

AUGUST 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<div>1</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Morning Documentary: "Forgotten Ellis Island" (Prime: 56 min)</div> <div>TH</div> <div>1:30</div> <div>Chair Yoga with Julie (former instructor)!</div> <div>BI</div> <div>2:30</div> <div>Afternoon Documentary: Sounds of the 60s - Vol. 1 "Hold Tight" (Prime, 50 Min)</div> <div>BI</div> <div>3:30</div> <div>Bingo!</div> <div>TH</div> <div>6:00</div> <div>Movie: Nonnas (Netflix, 1 H 54 M)</div>	<div>2</div> <div>TH</div> <div>9:30</div> <div>Resident Led Exercise (Bill will be back next week!)</div> <div>TH</div> <div>10:00</div> <div>Morning Documentary Bob Marley: "ReMastered: Who Shot the Sheriff?" (Netflix, 57 Min)</div> <div>TR</div> <div>2:00</div> <div>Uno</div> <div>BI</div> <div>2:30</div> <div>Ice Cream Sandwich Day!</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: The Apartment (PRIME, 2 H)</div>
<div>3</div> <div>TH</div> <div>9:30</div> <div>Resident Led Seated Exercise (A Good Start to Your Day!)</div> <div>TR</div> <div>10:00</div> <div>COMMUNION SERVICE - Ascension Catholic Church</div> <div>TH</div> <div>10:00</div> <div>Documentary: Sunday Best: The Untold Story of Ed Sullivan (Netflix: 1 HR 20 Min)</div> <div>OT</div> <div>10:30</div> <div>Mass at Ascension Church (Bus Leaves at 10:15 am)</div> <div>GR</div> <div>2:00</div> <div>Special Concert with the</div>	<div>4</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Let's Celebrate Louis Armstrong's Birthday - Musical Performance (YouTube, 49 Min)</div> <div>BI</div> <div>1:00</div> <div>Slowfire Studios: Painting or Clay Sculpting</div> <div>TH</div> <div>2:30</div> <div>Monday Documentary Series: Our Universe "Chasing Starlight" (Netflix, 43 Min)</div> <div>BI</div> <div>3:30</div> <div>The Price is Right - Toys through the</div>	<div>5</div> <div>TH</div> <div>9:30</div> <div>Fit and Flex</div> <div>TH</div> <div>10:00</div> <div>Lifelong University: Live Lecture - Insights from Positive Psychology</div> <div>BI</div> <div>1:00</div> <div>Garden Club</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Dirty Dancing (Prime, 1 H 38 M)</div>	<div>6</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>BI</div> <div>10:00</div> <div>Jewelry Class</div> <div>TH</div> <div>10:00</div> <div>Mental Floss: Medical Innovations Day</div> <div>TH</div> <div>10:30</div> <div>August Jeopardy Trivia</div> <div>TH</div> <div>1:00</div> <div>Parkinson's Exercise Class (30 Minute Class)</div> <div>GR</div> <div>2:15</div> <div>Wine and Cheese Social</div> <div>BI</div> <div>3:30</div> <div>Walk and Roll Club Returns (Weather Permitting)</div> <div>TH</div> <div>6:00</div> <div>Movie: Knives Out (Prime, 2 H 5 M)</div>	<div>7</div> <div>TH</div> <div>9:30</div> <div>Fit and Flex</div> <div>TR</div> <div>10:00</div> <div>Communion With Ascension</div> <div>TH</div> <div>10:00</div> <div>Mental Floss: Trivia</div> <div>OT</div> <div>10:00</div> <div>Shopping Trip: Kohls</div> <div>TH</div> <div>10:30</div> <div>TED Talk: Robert Waldinger: What makes a good life? Lessons from the longest study on happiness TED</div> <div>BI</div> <div>2:00</div> <div>Fried Green Tomatoes a'la Bill</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Mission:</div>	<div>8</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Mental Floss: Who, What, Where</div> <div>TH</div> <div>10:30</div> <div>Cranium Crunches</div> <div>TH</div> <div>1:30</div> <div>Chair Yoga with Julie (former instructor)!</div> <div>BI</div> <div>2:00</div> <div>Chat with the Chef!</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Murder on the Orient Express - 1974 (Prime, 2 H 2 M)</div>	<div>9</div> <div>TH</div> <div>9:30</div> <div>Seated Exercise With Bill</div> <div>TH</div> <div>10:00</div> <div>Current Events</div> <div>TH</div> <div>1:00</div> <div>Community Service: Doing Things to Benefit Others</div> <div>TR</div> <div>2:00</div> <div>Uno</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Saving Mr. Banks (PRIME, 2 H, 5 M)</div>
