

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Stay Hydrated!</p> <p>Seniors should strive to have 6-8 cups of water a day!</p> <p>- Sip throughout the day</p> <p>- Have a full glass with pills</p> <p>- Have Low-fat soup as a snack</p> <p>- Take sips between bites</p>	<p>1</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) LHB Bible Study</p> <p>10:30 (FSR) RL Triominos</p> <p>10:40 (O) Walmart</p> <p>1:00 (T) Dead to Me</p> <p>1:00 (DR) Karaoke</p> <p>2:00 (RK) Blackjack</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Spelling Bee</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>2</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Giant Kerplunk</p> <p>1:00 (BP) Shuffleboard</p> <p>1:00 (T) St Marks Rosary</p> <p>1:30 (ML) Water Pong</p> <p>2:00 (BR) Resident Services Chat</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Jeopardy!</p> <p>7:00 (T) Movie</p>	<p>3</p> <p>9:30 - 10:30 (BIS) BP Check</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Live Action Bowling</p> <p>1:00 (BR) Group Crossword</p> <p>2:00 (BIS) Crafts</p> <p>2:00 (T) Dr Brent BBS</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Wheel of Fortune</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>4</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Charles Stanley</p> <p>10:40 (BAL) Balcony Fishing</p> <p>1:00 - 1:30 MagMart</p> <p>1:30 (LV2) Book Club</p> <p>2:00 (RK) Blackjack</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Thirsty Thurs. Trivia</p> <p>7:00 (T) Movie</p>	<p>5</p> <p>9:30 (O) Band Day</p> <p>10:00 (FSR) Fitness w/ Fox</p> <p>10:30 (T) Longmire</p> <p>10:40 (S) Pretty Nails</p> <p>1:00 (T) Wii Bowling</p> <p>2:00 (DR) Ent. P. Duplessis</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (BAL) Drench the Director</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>6</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Heartland</p> <p>10:40 (O) Christmas Tree Shop</p> <p>1:00 (T) 90 Minute Movie</p> <p>1:00 - 3:00 (DR) Open Games</p> <p>2:00 (BP) Cornhole</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (T) Millionaire</p> <p>7:00 (T) Movie</p>	
	<p>7</p> <p>9:30 (ML) Walk & Talk</p> <p>10:00 (T) Communion</p> <p>10:30 (T) Streamed Mass</p> <p>11:00 (T) LHB Online Service</p> <p>1:00 - 1:30 MagMart</p> <p>1:30 (BAL) Current Events Chat</p> <p>2:00 (50D) Uno</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (BR) Chain Reaction</p> <p>7:00 (T) Movie</p>	<p>8</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (FSR) RL Triominos</p> <p>10:40 (O) Walmart</p> <p>1:00 (T) Dead to Me</p> <p>1:00 (BP) Putting Practice</p> <p>2:00 (RK) Blackjack</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Spelling Bee</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>9</p> <p>10:00 (FSR) Exercise</p> <p>10:00 - 12:00 (WL) Historic Auto Show</p> <p>1:00 (T) St Marks Rosary</p> <p>1:30 (ML) Walking Club</p> <p>2:00 (50D) Uno</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Jeopardy!</p> <p>7:00 (T) Movie</p>	<p>10</p> <p>9:30 - 10:30 (BIS) BP Check</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Live Action Bowling</p> <p>1:00 (DR) Tunes w/ Tina</p> <p>2:00 (BIS) Crafts</p> <p>2:00 (T) Dr Brent BBS</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Wheel of Fortune</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>11</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) David Jeremiah</p> <p>10:40 (BAL) Balcony Fishing</p> <p>1:00 - 1:30 MagMart</p> <p>1:30 (RK) Snack & Chat</p> <p>2:00 (BP) Shuffleboard</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Thirsty Thurs. Trivia</p> <p>7:00 (T) Movie</p>	<p>12</p> <p>10:00 (FSR) Fitness w/ Fox</p> <p>10:30 (T) Longmire</p> <p>10:40 (O) Eiteljorg Museum</p> <p>10:40 (S) Pretty Nails</p> <p>1:00 (T) Wii Bowling</p> <p>2:00 (BR) Chef Chat</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BP) Happy Hour</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>13</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Heartland</p> <p>10:40 (O) Dollar General</p> <p>1:00 (T) 90 Minute Movie</p> <p>1:00 - 3:00 (DR) Open Games</p> <p>2:00 (BP) Cornhole</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (T) Family Feud</p> <p>7:00 (T) Movie</p>
	<p>14</p> <p>9:30 (ML) Walk & Talk</p> <p>10:00 (T) Communion</p> <p>10:30 (T) Streamed Mass</p> <p>11:00 (T) LHB Online Service</p> <p>1:00 - 1:30 MagMart</p> <p>1:30 (BAL) Lemonade Social</p> <p>2:00 (BP) HillBilly Golf</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (BR) Chain Reaction</p> <p>7:00 (T) Movie</p>	<p>15</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) LHB Bible Study</p> <p>10:30 (FSR) RL Triominos</p> <p>10:40 (O) Walmart</p> <p>1:00 (T) Dead to Me</p> <p>1:00 (DR) Karaoke</p> <p>2:00 (RK) Blackjack</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Spelling Bee</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>16</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Giant Kerplunk</p> <p>1:00 (BP) Shuffleboard</p> <p>1:00 (T) St Marks Rosary</p> <p>1:30 (ML) Water Pong</p> <p>2:00 (DR) Mentalist: Chad</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Jeopardy!</p> <p>7:00 (T) Movie</p>	<p>17</p> <p>9:30 - 10:30 (BIS) BP Check</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (ML) Live Action Bowling</p> <p>1:00 (BR) Group Crossword</p> <p>1:00 (T) St Jude Mass</p> <p>2:00 (BIS) Crafts</p> <p>2:00 (T) Dr Brent BBS</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Wheel of Fortune</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>18</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Charles Stanley</p> <p>10:40 (BAL) Balcony Fishing</p> <p>1:00 - 1:30 MagMart</p> <p>1:30 (LV2) Book Club</p> <p>2:00 (RK) Blackjack</p> <p>2:00 (BR) Chat w/ Jenny</p> <p>3:00 (FSR) Bingo</p> <p>4:00 - 4:30 (BR) Thirsty Thurs. Trivia</p> <p>7:00 (T) Movie</p>	<p>19</p> <p>10:00 (FSR) Fitness w/ Fox</p> <p>10:30 (T) Longmire</p> <p>10:40 (S) Pretty Nails</p> <p>12:45 (O) Joy Ride w/ Milkshakes</p> <p>1:00 (BP) RL Putting Practice</p> <p>2:00 (BR) Food for Thought</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (BAL) Drench the Director</p> <p>7:00 (T) Movie w/ Popcorn</p>	<p>20</p> <p>10:00 (FSR) Exercise</p> <p>10:30 (T) Heartland</p> <p>10:40 (O) Barnes & Nobles</p> <p>1:00 (T) 90 Minute Movie</p> <p>1:00 - 3:00 (DR) Open Games</p> <p>2:00 (BP) Cornhole</p> <p>3:00 (FSR) Bingo</p> <p>4:00 (T) Millionaire</p> <p>7:00 (T) Movie</p>

