Southminster August 2019



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

2

Saturday

3

Shopping Shuttle 10am & 1pm 11:00 Cardio Drumming in Wellness Center 2:00 Crafts with Amy in St. George's Room 2:00 Channel 3 Movie "Holmes & Watson" 3:15 Outside Hangman on the Porch 4:00 Happy Hour on the Patio

6:00 Line Dancing

7:00 Bean Bag Toss

11:00 Muscles in Motion in Wellness Center 11:00 1:1 Technology Lessons 1:30 Chef Demo in Iris Room 2:30 Wellness Seminar "Bus Safety Workshop" at Transportation Station 7:00 Southminster

Movie Night

"Baby Boom"

in Wellness Center

10:00 Creative Writing

in St. George's Room

10:00 Sit & Chat in Pub

2:00 Euchre & **Pinochle Club** in Chaucer Room

7:00 Bingo in Wellness Center

2:00 Sunday Service in St. Luke's Chapel 7:00 Channel 3 Movie "Holmes & Watson"



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Shopping Shuttle 10am & 1pm 8:30 Rise and Shine in Wellness Center 9:30 Line Dancing in Wellness 10:00 Calendar & Canterbury Tales Reading in Travel Hub 11:00 Core & Balance in Wellness Center 2:00 Catholic Mass in St. Luke's Chapel

2:00 Virtual Bowling in Wellness 6:00 Outdoor Bocce League

Ball League

9:30 Café Central in St. George's Room 11:00 Balance & Stretch in Wellness Center 10:00 Outing to the Detroit

Institute of Art for the "Impressionist Era Treasures'

1:00 Line Dancing in Wellness Center 2:00 "Special" Channel 3 Movie "American Classics **Great Cars: Chevrolet** 2:30 Walking Club

meet in Wellness Center 6:30 Shuffleboard League

8:45 Swim Therapy at WKHS 9:00 Waterford Library & Veggie Stand Run

10:00 Morning Prayer Service in St. Luke's Chapel 11:00 Cardio Combo

in Wellness Center 11:45-12:00 Meditation in Wellness Center 1:15 News and Views in Chaucer

2:30 Scripture Study w/Glenn in St. George's Room

2:30 "Let's Be a Kid Again"

Games in the Yard 6:30 Canterbury Putters League

Shopping Shuttle 10am & 1pm 11:00 Cardio Drumming

in Wellness Center

in Wellness Center

in Wellness Center 2:00 Crafts with Amy in St. George's Room 2:00 Channel 3 Movie "Blue Hawaii"

2:30 Walking Club meet in Wellness Center 3:30 State Fair Trivia on Patio

4:00 Happy Hour in Trillium Room

with D&A Duo Entertainment 6:00 Line Dancing in Wellness 7:00 Bean Bag Toss in Wellness

11:00 Muscles in Motion in Wellness Center 11:00 1:1 Technology Lessons

1:30 Southminster **Culinary Meeting** in Iris Room

2:30 Fruit Smoothies in Summerhouse

in Wellness Center

7:00 Southminster Movie Night "A Home of Our Own"



10:00 Sit & Chat in Pub

2:00 Euchre & Pinochle Club in Chaucer Room

7:00 Bingo in Wellness Center

2:00 Sunday Service in St. Luke's Chapel 7:00 Channel 3 Movie "Blue Hawaii"



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TBA MASSAGE THERAPY W/ERIKA

Shopping Shuttle 10am & 1pm 8:30 Rise and Shine in Wellness Center 9:30 Line Dancing in Wellness Center 10:00 Calendar & Canterbury Tales Reading in Travel Hub 11:00 Core & Balance in Wellness Center 2:00 Catholic Mass in St. Luke's Chapel 2:00 Virtual Bowling League

in Wellness Center

3:00 Activities Planning

Meeting in Chippendale Room

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TBA MASSAGE THERAPY WIERIKA 9:30 Café Central in St. George's Room 10:00 Shopping Outing to Nino Salvaggio & Trader

Joes in Bloomfield Hills 11:00 Balance & Stretch in Wellness Center 1:00 Line Dancing in Wellness 2:00 "Special" Channel 3 Movie " American Classics Great Cars: Buick, Olds, Pontiac, Cadillac "

2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League

ROUNDTABLES WITH ROCHELLE 10am & 2pm in Chippendale Room

8:45 Swim Therapy at WKHS 9:00 Waterford Library & Veggie Stand Run

10:00 Morning Prayer Service in St. Luke's Chapel

11:00 Cardio Combo in Wellness Center 11:45-12:00 Meditation

in Wellness Center 1:15 News and Views in Chaucer Room 2:30 Woman's Circuit Class

in Wellness Center 4:30 Hawaiian BBQ with Rick & Dayna Lieder Entertainment 15

Shopping Shuttle 10am & 1pm 11:00 Balance & Stretch

in Wellness Center 12:00 Outing to Free "Cabaret" Show at Temple Israel in West Bloomfield

2:00 Crafts & Conversation with Amy in St. George's 2:00 Channel 3 Movie "Jaws"

2:30 Walking Club meet in Wellness Center 3:00 Loss Support Group in St. Luke's Chapel