<div>10</div> <div>TH</div> <div>9:30</div> <div>Resident Led Seated Exercise (A Good Start to Your Day!)</div> <div>TR</div> <div>10:00</div> <div>COMMUNION SERVICE - Ascension Catholic Church</div> <div>TH</div> <div>10:00</div> <div>Museum Day: Guided Tour of the Smithsonian Air and Space Museum - Steven F. Udvar-Hazy Center</div> <div>OT</div> <div>10:30</div> <div>Mass at Ascension Church (Bus Leaves at 10:15 am)</div>	<div>11</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Hollywood Idols - "Grace Kelly, An American Princess" (Prime, 60 Min)</div> <div>TH</div> <div>2:00</div> <div>Monday Documentary Series: Our Universe "The Cosmic Clock" (Netflix, 43 Min)</div> <div>BI</div> <div>3:30</div> <div>Crosswords and Afternoon Tea with Rosalinda</div> <div>TH</div> <div>6:00</div> <div>Movie: High Society (PRIME, 1 H 51 M)</div>	<div>12</div> <div>TH</div> <div>9:30</div> <div>Fit and Flex</div> <div>TH</div> <div>10:00</div> <div>Lifelong University: Live Lecture - The Wisdom of Ants: What Humans Can Learn from Ant Societies</div> <div>BI</div> <div>1:00</div> <div>Car Talk</div> <div>TH</div> <div>1:30</div> <div>Resident Council</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Spencer (Netflix, 1 H 56 M)</div>	<div>13</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Kick-off National Parks Travelogue (Bill's Trip to the Smokys)</div> <div>TH</div> <div>10:30</div> <div>Songs and Stories: Name that Instrument</div> <div>TH</div> <div>1:00</div> <div>Parkinson's Exercise Class (30 Minute Class)</div> <div>GR</div> <div>2:15</div> <div>Wine and Cheese Social</div> <div>BI</div> <div>3:30</div> <div>Walk and Roll Club Returns (Weather Permitting)</div> <div>TH</div> <div>6:00</div> <div>Movie: Elsa and Fred</div>	<div>14</div> <div>TH</div> <div>9:30</div> <div>Fit and Flex</div> <div>TR</div> <div>10:00</div> <div>Communion With Ascension</div> <div>TH</div> <div>10:00</div> <div>Mental Floss: Trivia</div> <div>TH</div> <div>10:00</div> <div>Shopping Trip: Tony's Fresh Market</div> <div>TH</div> <div>10:30</div> <div>TED Talk: How Music Helped Me Live Through Long COVID Joshua Roman</div> <div>BI</div> <div>1:00</div> <div>Belmont Bazaar</div> <div>BI</div> <div>2:00</div> <div>Scrabble</div> <div>BI</div> <div>3:30</div> <div>Travelogue: Welcome to Turkey</div>	<div>15</div> <div>TH</div> <div>9:30</div> <div>Wake-up Workout</div> <div>TH</div> <div>10:00</div> <div>Mental Floss: Anniversary of Woodstock</div> <div>TH</div> <div>10:30</div> <div>Music Trivia</div> <div>TH</div> <div>1:30</div> <div>Chair Yoga with Julie (former instructor)!</div> <div>BI</div> <div>3:30</div> <div>Bingo!</div> <div>TH</div> <div>6:00</div> <div>Movie: The King's Speech (Prime, 1 H 53 M)</div>	<div>16</div> <div>TH</div> <div>9:30</div> <div>Seated Exercise With Bill</div> <div>TH</div> <div>10:00</div> <div>Documentary: Linda and The Mockingbirds (Prime 1 H)</div> <div>TR</div> <div>2:00</div> <div>Uno</div> <div>BI</div> <div>3:30</div> <div>Bingo</div> <div>TH</div> <div>6:00</div> <div>Movie: Mission Impossible 2 (Netflix, 2 H, 4 M)</div>

"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms." — Victoria Erickson
"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." — Sylvia Plath

