

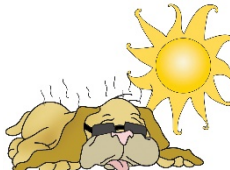



WellLife August

AT BLAKEFORD

okSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Life Enrichment Coordinator: Lynn Beckstrom Phone: 615-665-2693</p> <p>*Calendar Subject to Change</p> <p>* <u>Asterisk: Must Sign Up for Activity/Trip*</u></p>	<p>Thursday, August 24th</p> <p>Hawaiian Luau Buffet 5:00-6:30</p> <p>Drinks & Entertainment After in the Living Room</p> 	<p>1</p> <p>9:30am Cardio Sculpt- MPR 10:30-11:30 Audiology Associates MPR 10:30am Miss Golden Tennessee Pageant Informational Meeting (all ladies welcome) LR 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with Brian Hanson - LR</p> 	<p>2</p> <p>9:00am - Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study –MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on Patio 1:00pm Ukulele Class with Lindy WR 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:00pm Table Topics: Discussion Group-LR 2:15pm Roman Catholic Com .HC 4:00pm <i>Afternoon Matinee – M</i> 6:45pm <i>Classic Movie – MPR</i></p>	<p>3</p> <p>9:30am Cardio Sculpt.–MPR 10:30am Name That Tune with Mickey on the Piano-MPR 1:00pm Dominoes-GR 1:00 Rhythm & Moves-MPR 2:00pm Learn to Play Mexican Train Dominos Group-GR 2:30pm Better Balance-WR 3:00pm Needlecrafters - LR 4:00pm TED Talk - MPR</p>	<p>4</p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - WR 10:30am Wii Bowling-WR 10:30 Learn How to Play Rummikub -GR 1:00pm Sequence – GR 2:00 Dog Days of Summer Party MPR 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p> 	<p>5</p> <p>4:00pm The West Wing - MPR 6:45pm <i>Movie: -MPR</i></p>
<p>6</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 4:00pm Vespers Service - MPR 6:45pm <i>Sunday Movie – WR</i></p>	<p>7</p> <p>9:00am-Supervised Exercise –WC 10:00am Blakeford Friends – MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:30pm Seated Yoga –MPR 2:00pm Learn to play Mexican Train Dominos Group 1 -GR 6:45pm <i>Movie: -MPR</i></p>	<p>8</p> <p>9:30am Cardio Sculpt- MPR 10:30am Vet’s Club- MPR (Calling all Veterans! We are starting a Vet’s Group) 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:00-2:00pm Italian Ice & Music on the Patio 2:30pm Strength Training – MPR 4:30pm Social Hour with Mickey on the Piano - LR</p>	<p>9</p> <p>9:00am - Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study –MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on Patio 1:00pm Ukulele Class with Lindy WR 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:00pm Table Topics: Discussion Group-LR 2:15pm Roman Catholic Com .HC 4:00pm <i>Afternoon Matinee – M</i> 6:45pm <i>Classic Movie – MPR</i></p>	<p>10</p> <p>9:30am Cardio Sculpt.–MPR 1:00pm Dominoes-GR 1:15pm Outing: Cheekwood Dressing Downton Exhibit* \$20 1:00 Rhythm & Moves-MPR 2:00pm Learn to Play Mexican Train Dominos Group-GR 2:30pm Better Balance-WR 3:00pm Needlecrafters - LR 4:00pm TED Talk - MPR</p> 	<p>11</p> <p>9:00am - Supervised Exercise – WC 10:00am Eclipse Program with Billy Teets, Ph.D. Outreach Astronomer Vanderbilt Dyer Observatory-MPR 10:30am Wii Bowling-WR 1:00pm Sequence – GR 2:00pm Learn to Play Rummikub-GR 6:00pm Outing: Williamsom County Fair-Elvis Performance \$5* 7:00pm Bingo-MPR</p>	<p>12</p> <p>Tai Chi Class- WR Time TBD 4:00pm The West Wing WR 6:45pm <i>Movie: -WR</i></p>

Location Key: GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-WellLife Room BC-Burton Court HC- Woodcrest Health Center BU- BLAKEFORD UNIVERSITY