4:00 Happy Hour on the Patio 6:00 Line Dancing in Wellness 16

11:00 Muscles in Motion in Wellness Center 11:00 1:1 Technology Lessons

1:00 "Let's Talk **Canterbury Gala!"** in St. George's Room

2:30 Bingo Bonanza in Wellness Center 7:00 Southminster **Movie Night**

"Jerry Maguire" in Wellness Center

10:00 Sit & Chat in Pub 2:00 Euchre & **Pinochle Club** in Chaucer 7:00 Bingo



in Wellness Center

Southminster

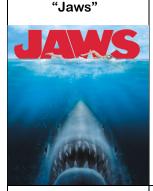
August 2019



18 2:00 Sunday Service in St. Luke's Chapel 7:00 Channel 3

Movie

Sunday



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Shopping Shuttle 10am & 1pm

Monday

8:30 Rise and Shine in Wellness Center 9:30 Line Dancing in Wellness Center 10:00 Calendar & **Canterbury Tales** Reading in Travel Hub 11:00 Core & Balance in Wellness Center 2:00 Catholic Mass in St. Luke's Chapel 2:00 Virtual Bowling League

Tuesday

Overnight outing to

Boyne/Harbor Springs

Dinner & Show at

"Young Americans"

11:00 Balance & Stretch

in Wellness Center

Channel 3 Movie

"American Classics

Great Cars: Dusenburg,

Packard, Tucker"

Fitness Machines in Wellness

meet in the Wellness

2:00 Orientation on

2:30 Walking Club

6:30 Shuffleboard

League

in St. George's Room

in Wellness Center

9:30 Café Central

1:00 Line Dancing

2:00 "Special"

20

Wednesday

Overnight outing to

Boyne/Harbor Springs

Dinner & Show at

"Young Americans"

8:45 Swim Therapy at WKHS

Veggie Stand Run

in Wellness Center

Stress Meditation

in Wellness Center

in Chaucer Room

2:30 Women's Circuit Class

6:30 Canterbury Putters

in Wellness Center

w/Glenn in St. George's Rm

10:00 Morning Prayer Service

in St. Luke's Chapel

9:00 Waterford Library &

11:00 Cardio Combo

11:45-12:00 Calming

1:15 News and Views

2:30 Scripture Study

22

Shopping Shuttle 10am & 1pm

Thursday

11:00 Cardio Drumming in Wellness Center 2:00 Crafts with Amy in St. George's Room

2:00 Channel 3 Movie "The Parent Trap"

2:30 Walking Club meet in Wellness Center

4:00 HAPPY HOUR in the Summerhouse

6:00 Line Dancing in Wellness Center

7:00 Bean Bag Toss in Wellness Center

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10:00 Wellness **Nature Walk Outing** to Independence Oaks

Friday

11:00 Muscles in Motion in Wellness Center

11:00 1:1 Technology Lessons

1:00 Painting w/Nina in St. George's Room

2:30 All About Chocolate **Taste Testing**

in Wellness Center

7:00 Southminster **Movie Night** "The Lone Ranger"

24

10:00 Sit & Chat in the Pub

Saturday

2:00 Euchre & **Pinochle Club** in Chaucer **7:00 Bingo** in Wellness Center



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2:00 Sunday Service in St. Luke's Chapel

7:00 Channel 3 Movie "The Parent Trap"



26

Shopping Shuttle 10am & 1pm 8:30 Rise and Shine

in Wellness Center

6:00 Outdoor Bocce

Ball League

in Wellness Center 9:30 Line Dancing in Wellness Center 10:00 Calendar & **Canterbury Tales**

Reading in Travel Hub 11:00 Core & Balance in Wellness Center

2:00 Catholic Mass in St. Luke's Chapel 2:00 Virtual Bowling

3:30 Nutrition Talk

in Wellness Center 6:00 Outdoor Bocce Ball

League

in Wellness Center

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9:30 Café Central in St. George's Room

11:00 Outing to **Hobby Lobby &** Kohl's in White Lake

11:00 Balance & Stretch in Wellness Center

1:00 Line Dancing in Wellness Center

2:00 "Special" **Channel 3 Movie** "Detroit Remembers" 2:30 Walking Club

meet in the Wellness

6:30 Shuffleboard League

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8:45 Swim Therapy at WKHS 9:00 Waterford Library & **Veggie Stand Run**

10:00 Morning Prayer Service in St. Luke's Chapel

11:00 Cardio Combo in Wellness Center 11:45-12:00 Calming Stress Meditation in Wellness Center 1:15 News and Views in Chaucer Room

2:30 Scripture Study with Glenn in St. George's Room 2:30 Women's Circuit Class in Wellness Center

3:15 Wellness Seminar: "What is LSVT?" in Wellness Center

6:30 Canterbury **Putters League**

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Shopping Shuttle 10am & 1pm

11:00 Cardio Drumming in Wellness Center

11:00 Southminster **Book Club**

Meets in the Library 2:00 Crafts with Amy in St. George's Room

2:00 Channel 3 Movie "From Here to Eternity"

2:30 Walking Club meet in Wellness Center

4:00 HAPPY HOUR in the Summerhouse

6:00 Line Dancing in Wellness Center

7:00 Bean Bag Toss in Wellness Center

30

11:00 Muscles in Motion in Wellness Center

11:00 1:1 Technology Lessons

1:00 Painting w/Nina in St. George's Room

2:30 August Birthday **Party**

in the Summerhouse

7:00 Southminster **Movie Night** "State Fair" in Wellness Center



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10:00 Sit & Chat in the Pub

2:00 Euchre & **Pinochle Club** in Chaucer

> 7:00 Bingo in Wellness Center



