
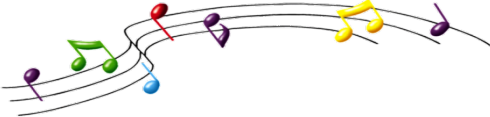


# August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>GCC</b>=Givler Cultural Center  <b>BMC</b>=Bice Memorial Chapel  <b>EACR</b>=Ernie Angell Conference Room  <b>LGR</b>=Legends Game Room</p>	<p style="text-align: center;"><b>IL Picnic Menu for August 12:</b></p> <p>Crab Stuffed Flounder w/Tarragon Butter Sauce            Swiss Steak w/Mushroom Gravy Au Gratin Potato Roll &amp; Butter            Grilled Summer Vegetables Pesto Tortellini Salad            Key Lime Pie</p> <p style="text-align: center;">\$12.00 + tax - per person            Please RSVP by calling 793-1317 (Debbie/Darlene)</p>	<p><b>9:30-Wal-Mart</b>  <b>10:00-Silver Cardio (LGR)</b>  <b>1:30-Camp Living Waters Trip</b> – we will have craft time and dinner with the campers</p> 	<p><b>10:00-Swing into Shape (LGR)</b>  <b>10:30-Water Arthritis (Pool)</b>  <b>11:00-Water Volleyball</b>  <b>2:00-Book Club/Paula</b> (2nd floor meeting room)  <b>4:30-Picnic (MW Pavilion)</b></p>  <p><b>6:00-Poker Night (LGR)</b></p>	<p><b>10:00-Silver Cardio (LGR)</b>  <b>10:30-Name Scavenger Hunt</b> (meet in Rec Room)  <b>1:00-Scrabble (Player's Club)</b>  <b>2:00-Dominoes (Rec Room)</b>  <b>2:30-Water Arthritis</b></p>	<p><b>10:00-Swing into Shape (LGR)</b>  <b>10:30-Water Aerobics</b>  <b>11:00-Water Volleyball</b>  <b>2:00-"Gladius" - Classical &amp; Jazz Guitarist (GCC)</b>  <b>3:00-Bingo (Library)</b></p> <p style="text-align: center;"><b>BINGO</b></p> <p><b>4:30-Terrace Hour (Cafe)</b>  <b>6:00-"Fun &amp; Fellowship" Card/Board Games (Cafe Lounge)</b></p>	<p><b>10:00-Table Tennis, Darts and Shuffleboard (LGR)</b>  <b>10:00-Needlework (Great Room)</b>  <b>6:00-"Harvey" (Comedy) at Gardner Memorial Theater in Old Bedford Village</b></p>
<p><b>10:30-Chapel Worship (BMC)</b></p>	<p><b>9:30-Coffee Social (Coffee Shop)</b>  <b>10:00-Swing into Shape (LGR)</b>  <b>10:30-Water Aerobics</b>  <b>11:00-Water Volleyball</b>  <b>1:00-Bible Study (Concord Room)</b>  <b>2:00-Cognitive Fitness (LGR)</b>  <b>3:30-5:30-Terrace Lite (Cafe)</b></p>	<p><b>9:30-Giant Eagle</b>  <b>10:00-Silver Cardio (LGR)</b>  <b>11:00-Computer Class w/Chelsea (LGR)</b>  <b>1:00-Functional pathways Presentation (EACR)</b>  <b>2:00-Nail Care (filing and polish)</b>  <b>3:00-Alzheimers Support Group (Club Room)</b></p>	<p style="text-align: center;"><b>Homewood's Annual Golf Tournament</b></p>  <p><b>10:00-Swing into Shape (LGR)</b>  <b>10:30-Blood Pressure Screening (Community Nursing Office)</b>  <b>11:00-Water Volleyball</b>  <b>2:00-Sand Art Candle Craft (Rec Room)</b>  <b>5:30-Trivia with Laura (Rec Room)</b>  <b>6:00-Poker Night (LGR)</b></p>	<p><b>9:00-Community Update Breakfast with Lisa (GCC)</b>  <b>10:00-Silver Cardio (LGR)</b>  <b>1:00-Scrabble (Player's Club)</b>  <b>2:00-Ice Cream Sandwich Social (MW Pavilion)</b>  <b>2:00-Lutheran Communion (BMC)</b>  <b>2:30-Water Arthritis</b></p>	<p><b>10:00 AM-Swing into Shape (LGR)</b>  <b>10:30 AM-Water Aerobics</b>  <b>11:00 AM-Water Volleyball</b>  <b>4:30 PM-Terrace Hour (Cafe)</b>  <b>6:00 PM-"Fun &amp; Fellowship" Card/Board Games (Cafe Lounge)</b></p>	<p><b>10:00-Needlework (Great Room)</b>  <b>10:00-Table Tennis, Darts and Shuffleboard (LGR)</b>  <b>2:00-Bingo (Library) – Jane Ebersole calling</b></p>
