

# REFLECTIONS - AUGUST 2024

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Reflections Events

### August Birthdays

8/5 Grace B.  
8/11 Joan F.  
8/16 Mona T.  
8/17 Loretta L.

### Signature Series

8/9 3pm Alzheimer's Fundraiser  
8/15 3pm Tropical Paradise

### Dementia Support Group

8/21 3:30pm

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning  
Arts & Culture  
Physical Fitness  
Community Connections  
Wellness & Self-Care



**4**

10:00 Bone Builders  
10:45 Spiritual Service  
11:30 Mindful Breathwork  
1:30 Yoga for Vitality  
2:00 Captivating Narrative Session  
2:45 Sundae Bar Social  
3:30 Watercolor Basics  
4:00 Biography: Van Buren  
6:00 Game Night: LCR

**5**

10:00 Low Intensity Cardio  
10:30 Vintage Trunk Show  
10:45 Poetry Hour  
11:30 Knowledge Bout Challenge  
1:30 Barre & Balance  
2:00 Jewelry Design Workshop  
2:45 Wine & Cheese Social  
3:00 Vocalist- Nancy Marshall  
3:30 Crossword Challenge  
4:15 Guided Meditation

**6**

10:00 Upper Body Strengthening  
10:45 History Lecture- Penicillin Discovery  
11:30 Garden Keepers  
1:30 Tai Chi  
2:00 Intro to Still Life Art  
2:45 Mocktail Hour  
3:30 Floral Arranging Session  
4:15 History's Who's Who  
6:00 Inspirational Readings

**7**

10:00 Lengthen & Strengthen  
10:00 Outing: Ashland Library  
10:45 Literature Listening Hour  
11:00 Resident Council Meeting  
11:30 Guided Imagery  
1:15 Exploring Cities: London  
1:30 Barre & Balance  
2:00 Craft Workshop: Frosted Glasses  
4:15 Music Listening Hour

**8**

10:00 Resistance Band Training  
10:45 Court Case Round Table  
11:30 Drawing Session: Zentangles  
1:30 Pilates  
2:00 A Touch of Bliss Nail Spa  
2:45 Happy Hour  
3:00 Vocalist- Bob D  
4:15 Travel & Discuss: Nice  
6:00 Gratitude Journaling

**9**

10:00 Light Weight Training  
10:45 Scenic Journey  
10:45 Renowned Profiles- Catherine the Great  
11:30 Positive Affirmations  
1:30 Barre & Balance  
2:00 Abstract Artistry  
3:30 Creative Writing Workshop  
4:15 Life Story Session

**10**

10:00 Cardio Aerobics  
10:45 DocuSeries: Lions  
11:30 Progressive Relaxation  
1:30 Tai Chi  
2:00 Great Poets of America  
2:45 Social Hour  
3:30 Art Skills-Pastels  
4:15 Musical Moments  
6:00 Rummikub Club

**11**

10:00 Bone Builders  
10:45 Spiritual Service  
11:30 Mindful Breathwork  
1:30 Yoga for Vitality  
2:00 Captivating Narrative Session  
2:45 Sundae Bar Social  
3:30 Watercolor Basics  
4:00 Biography: Louis B Mayer  
6:00 Game Night: LCR

**12**

10:00 Low Intensity Cardio  
10:45 Poetry Hour  
11:30 Knowledge Bout Challenge  
1:00 Outing: Uhlman's Ice Cream  
1:30 Barre & Balance  
2:00 Jewelry Design Workshop  
2:45 Wine & Cheese Social  
3:30 Crossword Challenge  
4:15 Guided Meditation  
6:00 Color Therapy

**13**

10:00 Upper Body Strengthening  
10:45 History Lecture- Invention of Radios  
11:30 Garden Keepers  
1:30 Tai Chi  
2:00 Intro to Still Life Art  
2:00 Vocalist- Alee Bianco  
2:45 Mocktail Hour  
3:30 Floral Arranging Session  
4:15 History's Who's Who

**14**

10:00 Lengthen & Strengthen  
10:45 Literature Listening Hour  
10:45 Exploring Cities: Chicago  
11:30 Guided Imagery  
1:30 Barre & Balance  
2:00 Craft Workshop: Shell Decor  
4:15 Music Listening Hour  
6:00 Drawing Session

**15**

10:00 Resistance Band Training  
10:45 Court Case Round Table  
11:30 Drawing Session: Zentangles  
1:30 Pilates  
2:00 A Touch of Bliss Nail Spa  
2:45 Happy Hour  
3:00 Signature Series: Tropical Paradise  
3:30 Chorus Group  
4:15 Travel & Discuss: Bordeaux

**16**

10:00 Light Weight Training  
10:45 Scenic Journey  
10:45 Renowned Profiles- Grace Hopper  
11:30 Positive Affirmations  
1:30 Barre & Balance  
2:00 Abstract Artistry  
3:30 Creative Writing Workshop  
4:15 Life Story Session  
6:00 Scrabble Group