AUGUST 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>17</div> <div><div>TH</div><div>9:30</div><div>Resident Led Seated Exercise (A Good Start to Your Day!)</div></div> <div><div>TR</div><div>10:00</div><div>COMMUNION SERVICE - Ascension Catholic Church</div></div> <div><div>TH</div><div>10:00</div><div>Documentary: Sinatra In Palm Springs (Prime, 1 HR 28 M)</div></div> <div><div>OT</div><div>10:30</div><div>Mass at Ascension Church (Bus Leaves at 10:15 am)</div></div> <div><div>BI</div><div>2:15</div><div>Documentary: Hollywood Idols -</div></div>	<div>18</div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>TH</div><div>10:00</div><div>Monday Documentary Series: Our Universe "Turning Seasons" (Netflix, 44 Min)</div></div> <div><div>BI</div><div>1:00</div><div>Slowfire Studios: Painting or Clay Sculpting</div></div> <div><div>GR</div><div>3:00</div><div>Sing Along With Greg</div></div> <div><div>TH</div><div>6:00</div><div>Movie: Scoop (Netflix, 1 H 42 M)</div></div>	<div>19</div> <div><div>TH</div><div>9:30</div><div>Fit and Flex</div></div> <div><div>TH</div><div>10:00</div><div>Lifelong University: Live Lecture - The Making of the Broadway Musical Hamilton</div></div> <div><div>11:30</div><div>Lunch Outing: Crepas Culichi</div></div> <div><div>BI</div><div>1:00</div><div>Car Talk</div></div> <div><div>BI</div><div>2:00</div><div>New Residents Q&A Meeting (Current Residents Help New Residents Acclimate)</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>6:00</div><div>Movie: The Good House</div></div>	<div>20</div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>BI</div><div>10:00</div><div>Jewelry Class</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: Who, What, When and Where?</div></div> <div><div>TH</div><div>10:30</div><div>Songs and Stories</div></div> <div><div>TH</div><div>1:00</div><div>Parkinson's Exercise Class (30 Minute Class)</div></div> <div><div>GR</div><div>2:15</div><div>Wine and Cheese Social</div></div> <div><div>BI</div><div>3:30</div><div>Walk and Roll Club Returns (Weather Permitting)</div></div> <div><div>TH</div><div>6:00</div><div>Movie: Mission</div></div>	<div>21</div> <div><div>TH</div><div>9:30</div><div>Fit and Flex</div></div> <div><div>TR</div><div>10:00</div><div>Communion With Ascension</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: Trivia</div></div> <div><div>TH</div><div>10:30</div><div>TED Talk: A new vision of healthy masculinity</div></div> <div><div>1:00</div><div>Shopping Trip: CVS</div></div> <div><div>2:00</div><div>Scrabble</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>6:00</div><div>Movie: No Way Out (Prime, 1 H, 49 M)</div></div>	<div>22</div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: Beginning of American Sign Language</div></div> <div><div>OT</div><div>10:00</div><div>Museum Trip: The Lizzadro Museum of Lapidary Art - Oak Brook</div></div> <div><div>TH</div><div>10:30</div><div>Cranium Crunches</div></div> <div><div>TH</div><div>1:00</div><div>Sound Meditation with Ahimsa Yoga Studio</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>6:00</div><div>Movie: USS Indianapolis: Men of</div></div>	<div>23</div> <div><div>TH</div><div>9:30</div><div>Seated Exercise With Bill</div></div> <div><div>TH</div><div>10:00</div><div>Current Events</div></div> <div><div>TR</div><div>2:00</div><div>Uno</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>6:00</div><div>Movie: Mission Impossible: Ghost Protocol (Netflix, 2 H, 14 M)</div></div>
