


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:00 Grocery Shopping/Bank 10:00 Exercise AL MPR 1:00 Walmart 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 1:00 Line Dancing IL MPR 1:30 Bingo AL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 1:00 "Helping Hands workshop IL MPR 2:00 Music and refreshments with Lakeside Hospice AL Lobby 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	10:00 Exercise AL MPR 1:00 Line Dance- IL MPR 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out	
Enjoy A Morning Walk* 9:00 Church Service IL MPR Rev. Mike Aldridge Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In IL The Lobby*	10:00 Grocery Shopping/Bank 10:00 Exercise AL MPR 1:00 TJ MAXX area or Aldi's Grocery Store 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 1:00 Resident meeting in AL MPR 1:30 Bingo AL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 2:00 Penny Auction Rehab First- IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 1:45 Homemade Ice Cream in AL Lobby 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 "Kick Back Friday" with popcorn and Corn Hole IL Lobby 6:30 Chicken Foot / Rook * IL MPR	FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out Call a friend to Chit Chat	
Enjoy A Morning Walk* 9:00 Church Service IL MPR Rev. Bobby Bryant Attalla First Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In IL The Lobby*	10:00 Exercise AL MPR 10:00 Grocery Shopping/Bank 1:00 Walmart 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 1:00 Line Dancing IL MPR 1:30 Bingo AL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 2:00 Penny Auction- John/ Kindred IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 1:00 Line Dance- IL MPR 2:00 Ice cream sundaes with Hali with Amedisys AL MPR 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out	
Enjoy A Morning Walk* 9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In IL The Lobby*	10:00 Exercise AL MPR 10:00 Grocery Shopping/Bank 1:00 Ollies Bargain Outlet in East Gadsden 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	10:00 Exercise AL MPR 10:30 Leaving for Lunch The Arch 12:30 Trivia Tuesday-Piano 1:00 Line Dancing IL MPR 1:30 Bingo AL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 2:00 Monthly Birthday Party in IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 1:45 Homemade Ice Cream in AL Lobby 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room	
Enjoy A Morning Walk* 9:00 Church Service IL MPR Rev. Larry Fuhrman First Baptist Gadsden Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In IL The Lobby*	10:00 Exercise AL MPR (Lisa) 1:00 Hobby Lobby- or Aldi's Grocery Store 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 1:30 Bingo AL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10:00 Exercise AL MPR 1:00 "Helping Hands workshop IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	 <p>August 2022 Calendar is subject to change. See Bulletin Boards for any changes. If you have any questions, concerns, or suggestions, please see Debbie</p>			

IL= independent AL= assisted living MPR= multipurpose room Red print is resident led programs Green-Trips out of community- Please sign up for all trips out of Community 256-442-7709

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	10:00 Grocery Shopping/Bank 1 10:00 Exercise AL MPR 1:00 Walmart 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	Early Morning Walk 9:15 Coffee / Pastry IL Lobby 2 10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 2:00 Line Dancing IL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room 6:30 Bridge IL MPR*	Enjoy A Morning Walk* 3 10:00 Exercise AL MPR 1:00 "Helping Hands workshop IL MPR 2:00 Music and refreshments with Lakeside Hospice AL Lobby 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	9:15 Coffee/ Chit Chat IL Lobby 4 10:00 Exercise AL MPR 2:00 Homemade Ice Cream in IL Lobby 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 5 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	6 FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out	
	Enjoy A Morning Walk* 7 9:00 Church Service IL MPR Rev. Mike Aldridge Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In The Lobby*	10:00 Grocery Shopping/Bank 8 10:00 Exercise AL MPR 1:00 TJ MAXX area or Aldi's Grocery Store 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	9:15 Coffee / Pastry IL Lobby 9 10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 2:00 Line Dancing IL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 10 10:00 Exercise AL MPR 11:00 Lunch at Royal Kitchen in RBC 2:00 Penny Auction Rehab First- IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 11 9:15 Coffee/ Chit Chat IL Lobby 10:00 Exercise AL MPR 1:00 Town Hall Meeting with Julia IL MPR 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 12 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 "Kick Back Friday" with popcorn and Corn Hole IL Lobby 6:30 Chicken Foot / Rook * IL MPR	13 FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out Call a friend to Chit Chat
	Enjoy A Morning Walk* 14 9:00 Church Service IL MPR Rev. Bobby Bryant Attalla First Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In The Lobby*	10:00 Exercise AL MPR 15 10:00 Grocery Shopping/Bank 1:00 Walmart 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	Early Morning Walk 16 9:15 Coffee / Pastry IL Lobby 10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 2:00 Line Dancing IL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room	Enjoy A Morning Walk* 17 10:00 Exercise AL MPR 2:00 Penny Auction- John/ Kindred IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 18 9:15 Coffee/ Chit Chat IL Lobby 10:00 Exercise AL MPR 2:00 Line Dance- IL MPR 2:00 Ice cream sundaes with Hali with Amedisys AL MPR 3:00 Water Exercise 6:30 Chicken Foot (short game) IL	Enjoy A Morning Walk* 19 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	20 FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room Ask the concierge to get cornhole boards out
	Enjoy A Morning Walk* 21 9:00 Church Service IL MPR Rev. Lauil Thompson Southside Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In The Lobby*	10:00 Exercise AL MPR 22 10:00 Grocery Shopping/Bank 1:00 Ollies Bargain Outlet in East Gadsden 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	9:15 Coffee / Pastry IL Lobby 23 10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 10:30 Lunch -The Arch in Pell City 2:00 Line Dancing IL MPR 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room 6:30 Bridge IL MPR*	Enjoy A Morning Walk* 24 10:00 Exercise AL MPR 2:00 Monthly Birthday Party in IL MPR 6:30 Mexican Dominos* pool room	Enjoy A Morning Walk* 25 9:15 Coffee/ Chit Chat IL Lobby 10:00 Exercise AL MPR 2:00 Homemade Ice Cream in IL Lobby 3:00 Water Exercise 6:30 Chicken Foot (short game) IL Pool room*	Enjoy A Morning Walk* 26 10:00 Exercise AL MPR 10:00 Shopping in Rainbow City Area 1:00 Skip Bo in AL MPR 2:00 Rook AL MPR 2:00 "Kick Back Friday" IL Lobby 6:30 Chicken Foot / Rook * IL MPR	27 FYI: ideas to fill your Saturday Fun with The Wii* -IL MPR Game of Pool- IL Pool room 3:00 Bible Study with Lou Pearson IL MPR Puzzle fun in- IL MPR or feel free to get a puzzle from the media room
	Enjoy A Morning Walk* 28 9:00 Church Service IL MPR Rev. Larry Fuhrman First Baptist Gadsden Baptist Enjoy an Evening Walk 5:00 Coffee/ Chit Chat In The Lobby*	10:00 Exercise AL MPR (Lisa) 29 1:00 Hobby Lobby or Aldi's Grocery Store 3:45-4:30 Hymn Singing IL MPR 6:30 Black Jack IL MPR	9:15 Coffee / Pastry IL Lobby 30 10:00 Exercise AL MPR 12:30 Trivia Tuesday-Piano 3:00 Bible Study AL MPR 3:00 Water Exercise 6:30 Rummikub- IL Card Room 6:30 Bridge IL MPR*	Enjoy A Morning Walk* 31 10:00 Exercise AL MPR 1:00 "Helping Hands workshop IL MPR 3:00 Bingo IL MPR 6:30 Mexican Dominos* pool room	 <p>August 2022 Calendar is subject to change. See Bulletin Boards for any changes. If you have any questions, concerns, or suggestions, please see Debbie</p>		

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