**17**

10:00 Cardio Aerobics  
10:45 DocuSeries: Puma  
11:30 Progressive Relaxation  
1:30 Tai Chi  
2:00 Great Poets of America  
2:45 Social Hour  
3:30 Art Skills-Pastels  
4:15 Musical Moments  
6:00 Rummikub Club

**18**

9:00 Vocalist-Bill McCarthy  
10:00 Bone Builders  
10:45 Spiritual Service  
11:30 Mindful Breathwork  
1:30 Yoga for Vitality  
2:00 Captivating Narrative Session  
2:45 Sundae Bar Social  
3:30 Watercolor Basics  
4:00 Biography: John Adams

**19**

10:00 Low Intensity Cardio  
10:45 Poetry Hour  
11:30 Knowledge Bout Challenge  
1:30 Barre & Balance  
2:00 Jewelry Design Workshop  
2:45 Wine & Cheese Social  
3:30 Crossword Challenge  
4:15 Guided Meditation  
6:00 Color Therapy

**20**

10:00 Upper Body Strengthening  
10:45 History Lecture- Discovery of X-rays  
11:30 Garden Keepers  
1:30 Tai Chi  
2:00 Intro to Still Life Art  
2:45 Mocktail Hour  
3:30 Floral Arranging Session  
4:15 History's Who's Who  
6:00 Inspirational Readings

**21**

10:00 Lengthen & Strengthen  
10:45 Literature Listening Hour  
10:45 Exploring Cities: Paris  
11:30 Guided Imagery  
12:00 Outing: John Stone's Inn  
1:30 Barre & Balance  
2:00 Craft Workshop: Seaglass Mosaic  
4:15 Music Listening Hour  
6:00 Drawing Session

**22**

10:00 Resistance Band Training  
10:45 Court Case Round Table  
11:30 Drawing Session: Zentangles  
1:30 Pilates  
2:00 A Touch of Bliss Nail Spa  
2:45 Happy Hour  
3:00 Vocalist- Robert Black  
4:15 Travel & Discuss: Lyon  
6:00 Gratitude Journaling

**23**

Tisha B'Av  
10:00 Light Weight Training  
10:45 Scenic Journey  
10:45 Renowned Profiles- Julia Ward Howe  
11:30 Positive Affirmations  
1:30 Barre & Balance  
2:00 Abstract Artistry  
3:30 Creative Writing Workshop  
4:15 Life Story Session  
6:00 Scrabble Group

**24**

10:00 Cardio Aerobics  
10:45 DocuSeries: Polar Bear  
11:30 Progressive Relaxation  
1:30 Tai Chi  
2:00 Great Poets of America  
2:45 Social Hour  
3:30 Art Skills-Pastels  
4:15 Musical Moments  
6:00 Rummikub Club

**25**

10:00 Bone Builders  
10:45 Spiritual Service  
11:30 Mindful Breathwork  
1:30 Yoga for Vitality  
2:00 Captivating Narrative Session  
2:45 Sundae Bar Social  
3:30 Watercolor Basics  
4:00 Biography: Andrew Jackson  
6:00 Game Night: LCR

**26**

10:00 Low Intensity Cardio  
10:45 Poetry Hour  
11:30 Knowledge Bout Challenge  
1:30 Barre & Balance  
2:00 Jewelry Design Workshop  
2:45 Wine & Cheese Social  
3:30 Crossword Challenge  
4:15 Guided Meditation  
6:00 Color Therapy

**27**

10:00 Upper Body Strengthening  
10:45 History Lecture- Apollo 11  
11:30 Garden Keepers  
1:30 Tai Chi  
2:00 Intro to Still Life Art  
2:45 Mocktail Hour  
3:30 Floral Arranging Session  
4:15 History's Who's Who  
6:00 Inspirational Readings

**28**

10:00 Lengthen & Strengthen  
10:00 Outing: DeCordova Sculpture Park  
10:45 Literature Listening Hour  
10:45 Exploring Cities: Dallas  
11:30 Guided Imagery  
1:30 Barre & Balance  
2:00 Pounded Floral Art Workshop  
4:15 Music Listening Hour

**29**

10:00 Resistance Band Training  
10:45 Court Case Round Table  
11:30 Drawing Session: Zentangles  
1:30 Pilates  
2:00 A Touch of Bliss Nail Spa  
2:45 Happy Hour  
3:30 Chorus Group  
4:15 Travel & Discuss: Versailles  
6:00 Gratitude Journaling

**30**

10:00 Light Weight Training  
10:45 Scenic Journey  
10:45 Renowned Profiles- Mercy Otis Warner  
11:30 Positive Affirmations  
1:30 Barre & Balance  
2:00 Abstract Artistry  
3:30 Creative Writing Workshop  
4:15 Life Story Session  
6:00 Scrabble Group

**31**

10:00 Cardio Aerobics  
10:45 DocuSeries: Wild Dog  
11:30 Progressive Relaxation  
1:30 Tai Chi  
2:00 Great Poets of America  
2:45 Social Hour  
3:30 Art Skills-Pastels  
4:15 Musical Moments  
6:00 Rummikub Club