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21 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Current Events Chat 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	22 10:00 (FSR) Exercise 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (T) Dead to Me 1:00 (FSR) Fun with Fox 2:00 (RK) Blackjack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	23 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (T) St Marks Rosary 1:30 (ML) Walking Club 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	24 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (BAL) Popsicle Social 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	25 10:00 (FSR) Exercise 10:30 (T) David Jeremiah 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (RK) Snack & Chat 2:00 (DR) Ent. Steve Elston 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	26 10:00 (FSR) Fitness w/ Fox 10:30 (T) Longmire 10:40 (O) Ladies Who Lunch 10:40 (S) Pretty Nails 1:00 (T) Wii Bowling 2:00 (RK) News/Cal Folding 3:00 (FSR) Bingo 4:00 - 4:30 (BP) Happy Hour 7:00 (T) Movie w/ Popcorn	27 10:00 (FSR) Exercise 10:30 (HC) Hear Clear 10:30 (T) Heartland 10:40 (O) Aldi 1:00 (T) 90 Minute Movie 1:00 - 3:00 (DR) Open Games 2:00 (BP) Cornhole 3:00 (FSR) Bingo 4:00 (T) Family Feud 7:00 (T) Movie
28 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Lemonade Social 2:00 (BP) HillBilly Golf 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	29 10:00 (FSR) Exercise 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (DR) Karaoke 1:00 (T) The Blacklist 2:00 (RK) Blackjack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	30 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (BP) Shuffleboard 1:00 (T) St Marks Rosary 1:30 (ML) Water Pong 2:00 (DR) Ent. Ray Hoskins 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	31 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (BR) Group Crossword 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	<p>Regardless of our age or physical condition, we all have a responsibility to take proactive actions toward our health. Healthy living should be our top priority—one that subordinates status, finances, and other socio-economical aspects of living. From washing our hands to visiting the doctor for our routine check-up, Health services provides not only preventative means for disease, unnecessary disability, and premature death, but also implants within us and our loved ones a peace of mind and a healthier sense of independence. Here at Magnolia Springs we offer a wide range of activities that our seniors can take part in that benefit and promote a healthier lifestyle. Just a quick glimpse at our calendar will assure you that we have much to offer. Such activities that foster a positive approach to healthy living are:</p> <ul style="list-style-type: none"> · Health education talks and seminars · Transportation to health-related appointments all throughout the week, every week. 		

MONTHLY HIGHLIGHT

1	Karaoke	17	Group Crossword
2	Water Pong	17	St Jude Mass
2	Resident Services Chat	18	Chat w/ Jenny
3	Group Crossword	19	Joy Ride w/ Milk-
5	Band Day	19	Food for Thought
5	Ent. P. Duplesis	19	Drench the Director
5	Drench the Director	20	Barnes & Nobles
6	Christmas Tree Shop	20	Open Games
6	Open Games	22	Fun with Fox
9	Historic Auto Show	23	Walking Club
9	Walking Club	25	Ent. Steve Elston
10	Tunes w/ Tina	26	Ladies Who Lunch
11	Shuffleboard	27	Hear Clear
12	Eiteljorg Museum	27	Aldi
12	Chef Chat	27	Open Games
13	Dollar General	27	Family Feud
13	Open Games	30	Water Pong
13	Family Feud	30	Ent. Ray Hoskins
16	Water Pong	31	Group Crossword
16	Mentalist: Chad		

HAPPY BIRTHDAY!

8/5 Fran K.
 8/7 Bobby H.
 8/18 Vincent O.
 8/19 Doris H.
 8/28 Beverly N.
 8/31 Ann Marie B.



ACTIVITY KEY

S 1st Floor Sun-room	HC Health Club
LV2 2nd Floor Living Room	L Library
2SW 2nd Floor Sun-room West	LV1 Living Room First Floor
50D 50's Diner	ML Main Lobby
BP Back Patio	MW Memory Way
BAL Balcony	O Outing
BR Bar	PDR Private Dining Room
BIS Bistro	RK Resident Kitchen
BC Business Center	SC Spiritual Center
DR Dining Room	T Theater
FSR Four Seasons Room	WL West Parking Lot