Seated Legs and Core 7:00 Mennonite Choir Visit	9:00 Catholic Communion 20 9:30 This Week in The Garden 10:00 The Morning Gathering 11:15 Spiro 100: Flow w/Flexibility 1:30 Outing to the Eau Claire Downtown Farmer's Market 2:00 Bible Study (Hall 1) 3:00 Alzheimer's Walk Kick-Off Event	21 Happy National Senior Citizens Day! 10:00 Morning Floral Arrangements 11:00 Seated Yoga Class w/Barb 1:00 Catholic Mass (Hall 1) 2:30 Golden Hour Social w/Live Music ft. The Pat and Ken Duo	10:00 Coffee & Chronicles 22 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 23 1:00 Weekend Wind-Down: Board Games & Snacks 3:00 History Hour	1:30 The Book Nook (Hall 2) 24 2:00 Happy Hour + Music w/Larry Radle 3:30 Bingo!	10:00 The Morning Gathering 25 11:15 Spiro 100: Joyous Movement 2	10:00 The Morning Gathering 26 11:15 Heritage Hikers 2:00 Annual Heritage Dog Show 3:30 Afternoon Zumba w/Natalie 6:00 Spiro 100: Full Body Seated Strength	9:00 Catholic Communion 27 9:30 This Week in The Garden 10:00 The Morning Gathering 11:15 Spiro 100: Chair Dance 2:00 Bible Study (Hall 1) 2:30 Banana Splits + August Jeopardy Game 3:30 Resident Choice Craft Hour	10:00 The Morning Gathering 28 11:00 Seated Yoga Class w/Barb 2:00 Campfire Café: S'mores + Camping Memories 3:30 Bingo!	10:00 Coffee & Chronicles 29 1:30 Weekend Watch Party and Popcorn Social <i>*Activity sheets always available in the activity room*</i>
10:15 Church w/Messiah Lutheran 30 1:00 Weekend Wind-Down: Board Games & Snacks 3:00 History Hour	1:30 The Book Nook (Hall 2) 31 2:30 Welcome Home Social! 3:30 Bingo!	1:30 Outing to Ice Cream and Extras 3:30 Manicures				

SPECIAL EVENTS

National Senior Citizen Day Social 8/21 at 2:30pm

Annual Heritage Dog Show 8/26 at 2:00pm

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