

AUGUST 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 11:30 Lunch for Temple Emanu-El Members (F7-PL) 2:00 Yoga w/ Heidi (TH) 3:00 Drum Circle (TH) 3:00 Monday Bridge (F7-PL)	2 9:30 Muscle Matters (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Group Scattergories (TH)	3 9:30 Stretch (TH) 10:30 Brain Tools: Wordle (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 3:00 Wednesday Bridge (F7-PL)	4 9:30 Cardio (TH) 10:30 Art with Reena (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Carolyn Jones (GR)	5 9:30 Core & Stability (TH) 10:30 YMCA Group Exercise Class 2:00 Stretch w/ Heidi (TH) 3:00 Body In Rhythm Motion (TH) 3:00 Rosary Prayers (7th Floor PL) 4:00 Open Mic/ Sing-a-long (GR)	6 9:00 AquaFit with the YMCA (P) 10:00 Walgreens/ Kroger 1:00 Bistro Games (B)
7 9:00 All Saints Catholic Mass (SR) 11:00 Online Church Services (SR) 3:00 Bingo with YMSL (TH)	8 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Drum Circle (TH) 3:00 Monday Bridge (F7-PL)	9 9:30 Muscle Matters (TH) 11:15 Dallas Historical Society- Brown Bag Lunch Series (RSVP) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH)	10 9:30 Stretch (TH) 10:30 Brain Tools: Wordle (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Wednesday Bridge (F7-PL) 4:00 Summer Book Series with Barbara Glass- Texas Hurricanes (TH)	11 9:30 Cardio (TH) 10:30 Art with Reena (TH) 10:30 Grief Support Group (7th Floor PL) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Ruby Weston (GR)	12 9:30 Core & Stability (TH) 10:30 YMCA Group Exercise Class 2:00 Stretch w/ Heidi (TH) 3:00 Body In Rhythm Motion (TH)	13 9:00 AquaFit with the YMCA (P) 10:00 Walgreens/ Kroger 1:00 Bistro Games (B)
14 9:00 All Saints Catholic Mass (SR) 11:00 Online Church Services (SR) 3:00 Bingo with YMSL (TH) 4:00 Live Worship Service- PCBC (GR)	15 9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Drum Circle (TH) 3:00 Monday Bridge (F7-PL)	16 9:30 Muscle Matters (TH) 10:00 Discussion with Rabbi Wolk (TH) 10:30 Catholic Communion (F7 PL) 2:00 Boot Camp w/ Tom (TH) 3:00 HPH Educ. Series with Bhavini (TH) 3:30 KATE TALK- Healthy Eating for Your Brain"	17 9:30 Stretch (TH) 10:30 Highland Park Library Info Session (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Current Events w/ Randy Mayeaux (TH) 3:00 Wednesday Bridge (F7-PL)	18 Veterans Photo Shoot- All Day (TH) 9:30 Cardio (GR) 10:30 Art with Reena (B) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (GR) 3:00 Happy Hour- Marty Ruiz (GR)	19 9:30 Core & Stability (TH) 10:30 YMCA Group Exercise Class 11:00 Texas Winds: String Quartet (GR) 2:00 Stretch w/ Heidi (TH) 3:00 Body In Rhythm Motion (TH)	20 9:00 AquaFit with the YMCA (P) 10:00 Walgreens/ Kroger 1:00 Bistro Games (B)

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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
21	Senior Citizen's Day	22	9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Drum Circle (TH) 3:00 Monday Bridge (F7-PL)	23	9:30 Muscle Matters (TH) 11:00 Out to Lunch; Mercat (RSVP) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Group Scattergories (TH) 4:00 Resident Council- All residents Invited! (TH)	24	9:30 Stretch (TH) 10:30 Brain Tools: Wordle (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Wednesday Bridge (F7-PL) 4:00 The Dos and Don'ts of Parkinson's with Dr. Shilpa Chitnis (TH)	25	9:30 Cardio (TH) 10:30 Art with Reena (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 3:00 Happy Hour- Tony Macaroni (GR)	26	9:30 Core & Stability (TH) 10:30 YMCA Group Exercise Class 11:30 August Birthday Lunch (JK) 2:00 Stretch w/ Heidi (TH) 3:00 Body In Rhythm Motion (TH) 5:00 Cruise Night (JK-RSVP)	27	9:00 AquaFit with the YMCA (P) 10:00 Walgreens/ Kroger 1:00 Bistro Games (B)
28	9:00 All Saints Catholic Mass (SR) 11:00 Online Church Services (SR) 3:00 Bingo with YMSL (TH) 4:00 Live Worship- FBD (GR)	29	9:30 Belmont Balance (TH) 10:30 Mental Aerobics w/Kay (TH) 2:00 Yoga w/ Heidi (TH) 3:00 Drum Circle (TH) 3:00 Monday Bridge (F7-PL)	30	9:30 Muscle Matters (TH) 1:00 Bistro Games (B) 2:00 Boot Camp w/ Tom (TH) 4:00 “Estate Planning: Peace of Mind for You and Your Loved Ones” (TH)	31	9:30 Stretch (TH) 10:15 Health and Aging Policy with Senator Nathan Johnson (TH) 11:00 Texas Winds:Harp & Cello (GR) 2:00 Yoga w/ Heidi (TH) 3:00 Wednesday Bridge (F7-PL)						