WellLife August

AT BLAKEFORD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm Sunday Movie - MPR</p>	<p>9:00am-Supervised Exercise –WC 14 10:30am Wii Bowling- WR 11:00am Outing: Lunch at The Aquarium Restaurant* 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:30pm Seated Yoga –MPR 2:30pm – Resident Council-MPR 6:45pm Movie: -MPR</p> 	<p>15</p> <p>9:30am Cardio Sculpt- MPR 9:30 Men’s Club Breakfast Out: Bob Evans* 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:30pm Bridge-MPR 1:30pm Learn how to Play Rummikub-GR 2:30pm Strength Training – MPR 4:30pm Social Hour with Bill Ferrari-LR</p>	<p>16</p> <p>9:00am Supervised Exercise– MPR 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study– MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class w/LindyWR 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com .HC 4:00pm Afternoon Matinee – MPR 6:45pm Classic Movie – MPR</p>	<p>9:30am Cardio Sculpt MPR 17 10:00am Outing: Shop Stein Mart, TJ Maxx & Nordstrom Rack (Shop for Pageant Clothes also)* 10:30am Wii Balance Class-WR 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 2:00pm Learn to Play Mexican Train Dominos Group -GR 2:30pm Better Balance-WR 3:00pm Needlecrafters -LR 4:00pm TED Talk – MPR</p>	<p>18</p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR 10:30am Crafts with Lynn: Summer Craft-GR 1:00pm Sequence – GR 2:00pm It’s So Hot We’ve Gone Bananas!!! Banana Milkshakes & Banana Scrabble-LR 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p> 	<p>19</p> <p>Tai Chi Class- WR Time TBD 4:00pm The West Wing - MPR 6:4 5pm Movie: -MPR</p>
<p>20</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm Sunday Movie - MPR</p>	<p>21</p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR 1:00pm Solar Eclipse Viewing Party Outside Main Entrance- Glasses Provided 1:00pm Cardio Drum- MPR 1:30pm Seated Yoga –MPR 2:00pm Learn to Play Mexican Train Dominos Group 1 -GR 6:45pm Movie – MPR</p> 	<p>9:30am Cardio Sculpt– WR 22 11:00am Outing: Lunch at Olive Garden* 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:00pm-2:00pm Italian Ice & Music on the Patio 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with Mickey on the Piano- LR</p>	<p>9:00am-Supervised Exercise –WC 23 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class Lindy-WR 1:00pm Cardio Drum – MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 4:00pm Afternoon Matinee – MPR 6:45pm Classic Movie – MPR</p>	<p>9:30am Cardio Sculpt –MPR 24 10:00 Outing: McKays Books* 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 2:00pm Learn Mexican Train Dominos -GR 2:30pm Better Balance-WR 3:00pm Needlecrafters –LR 4:00pm TED Talk – MPR 5:00-6:30pm Luau Buffet-DR. Drinks & Entertainment After in LR</p> 	<p>25</p> <p>9:00am-Supervised Exercise –WC 10:30am Wii Bowling-WR 10:30 Crafts w/Lynn & Chaplain Sherry*: Faux Stained Glass Décor for our Mini-Chapel * 1:00pm Sequence – GR 1:00 Learn to Play Rummikub-GR 3:00 August Birthday Party! MPR 7:00pm Bingo-MPR</p> 	<p>26</p> <p>Tai Chi Class- WR Time TBD 3:00pm Miss Golden Tennessee Pageant-LR 4:00pm The West Wing - MPR 6:45pm Movie: -MPR</p> 
<p>27</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm Sunday Movie – MPR</p>	<p>9:00am - Supervised Exercise–WC28 10:30am Wii Bowling-WR 1:00pm Cardio Drum- MPR 1:30pm Seated Yoga – MPR 2:00pm Learn to Play Mexican Train Dominos Group 1 -GR 3:00pmBlakeford Book Club-MPR 6:45pm Movie:MPR</p> 	<p>29</p> <p>9:30am Cardio Sculpt- MPR 1:00pm Rhythm & Moves-MPR 1:30pm Outing: Shopping Nashville West At Home and Dollar Tree* 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with Richard Griffen- LR</p>	<p>9:00am-Supervised Exercise –WC 30 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30 Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Cardio Drum – MPR 1:00 Sing-A-Long w/ Lindy LR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 3:00 Get to know your neighbor: Emil Posavac-MPR 4:00pm Afternoon Matinee – MPR 6:45pm Classic Movie – MPR</p>	<p>31</p> <p>9:30am Cardio Sculpt.–MPR 10:30am Wii Balance Class-WR 10:30am Documentary: “Remembering Princess Diana” -MPR 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 2:00pm Learn Mexican Train Dominos Grp 2-GR 2:30pm Better Balance-WR 3:00pm Needlecrafters –LR 4:00pm TED Talk – MPR</p> 	<p>Check Out Channel 7 for In-house Movies</p> 	<p>Don’t Miss Out!</p> <p>Please remember to check the in-house mail room for the sign up book & latest info.</p>