



2019 AUGUST ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TT = Trinity Tower KT = KT PT = Providence Tower CT = Covenant Tower HT = Hope Tower PeT = Peace Tower HeH = Heritage Hall HaH = Harmony Hall HoH = Horizon Hall BR = Board Room GMCP = Grace Manor Chapel <i>Italics = Special Events/Bus Trips</i> <u>Underline = Towers Nursing Office</u></p>	<p>I CAN DO ALL THINGS THROUGH Christ WHO STRENGTHENS me <i>Philippians 4:13</i></p>			<p>1 <u>Denturist</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>2 9:45am Bus to Superstore CT Entrance 10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 7pm Games Night KTMR</p>	<p>3 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p> 
<p>4 10am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>5 Civic Holiday 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>6 9:30am Bus to Sobeyes 9:45am Coffee Social HaH 1pm Bridge KTMR <u>B12 Injections:</u> <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u> <u>CT/KT/PT: 2:45 to 3:45 p.m.</u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p>	<p>7 9am Vendor: Silver n’ Shine HeH 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Chess PTMR</p>	<p>8 <u>Denturist</u> 9am Vendor: Margi HeH <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>9 9:45am Bus to Superstore CT Entrance 10:30-11:15am – LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony 2pm Stiff Family Blue Grass Band HeH 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 7pm Games Night KTMR</p>	<p>10 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>

<p>11 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>12 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>13 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH .</p>	<p>14 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Chess PTMR <i>7:30pm Male Ambassadors Choir HeH</i></p>	<p>15 <u>Denturist</u> <i>7:45am Bus trip: St. Jacobs Market CT Entrance</i> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>16 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>17 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>18 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>19 <i>10am Vendor: Nelly’s Shoes HeH</i> 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HaH 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>20 9:30am Bus to Sobeyes 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH <i>7pm Movie Night HeH</i></p>	<p>21 9am Busy Hands TTMR <i>9am Vendor: Stars of Modern Jewelry HeH</i> 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR <i>11:30am Bus Trip: Come From Away CT Entrance</i> 1:30pm Cribbage PTMR 4-4:45pm LHIN Exercise & Falls Prevention Class –HoH 7pm Chess PTMR</p>	<p>22 <u>Denturist</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>23 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>24 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>
<p>25 10:00am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>26 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 4-4:45pm LHIN Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>27 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH</p>	<p>28 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 1:30pm Cribbage PTMR <i>2pm Birthday Party</i> 4-4:45pm LHIN Exercise & Falls Prevention Class –HoH 7pm Chess PTMR</p> 	<p>29 <u>Denturist</u> <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm LHIN Exercise & Falls Prevention Class – Stretch n’ Strength HoH 4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p>30 9:45am Bus to Superstore CT Entrance 10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony 4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>31 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p>