




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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August

2017

<p style="text-align: right; margin: 0;">6</p> <p>Bus to Churches: 8:30... St. John's- FCL 9:15... Trinity /Center Church-FCL 10:05... Sacred Heart - FCL</p> <p>10:30... Morning Prayer at Caleb with Trinity Episcopal Church</p> <p>11:00 - 3:00... Family Swim - Pool</p>	<p style="text-align: right; margin: 0;">7</p> <p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00..Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>The Cathedral</i> -MR 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p style="text-align: right; margin: 0;">8</p> <p>7:30... NO Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 3:30... Aqua Fit - Pool</p>	<p style="text-align: right; margin: 0;">9</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 2:02... Scrabble - Lounge 4:15... Princess & Knights Band - Caleb 7:00-8:30... Cordials in the Lounge with Jeff Weiselberg ♪ ♪ 8:00... Movie: <i>"The Curious Case of Benjamin Button"</i> MR/TV</p>	<p style="text-align: right; margin: 0;">10</p> <p>7:30... Power Kick Start - Ex St 9:00... Bells, Balls and Bands - Ex St 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 2:00... Shop @ Copaco - Nbhd 3:00... Speaker Series <i>"Understanding Tremor Disorders"</i> - MR 3:30... Aqua Fit - Pool 8:00... Documentary: <i>"Europe to the Max: Molto Italiano"</i> MR/TV</p>	<p style="text-align: right; margin: 0;">11</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:30... NO Great Courses: - MR 2:00... 33rd Annual Dog Show - MR</p> 	<p style="text-align: right; margin: 0;">12</p> <p>9:00... WPA. - Putting Green 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit & Be Fit - Ex St 1:15... Summer Opera Series <i>"Mozart: The Magic Flute"</i> - MR 6:30 ... Bus to Norfolk Chamber Music Fest.- FCL 8:00... MOVIE: MR/TV <i>"Hopscotch"</i></p>
<p style="text-align: right; margin: 0;">13</p> <p>Bus to Churches: 8:30... St. John's- FCL 9:15... Trinity /Center Church-FCL 10:05... Sacred Heart - FCL</p> <p>10:30... Morning Prayer at Caleb with Trinity Episcopal Church</p> <p>11:00 - 3:00... Family Swim - Pool</p> <p>12:00... Bus to Tanglewood - FCL</p>	<p style="text-align: right; margin: 0;">14</p> <p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00..Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>The Cathedral</i> -MR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p style="text-align: right; margin: 0;">15</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 11:00... CHAT - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Lounge 1:30... Water Walking - Pool 3:00... Masterminds - Board Rm 3:30... Aqua Fit - Pool 8:00... PROGRAM - <i>"Elegant & Fiery American Roots Music"</i> - MR</p>	<p style="text-align: right; margin: 0;">16</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Bus to Lighthouse Cruise—FCL 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 2:02... Scrabble - Lounge 4:15... Princess & Knights Band - Caleb 8:00... Movie: <i>"Girl With a Pearl Earring"</i> MR/TV</p>	<p style="text-align: right; margin: 0;">17</p> <p>7:30... Power Kick Start - Ex St 9:00... Bells, Balls and Bands - Ex St 9:30-11:00... Hearing Aid Clinic - HR 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 2:00... Shop @ Copaco - Nbhd 2:30... <i>"Ancient Texts Speak to the 21st Century"</i> with Rabbi Plavin - 4thFCR 3:30... Aqua Fit - Pool 8:00... Documentary: <i>"Disney Parks: Disney's Animal Kingdoms"</i> MR/TV</p>	<p style="text-align: right; margin: 0;">18</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 11:30... Book Chat - 4thFC 1:30... Great Courses: <i>Mozart Operas</i> - MR</p>	<p style="text-align: right; margin: 0;">19</p> <p>9:00... WPA. - Putting Green 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 10:30... Jeffrey Engel presents <i>"The Good, the Bad, and the Ugly in Music"</i> - MR 11:30... Sit & Be Fit - Ex St 8:00... MOVIE: MR/TV <i>"Table 19"</i></p>