<p><b>10:30-Chapel Worship (BMC)</b></p>	<p><b>9:30-Coffee &amp; Sweet Treats Social (Coffee Shop)</b>  <b>10:00-Swing into Shape (LGR)</b>  <b>10:30-Water Aerobics</b>  <b>11:00-Water Volleyball</b>  <b>1:00-Resident's Association Quarterly Meeting (Bice Memorial Chapel)</b>  <b>1:00-Bible Study (Concord Room)</b>  <b>2:00-Cognitive Fitness (LGR)</b>  <b>3:30-5:30-Terrace Lite (Cafe)</b></p>	<p><b>9:30-Wal-Mart</b>  <b>10:00-Silver Cardio (LGR)</b>  <b>2:00- Bingo (Library)</b></p> 	<p><b>10:00-Swing into Shape (LGR)</b>  <b>10:00-Boat Ride on the Proud Mary at Lake Raystown</b>  <b>10:30-Water Arthritis (Pool)</b>  <b>11:00-Water Volleyball</b>  <b>12:30-Blood Pressure Screening (Community Nursing Office)</b>  <b>5:30-Computer Class w/Chelsea (Cyber Lounge)</b>  <b>6:00-Poker Night (LGR)</b></p>	<p><b>10:00-Silver Cardio (LGR)</b>  <b>12:45-Birthday Party- (by Invitation ONLY (Cafe))</b></p>  <p><b>1:00-Scrabble (Player's Club)</b>  <b>2:30-Water Arthritis</b>  <b>3:00-Catholic Mass (BMC)</b></p>	<p><b>10:00 AM-Swing into Shape (LGR)</b>  <b>10:30 AM-Water Aerobics</b>  <b>11:00 AM-Water Volleyball</b>  <b>2:00-Donna Davis (Critical Care Director from Nason Medical Center) speaking on "Signs and Risk Factors of Strokes" (EACR)</b>  <b>4:30 PM-Terrace Hour (Cafe)</b>  <b>6:00 PM-"Fun &amp; Fellowship" Card/Board Games (Cafe Lounge)</b></p>	<p><b>10:00-Table Tennis, Darts and Shuffleboard (LGR)</b>  <b>10:00-Needlework (Great Room)</b></p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> 10:30-Chapel Worship (BMC)	<b>21</b> 9:30-Coffee Social (Coffee Shop) 10:00-Swing into Shape (LGR) 10:30-Water Aerobics 11:00-Water Volleyball 1:00-Bible Study (Concord Room) 2:00-Cognitive Fitness (LGR) 3:30-5:30-Terrace Lite (Cafe)	<b>22</b> 9:30-Giant Eagle 10:00-Silver Cardio (LGR) 1:00-DaVita "Kidney Smart" Program (EACC) – Please call to register for this class – (412)926-4875 2:00-Dominoes (Rec Room)	<b>23</b> 9:30-Dollar General, Peach Hill Farm Market and Zimmerman's Bulk Store 10:00-Swing into Shape (LGR) 10:30-Water Arthritis (Pool) 11:00-Water Volleyball 2:00-Food Demo/Food Focus Group (EACC) 5:30-Computer Class w/Chelsea (Cyber Lounge) 5:30-Memoir Writing Workshop (Rec Room) 6:00-Poker Night (LGR)	<b>24</b> 8:30-Breakfast at Traditions Restaurant 10:00-Silver Cardio (LGR) 1:00-Scrabble (Player's Club) 2:00-85 <sup>th</sup> Anniversary Celebration (GCC)	<b>25</b> 10:00-Swing into Shape (LGR) 11:00-Water Volleyball 4:30-Terrace Hour (Cafe) 6:00-"Fun & Fellowship" Card/Board Games (Cafe Lounge)	<b>26</b> 10:00-Needlework (Great Room) 10:00-Table Tennis, Darts and Shuffleboard (LGR) 2:00-Bingo( Library) Charlotte Malloy calling 4:30-The Altoona Symphony Orchestra at the Canal Basin Park (Hollidaysburg)
<b>27</b> 10:30-Chapel Worship (BMC)	<b>28</b> 9:30-Coffee & Sweet Treats Social (Coffee Shop) 10:00-Swing into Shape (LGR) 10:3-Water Aerobics 11:00-Water Volleyball 1:00-Bible Study (Concord Room) 2:00-Cognitive Fitness (LGR) 3:30-5:30-Terrace Lite (Cafe)	<b>29</b> 9:30-C & S Market 10:00-Silver Cardio (LGR) 11:00-Religious Life Committee Meeting (BMC) 2:00-Parkinson's Support Group w/Jody Hurley (LGR) 3:00-Circle of Friends (Rec Room) PLEASE NOTE THE CHANGE IN DATE	<b>30</b> 10:00-Swing into Shape (LGR) 10:30-Water Arthritis (Pool) 11:00-Legion Park to tour the flower gardens or simply sit and enjoy nature (Hollidaysburg) – we will supply drinks, subs, and chips for your lunch. We will stop for ice cream at the Meadow's on our way home (your responsible to pay for your ice cream) 11:00-Water Volleyball 5:30-Computer Class w/Chelsea (Cyber Lounge) 5:30-Bingo (Library)  6:00-Poker Night (LGR)	<b>31</b> 10:00-Silver Cardio (LGR) 1:00 -Scrabble (Player's Club) 1:00-"Music Around The World" (EACR)  4:30-Dinner at the US Hotel (Hollidaysburg)	<b>Jennifer</b> 793-1353 <b>Michelle</b> 793-1340 <b>Laura</b> 793-1312	<b>Calendar is subject to change</b>

Please sign-up for all of the trips and events in **RED** in which you wish to participate in.  
This helps us to best prepare food, transportation, etc. **THANK YOU!**

Please note: The last morning computer class will be on Tuesday, August 8 @ 11:00AM. Evening computer classes will start again on Wednesday, August 16 @ 5:30PM in the Cyber Lounge and will then remain on Wednesday evenings.