

# August Independent Community Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 10:30 Episcopal Service Live Stream 1:30 Zumba Class 7:15 Movie</p>	<p>2 9:00 Shopping Trader Joe's &amp; Bed Bath and Beyond 10:00 Let's Move 11:00 Qi Gong 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>3 10:00 Qi Gong 11:00 Let's Move *Book Mobile is on Thursday this week 3:30 Rosary - CH 7:15 Movie</p>	<p>4 9:30 Yoga with Lisa 10:30 Resident Support Group - AR 11:00 Qi Gong 11:00 Table Tennis - TP 3:15 Knitting/Crocheting group -AR 7:00 Bingo</p>	<p>5 10:00 Shopping Dollar Tree 10:00 Qi Gong 11:00 Let's Move 1:30 Shopping Capitola Mall 1:30 Book Mobile (outside of Of lobby) 2:00 Painting Class Group#1 7:15 Movie</p>	<p>6 9:00 Shopping Trader Joe's &amp; Bed Bath and Beyond 10:45 Exercise w/Annette 3:00 Word Warp 7:15 Movie</p>	<p>7 10:00 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 1:30 Table Games - AR 4:00 Catholic Mass 7:15 Movie</p>
<p>8 10:30 Episcopal Service Live Stream 1:30 Zumba Class 7:15 Movie</p>	<p>9 9:00 Shopping Whole Foods &amp; Rite Aid 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>10 10:00 Mens Bible Study-AR 10:45 Exercise with Annette 2:30 Bingo 3:30 Rosary (in Chapel) 7:15 Movie</p>	<p>11 9:30 Yoga with Lisa 10:30 Resident Support Group - AR 11:00 Qi Gong 11:00 Table Tennis - TP 2:00 Painting Class Group#2 3:15 Knitting/Crocheting group-AR 7:00 Bingo</p>	<p>12 10:00 Shopping Dollar Tree 9:30 Qi Gong 10:30 Line Dancing 2:00 Open Council Meeting 7:15 Movie</p>	<p>13 9:00 Shopping Whole Foods &amp; Rite Aid 10:00 Let's Move 11:00 Qi Gong 1:30 Word Warp 3:00 Jewish Cultural Club 7:15 Movie</p>	<p>14 10:00 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 1:30 Table Games - AR 4:00 Catholic Mass 7:15 Movie</p>
<p>15 10:30 Episcopal Service Live Stream 1:30 Zumba Class 7:15 Movie</p>	<p>16 9:00 Shopping Nob Hill &amp; CVS 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>17 10:00 Mens Bible Study-AR 9:30 Qi Gong 10:45 Exercise with Annette 3:00 Who Wants to be a Millionaire Game 1:30 Book Mobile (outside of Of lobby) 3:30 Rosary - CH 7:15 Movie</p>	<p>18 9:30 Yoga with Lisa 10:30 Resident Support Group - AR 11:00 Qi Gong 11:00 Table Tennis - TP 3:00 Word Warp 3:15 Knitting/Crocheting group -AR 7:00 Bingo</p>	<p>19 8:30 Breakfast at the Beach 10:00 Qi Gong 11:00 Let's Move 1:30 Shopping Capitola Mall 1:30 Beading w/Marcia - AR 7:15 Movie</p>	<p>20 9:00 Shopping Nob Hill &amp; CVS 9:30 Qi Gong 10:45 Exercise with Annette 4:00 Happy Hour 7:15 Movie</p>	<p>21 10:00 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 1:30 Table Games - AR 4:00 Catholic Mass 7:15 Movie</p>
<p>22 10:30 Episcopal Service Live Stream 1:30 Zumba Class 7:15 Movie</p>	<p>23 9:00 Shopping Luckys &amp; Rite Aid 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie</p>	<p>24 10:00 Mens Bible Study-AR 10:00 Conversations 10:45 Exercise with Annette 2:30 Bingo 3:30 Rosary - CH 7:15 Movie</p>	<p>25 10:30 Resident Support Group - AR 11:00 Qi Gong 11:00 Table Tennis - TP 3:00 Word Warp 3:15 Knitting/Crocheting group -AR 7:00 Bingo</p>	<p>26 9:30 Qi Gong 10:30 Line Dancing 2:00 Painting Class Group#2 7:15 Movie</p>	<p>27 9:00 Shopping Luckys &amp; Rite Aid 10:00 Conversations 10:45 Exercise with Annette 1:30 Jewish Cultural Club 4:00 Special Celebration Happy Hour 7:15 Movie</p>	<p>28 10:00 Qi Gong 11:00 Great Courses DVD "The Symphony" 11:00 Table Tennis - TP 1:30 Table Games - AR 4:00 Catholic Mass 7:15 Movie</p>
<p>29 10:30 Episcopal Service Live Stream 1:30 Zumba Class 7:15 Movie</p>	<p>30 10:00 Conversations 10:45 Exercise with Annette 1:00 Catholic Bible Study - CP 2:00 Meditation Group 7:15 Movie</p>	<p>31 10:00 Mens Bible Study-AR 10:45 Exercise with Annette 1:30 Book Mobile (outside of Of lobby) 3:00 Who Wants to be a Millionaire Game 3:30 Rosary - CH 7:15 Movie</p>		<p>All Activities Take place in Oaks Room unless otherwise noted</p>	<p>Acorn Room - AR Chapel - CH Sign up at Activity Desk (in red) Thomas Patio - TP Sports Courtyard - SC Wellness Center - WC</p>	