<div>24</div> <div><div>TH</div><div>9:30</div><div>Resident Led Seated Exercise (A Good Start to Your Day!)</div></div> <div><div>TR</div><div>10:00</div><div>COMMUNION SERVICE - Ascension Catholic Church</div></div> <div><div>TH</div><div>10:00</div><div>Morning Documentary: Royal Inquest, S1 E1, "Palace Timebomb" (Prime, 44 M)</div></div> <div><div>OT</div><div>10:30</div><div>Mass at Ascension Church (Bus Leaves at 10:15 am)</div></div> <div><div>GR</div><div>1:15</div><div>Sunday Matinee: The</div></div>	<div>25</div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>TH</div><div>10:00</div><div>Morning Documentary Series: Hollywood Idols E4, 5 - "Michael Caine, Breaking the Mold" & "Audrey Hepburn Remembered" (Prime, 60 min)</div></div> <div><div>TH</div><div>2:00</div><div>Monday Documentary Series: Our Universe "Elemental" (Netflix, 43 Min)</div></div> <div><div>BI</div><div>3:30</div><div>Crosswords & Afternoon Tea with Rosalinda</div></div>	<div>26</div> <div><div>TH</div><div>9:30</div><div>Fit and Flex</div></div> <div><div>TH</div><div>10:00</div><div>Lifelong University: Live Lecture - Medieval Art History: Illuminating Life in the Middle Ages</div></div> <div><div>BI</div><div>1:00</div><div>Car Talk</div></div> <div><div>GR</div><div>2:30</div><div>Watch Party for the 86th Anniversary of Wizard of Oz</div></div> <div><div>TH</div><div>6:00</div><div>Movie: The King (Netflix, 2 H 20 M)</div></div>	<div>27</div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: Who, What, When and Where?</div></div> <div><div>TH</div><div>10:30</div><div>Songs and Stories</div></div> <div><div>TH</div><div>1:00</div><div>Parkinson's Exercise Class (30 Minute Class)</div></div> <div><div>GR</div><div>2:15</div><div>Wine and Cheese Social</div></div> <div><div>BI</div><div>3:30</div><div>Walk and Roll Club Returns (Weather Permitting)</div></div> <div><div>TH</div><div>6:00</div><div>Movie: The Bone Collector (Prime, 1 H 52</div></div>	<div>28</div> <div><div>TH</div><div>9:30</div><div>Fit and Flex</div></div> <div><div>TR</div><div>10:00</div><div>Communion With Ascension</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: Trivia</div></div> <div><div>TH</div><div>10:00</div><div>Shopping Trip: Trader Joes</div></div> <div><div>TH</div><div>10:30</div><div>TED Talk: Stop telling single people to get married</div></div> <div><div>BI</div><div>2:00</div><div>Scrabble</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>3:30</div><div>Travelogue: Turkish Culture and Cuisine</div></div> <div><div>TH</div><div>6:00</div><div>Movie: Mission</div></div>	<div>29</div> <div><div>College Colors Day!</div></div> <div><div>TH</div><div>9:30</div><div>Wake-up Workout</div></div> <div><div>TH</div><div>10:00</div><div>Mental Floss: On this Day in History</div></div> <div><div>TH</div><div>10:30</div><div>Jeopardy</div></div> <div><div>TH</div><div>1:30</div><div>Tai Chi/Breathing/Meditation with Julie (former instructor)!</div></div> <div><div>BI</div><div>3:30</div><div>Bingo!</div></div> <div><div>TH</div><div>6:00</div><div>Movie: Begin Again (Prime, 1 H 43 M)</div></div>	<div>30</div> <div><div>BI</div><div>9:30</div><div>Seated Exercise With Bill</div></div> <div><div>BI</div><div>10:00</div><div>Current Events</div></div> <div><div>TR</div><div>2:00</div><div>Uno</div></div> <div><div>BI</div><div>3:30</div><div>Bingo</div></div> <div><div>TH</div><div>6:00</div><div>Movie: The Great Outdoors (Netflix, 1 H, 30 M)</div></div>
<div>31</div> <div><div>TH</div><div>9:30</div><div>Resident Led Seated Exercise (A Good Start to Your Day!)</div></div> <div><div>TR</div><div>10:00</div><div>COMMUNION SERVICE - Ascension Catholic Church</div></div> <div><div>TH</div><div>10:00</div><div>Documentary: Anne Frank: A Tale of Two Sisters (Prime, 45 M)</div></div> <div><div>OT</div><div>10:30</div><div>Mass at Ascension Church (Bus Leaves at 10:15 am)</div></div> <div><div>GR</div><div>1:00</div><div>Sunday Matinee: Out to Sea (Prime, 1 H 46 M)</div></div>						

"August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms." — Victoria Erickson
"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." — Sylvia Plath