

August 2024 Calendar

Independent Living - Life Enrichment & Wellness

August Birthdays



Don Hunt 8/7
Earl Wilcox 8/9
Imogene Blackmon 8/10
Helen Fail 8/10
Vera McSparin 8/10
Mary Lou Ross 8/10
Robert Calhoun 8/18

Sheila Fleming 8/19
Janet Yocum 8/19
Ray Lautzenheiser 8/20
Morna Matheny 8/23
Pauline Jellum 8/26
Linda Bailey 8/27
David Martin 8/28



This Month we Celebrate **Spain**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - # Floor Lounge. AS - Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room FR - Fitness Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater TR - Therapy Room Across from Fitness Room WS - Woodshop in the Lower Level</p>	<p>Helpful Reminders:</p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus.</p> <p>All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.</p>			<p>1 9:30 Healthy Lower Body - HH 11:00 Memorial Service for Harry Hazen - HH 1:00 Travelogue - CR <i>The Magic Forest of Spain</i> 1:30 Exercise with Robin (video) - HH 1:30 Harris Teeter 3:00 New Resident Reception - HH 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>2 10:00 Water walking - P 11:30 Lunch at Casa Tequila 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>3 National Watermelon Day 10:30 Voices of Experience: Choir Practice Resumes - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>4 National Chocolate Chip Cookie Day 9:00 WPC Service on CH98 2:00 Board Games - CR 2:00 Oakland Ave. Presbyterian Church Communion Service - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>5 9:30 - 10:30 Podiatrist - TR <i>Signup at the Bulletin Board</i> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming (video) - HH 2:00 Activity Committee Meeting-4L 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L</p>	<p>6 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin (video) - HH 2:00 DIY Sombrero - CR 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>7 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin (video) - HH 3:00 Church Service - HH 5:00 Dinner at Outback Steakhouse 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>8 Celebrate Senior Citizen Day 8:00 - 9:00 Free Breakfast Buffet 9:30 Healthy Lower Body - HH 10:00 - 11:00 Agape Care - CR Blood Pressure, Temp, & Weight 11:15 Neurobics - MT 1:00 Travelogue - CR <i>Welcome to Barcelona</i> 1:30 Exercise with Robin (video) - HH 1:30 Harris Teeter 3:00 Estate Planning Seminar - HH Presented by Holly Simpson Law Firm 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>9 10:00 Water walking - P 1:30 Outing to Springs Farm Fort Mill for Peach Ice Cream 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>10 10:30 Choir Practice - HH 1:30 100th Birthday Celebration for Sheila Fleming! - L 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>11 9:00 WPC Service on CH98 2:00 Board Games - CR 3:00 Catholic Service Communion - HH 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>12 9:30 Healthy Upper Body - CR 1:30 Cardio Drumming - CR 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L</p> <p><i>Articles for the Sept. Edition of Windows are due to Linda Lenz or Cami Freeman</i></p>	<p>13 Port of Call Spain 9:30 Healthy Lower Body - CR 1:30 Exercise with Robin - CR 2:15 Spain in 20 Minutes - CR 3:00 CVS (Spanish Treats) - CR 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>14 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin - HH 3:00 Church Service - HH 5:00 Ride Around & Ice Cream at Two Scoops in Rock Hill 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>15 9:30 Healthy Lower Body - CR 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 1:30 Harris Teeter 2:30 TED Talk - CR A Bridge Between Past, Present, & Future 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>16 9:30 Donuts & Coffee - CB 10:00 Water walking - P 1:30 Outing to Sullenberger Aviation Museum 3:00 Cornhole & Popcorn - CR 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>17 10:30 Choir Practice - HH 1:00 Tech Help from Northwestern High School - L 1:30 Cornhole w/Northwestern - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>18 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH And: Hymn Sing by the Worship & Arts Team at Westminster PC 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>19 National Hot & Spicy Food Day 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Newsletter Committee - 2L 2:30 Aqua Move and Groove - P 3:00 Musical Performance - HH <i>Singer Bill Calisanti</i> 3:00 Newport Walmart 6:00 Bible Reading</p>	<p>20 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>21 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:30 Brunch at Ihop 1:30 Exercise with Robin - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR</p> <p><i>Senior Citizen Day (Celebrated on 8/8/24)</i></p>	<p>22 9:30 Healthy Lower Body - CR 11:15 Neurobics - MT 1:30 Exercise with Robin - CR 2:30 Spanish Cooking Class - CR Gazpacho Recipe 1:30 Harris Teeter 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>23 10:00 Water walking - P 10:30 Musical Performance - HH by Duchess Raehn 11:30 Lunch at Salmeri's Fort Mill 1:30 Sing Along with the Quants - HH 3:00 Cornhole & Popcorn - HH 6:00 Stroll w/ a neighbor</p>	<p>24 National Peach Pie Day 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>25 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>26 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 2:30 Tony Washington - HH 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading</p>	<p>27 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 2:00 Coke & Peanut Social - CR 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>28 9:00 B&K Nails 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Tour of Lowenstein Exhibit & Lunch at Old Town Kitchen & Cock 1:30 Exercise with Robin - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>29 9:30 Healthy Lower Body - HH 11:00 Coloring with Alice - CR 1:30 Exercise with Robin - HH 1:30 Harris Teeter 3:00 Balloon Volleyball - HH 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>30 10:00 Water walking - P 3:00 Cornhole & Popcorn - HH 4:00 Sue & Bob Start - HH Piano & Cello 5:00 Dinner at Flipside 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>31 National Trail Mix Day 10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>