<p style="text-align: right; margin: 0;">20</p> <p>Bus to Churches: 8:30... St. John's- FCL 9:15... Trinity /Center Church-FCL 10:05... Sacred Heart - FCL</p> <p>10:30... Morning Prayer at Caleb with Trinity Episcopal Church</p> <p>11:00 - 3:00... Family Swim - Pool</p>	<p style="text-align: right; margin: 0;">21</p> <p>9:00... Power Balance - MR 9:00 - 3:30 PEDICARE - Rehab Rm 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00..Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>The Cathedral</i> -MR 1:30... Caregiver's Support Group - HR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p style="text-align: right; margin: 0;">22</p>  <p>Duncaster's 9th Annual Golf Tournament</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 10:30-12:00... World Affairs - MR 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Loggia 1:30... Water Walking - Pool 3:30... Aqua Fit - Pool</p>	<p style="text-align: right; margin: 0;">23</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... NO Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 12:30... Bus to Norma Terris - FCL 1:00... Timekeeper Shop - Lounge 2:02... Scrabble - Lounge 4:15... Princess & Knights Band - Caleb 8:00... Movie: <i>"Last Chance Harvey"</i> MR/TV</p>	<p style="text-align: right; margin: 0;">24</p> <p>7:30... Power Kick Start - Ex St 9:00... Bells, Balls and Bands - Ex St 10:00... CHESSE ANYONE? - MR 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 1:30... Water Walking - Pool 2:00... Shop @ Copaco - Nbhd 3:30... Aqua Fit - Pool 7:00-8:30... Music in the Lounge with <i>"The Substitutes"</i> Guitar/Keyboard Duo 8:00... Documentary: <i>"Unbranded"</i> - MR/TV</p> 	<p style="text-align: right; margin: 0;">25</p> <p>8:30... Sunrise Circuit - Ex St 9:30... Chair Yoga - Ex St 10:00... T-G-I-JEFF - Lounge 10:15... Cardio H2O - Pool 10:28... Cribbage - Lounge 11:30... Sit & Be Fit - Ex St 1:15... Bus to Mohegan Sun Casino- FCL</p>	<p style="text-align: right; margin: 0;">26</p> <p>9:00... WPA. - Putting Green 9:00... Core Fit - Ex St 10:15... Water Moves - Pool 11:30... Sit & Be Fit - Ex St 8:00... MOVIE: MR/TV <i>"Gifted"</i></p>
<p style="text-align: right; margin: 0;">27</p> <p>Bus to Churches: 8:30... St. John's- FCL 9:15... Trinity /Center Church-FCL 10:05... Sacred Heart - FCL</p> <p>10:30... Morning Prayer at Caleb with Trinity Episcopal Church</p> <p>11:00 - 3:00... Family Swim - Pool</p>	<p style="text-align: right; margin: 0;">28</p> <p>9:00... Power Balance - MR 9:30... Dabblers - Art Room 10:15... Cardio H2O - Pool 10:15... Gentle Yoga - Ex St 11:00-12:00..Blood Pressure Clinic-QR 11:30... Gentle Balance - Ex St 1:30... Great Courses: <i>The Cathedral</i> - MR 2:15... BINGO - 4thFCR 7:15... Duplicate Bridge - MR</p>	<p style="text-align: right; margin: 0;">29</p> <p>7:30... Power Kick Start - Ex St 9:00... Move, Stretch & Strength - Ex St 9:30... Table Talk with Sara - Cafe 9:30... Shop in Bloomfield - Nbhd 10:15... Aqua Yoga - Pool 1:00... Shop at Wades/Bishops Corner 1:30... SongPlay with Adele - Loggia 1:30... Water Walking - Pool 3:30... Aqua Fit - Pool</p>	<p style="text-align: right; margin: 0;">30</p> <p>9:00... Power Balance - MR 10:00... Collage with Harriet - Art Rm 10:15... Cardio H2O - Pool 10:30... Chaplain's Chat - TW Sunroom 11:00... Mindful Meditation - QR 11:30... Sit & Be Fit - Ex St 2:02... Scrabble - Lounge 4:15... Princess & Knights Band - Caleb 8:00... Program - Meeting Room ♪ ♪ ♪ Greater Hartford Opera Ensemble</p>	<p style="text-align: right; margin: 0;">31</p> <p>7:30... Power Kick Start - Ex St 9:00 - 3:30 PEDICARE - Rehab Rm 9:00... Bells, Balls and Bands - Ex St 10:15... Aqua Fit - Pool 11:30... Gentle Balance - Ex St 12:30... Bus to Goodspeed - FCL 1:30... Water Walking - Pool 3:30... Aqua Fit - Pool 2:00... Shop @ Copaco - Nbhd 8:00... Documentary: <i>"One Six Right: The Romance of Flying"</i> MR/TV</p>	 <p><u>Room Key abbreviations</u> 4th FCR...4th Floor Conference Room ALCR ... Assisted Living Conference Room BR.....Board Room Ex St.....Exercise Studio FC..... Fitness Center FCL..... Fitness Center Lobby HR..... Hospitality Room MR..... Meeting Room Nbhd Neighborhood Entrances OPDR..... Old Private Dining Room PDR..... Private Dining Room QR..... Quiet Room TW Thistle Way Parlor</p>	