

**Vitality Theme: Exploring Lifelong Purpose**

**What are some things we can do to explore our sense of purpose?**

- Help people.** Purpose is not just about our special gifts but grows from our connection to others.
- Ask yourself:** What impact do I want to create? How can I help others live a better life?
- Engage** in enjoyable activities that make you want to get out of bed.
- Have a daily practice-** take a walk, mediate, volunteer, or journal.
- Commit to being a life-long learner.** Expand your knowledge of the world through books, classes, films, podcasts, and conversations.

**Birthdays!**



**Location Guide**

<u>1st Floor</u> W - West Entrance	BS-Beauty Salon
E - East Entrance	2E-2nd Floor East Wing
VC - Vitality Center	CON -Conference Room
R - Restaurant	<u>3rd Floor</u> RR - Red Rooster
GC - Golf Course	GAM -Game Room
Ch-Chapel P-Pool	TH -Movie Theater
<u>2nd Floor</u> BC -Business Center	COM -Community room
LIB -Library	B-Balcony
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>Labor Day 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Table Games (2L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Monday Crafts (2L) 3:30 Scrabble (2L)	8:00 Water Aerobics (Pool) <b>10:15 Gentle Yoga (VC)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) <b>12:15 Painting (COM)</b> 1:00 Pinochle (GAM) 1:30 Bible study (CH) <b>2:00 Seated Stretching (CON)</b> 2:00 Domino Games (GAM) 4:30 Jeopardy! (2L)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Comedy Hour (2L) 6:00 Evening Movie (TH)	8:00 Water Aerobics (Pool) <b>10:15 Wings over WW outing</b> <b>10:15 Gentle Yoga (VC)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) <b>2:00 Seated Stretching (CON)</b> <b>3:30 Grief Support Group (V)</b> 3:00 Skip-Bo (GAM) <b>4:00 CP Farmers Market (W)</b>	9:00 Friday Shopping <b>9:30 Sound Audiology (COM)</b> 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) <b>2:00 Birthday Party (CON)</b> <b>6:15 Wheelin' WW Car Parade(E)</b> 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) <b>1:30 Box craft w/Evie (COM)</b> 1:30 UNO (Gam) 1:30 Men's Poker (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Evening Movie (TH)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) <b>2:00 Plant Impressions (2L)</b> 3:00 Two Bit Bingo (CON) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Table Games (2L) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) <b>11:00 Mending with Akiko(COM)</b> 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 1:30 Dominos (2L) 2:45 Craft: Feather Masks/band 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) <b>10:15 Gentle Yoga (VC)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) <b>12:00 Pianist Carolyn ®</b> <b>12:15 Painting (COM)</b> 1:00 Pinochle (GAM) 1:30 Bible study (CH) <b>2:00 Seated Stretching (CON)</b> 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) <b>3:30Great Gatsby Party (CON)</b>	<b>8:00 Men's Breakfast (PDR)</b> 8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) For garden decoration (2L) <b>3:00 Resident Council (CON)</b> 3:00 Movie (TH) 3:00 Candy BINGO (COM) 3:30 Word Games (2L)	8:00 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) <b>10:15 Gentle Yoga (VC)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) <b>2:00 Purpose Workshop(CON)</b> 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) <b>3:30 Grief Support Group (V)</b> 6:00 Evening Movie (TH)	9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) <b>11:45 Lunch Bunch: TBD</b> 1:30 Dominos (2L) 2:00 Red craft (2L) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:30 Men's Poker (2L) 1:30 UNO (Gam) 2:30 Dominos (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 4:00 Pink craft (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Table Games (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:45 Monday Crafts (2L) 3:00 Two Bit Bingo (CON) 3:30 Scrabble (2L)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) <b>12:15 Painting (COM)</b> 1:00 Pinochle (GAM) 1:30 Bible study (CH) <b>1:30-Cruising the internet safely FREE Tech Class at Goodwill.</b> 2:00 Domino Games (GAM) <b>2:00 Seated Stretching (CON)</b> <b>3:00 Town Hall (CON)</b>	<b>8:30 Senior Living Outing TBD</b> 10:00 Exercise (CON) 11:15 Balance & Strength(VC) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) <b>2:00 New Resident Social (RR)</b> 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Comedy Hour (2L) <b>6:00 Evening movie (TH)</b>	8:00 Water Aerobics (Pool) <b>10:15 Gentle Yoga (VC)</b> 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) <b>2:00 Seated Stretching (CON)</b> <b>2:30 Rick Doyle on Guitar ®</b> 3:00 Skip-Bo (GAM) <b>3:30 Grief Support Group (V)</b> <b>4:00 CP Farmers Market (W)</b>	9:00 Friday Shopping 9:30~ WW Audiology (COM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) <b>1-2:30 Nancy Wilson Vietnam Nurse Presentation (CON)</b> 1:30 Bridge (GAM) <b>2:00 Albertsons &amp; JoAnn's (W)</b> 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:30 Fri. Evening Praise (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Dominos (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Table Games (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) <b>11:00 Mending with Akiko(GAM)</b> <b>11:30 PEO Luncheon (COM)</b> 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat(COM) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) <b>10:15 Gentle Yoga (VC)</b> <b>10:30 Book Club (COM)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) <b>12:15 Painting (COM)</b> 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:45 TEDtalk Tuesday (TH) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) <b>4:45 Dinner Dash (TBD)</b> 6:00 Evening Movie (TH)	8:00 Water Aerobics (Pool) <b>10:15 Gentle Yoga (VC)</b> <b>10:40 Candy Bingo (CON)</b> 11:15 Gentle Chair Fit (VC) 1:30 Table Games (2L) <b>2:00 Seated Stretching (CON)</b> 3:00 Skip-Bo (GAM) <b>3:30 Grief Support Group (V)</b> 6:00 Evening Movie (TH) 4:00 Dominos (2L)	<b>8-12 Love or Leave it (2nd Hall)</b> 9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) <b>1:30 Goodwill and Mall trip (w)</b> 3:00 Two Bit Bingo (CON) 3:30 Group Games (2L) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:30 Men's Poker (2L) 1:30 Dominos (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>29</b>	<b>30</b>					
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Table Games (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat (COM) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Monday Crafts (2L) 3:00 Two Bit Bingo (CON)					

