

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# August 2017

# Sun Towers

Welcome to August! 1

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
**10:00 Line Dancing MDR**  
 10:00 Bible Study CH  
**1:00 Life Challenge Grp CH**  
**2:30 Party in a Chair MDR**  
 2:00 Craft n' Creations 6LNG  
 3:30 Happy Hour MDR

2

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
**10:00 Tai Chi MDR**  
 1:00 Bingo MDR  
 2:30 Crochet Club 6LNG  
 3:00 Bingo Again!!! 3DR  
 3:30 Balance Exercise MDR


3

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
 1:00 Kreative Ceramics 6LNG  
**2:00 Water Zumba Pool**  
 3:30  
**Sand Piper Sun City Center**

4

9:00 Exercise MDR  
 9:00 Bank and Shop 6LNG  
 10:00 Coffee Chat 6LNG  
 1:00 Word Find and Popcorn 6LNG  
**2:00 IMPACT 6LNG**  
 3:30 Balance Exercise MDR  
 3:30 Happy Hour MDR  
**7:00 Movie Night THTR**

5

9:00-12:00  
**Back to School Rally! Outside Deck**  
 9:15  
**Chair Yoga/Chair Dancing MDR**  
 10:00 Coffee Chat 6LNG  
 1:00 Bingo THTR  
 2:30  
**Movie & Popcorn** 

Bus to Local Churches 6

9:30 Catholic Service THTR  
 2:30 Vespers CH  
  
**Classic Movie 4:30 THTR**

8:30 Widowers Wellness THTR 7

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
 12:30 Bank and Shop  
 1:00 Bingo THTR  
**2:30 Relaxing Patterns 6LNG**  
 3:30 Balance Exercise MDR

9:00 Hard Rock Casino/Target 8

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
**10:00 Line Dancing MDR**  
 10:00 Bible Study CH  
**10:30 A+Hearing Aid Help APT 254**  
**1:00 Life Challenge Grp CH**  
**2:30 Party in a Chair MDR**  
 2:00 Craft n' Creations 6LNG  
 3:30 Happy Hour MDR


8:30 Podiatrist RM #254 9

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
**10:00 Tai Chi MDR**  
 1:00 Bingo MDR  
**2:00 Diabetes Support Grp EBL**  
 2:30 Crochet Club 6LNG  
 3:00 Bingo Again!!! 3DR  
 3:30 Balance Exercise MDR


9:00 Exercise MDR 10

10:00 Coffee Chat 6LNG  
 10:00 Simple Sewing APT 436  
**1:30 Chronic Pain & Neuropathy MDR**  
 1:00 Tasty Treat 6LNG  
 2:15 Gospel sing-a-long CH  
 3:30  
**Anna Maria Oyster Bar**

Let's go LJAU Style 11

9:00 Exercise MDR  
 9:00 Bank and Shop 6LNG  
 10:00 Coffee Chat 6LNG  
 1:00 Word Find and Popcorn 6LNG  
**2:00 Arthritis Support Grp THTR**  
**2:00 Resident B-Day Party MDR**  
 3:30 Happy Hour MDR  
**7:00 Movie Night THTR** 

9:15 Chair Yoga/Chair Dancing MDR 12

10:00 Coffee Chat 6LNG  
 1:00 Bingo THTR  
 2:30  
**Movie & Popcorn** 

Bus to Local Churches 13

9:30 Catholic Service THTR  
 2:30 Vespers CH  
  
**Classic Movie 4:30 THTR**

8:30 Widowers Wellness THTR 14

9:00-11:00 Holy Communion 5LNG  
 9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
 12:30 Bank and Shop  
 1:00 Bingo THTR  
**2:30 Pretty Nails 6LNG**  
 3:30 Balance Exercise MDR

9:00 Exercise MDR 15

10:00 Coffee Chat 6LNG  
**10:00 Line Dancing MDR**  
 10:00 Bible Study CH  
**1:00 Life Challenge Grp CH**  
**2:00 Alz's Support Grp THTR**  
 2:00 Craft n' Creations 6LNG  
**2:30 Party in a Chair MDR**  
 3:00 Healthy Tips 5LNG  
 3:30 Happy Hour MDR

9:00 Exercise MDR 16

10:00 Coffee Chat 6LNG  
**10:00 Tai Chi MDR**  
 1:00 Bingo THTR  
**1:30 Low Vision Support Grp MDR**  
 2:30 Crochet Club 6LNG  
 3:00 Bingo Again!!! 3DR  
 3:30 Balance Exercise MDR

9:00 Memory Screening APT 254 17

9:00 Exercise MDR  
**9:00 Widows Wellness CH**  
 10:00 Coffee Chat 6LNG  
 1:00 Kreative Ceramics 6LNG  
**2:00 Water Zumba Pool**  
 3:30  
**Millers Amish Restaurant**

9:00 Exercise MDR 18

9:00 Bank and Shop 6LNG  
 10:00 Coffee Chat 6LNG  
 1:00 Word Find and Popcorn 6LNG  
**1:00 South Shore Library Trip**  
**2:00 IMPACT 6LNG**  
 3:30 Balance Exercise MDR  
 3:30 Happy Hour MDR  
**7:00 Movie Night THTR**

9:15 Chair Yoga/Chair Dancing MDR 19

10:00 Coffee Chat 6LNG  
 10:00 Computer/Tech Help THTR  
 1:00 Bingo THTR  
 2:30  
**Movie & Popcorn** 

Bus to Local Churches 20

9:30 Catholic Service THTR  
 2:30 Vespers CH  
  
**Classic Movie 4:30 THTR**

8:30 Widowers Wellness THTR 21

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
 12:30 Bank and Shop  
 1:00 Bingo MDR  
**1:30 Parkinson Support Grp THTR**  
**2:30 Relaxing Patterns 6LNG**  
 3:30 Balance Exercise MDR

9:00 Exercise MDR 22

10:00 Coffee Chat 6LNG  
**10:00 Line Dancing MDR**  
 10:00 Bible Study CH  
**1:00 Life Challenge Grp CH**  
**2:30 Party in a Chair MDR**  
 2:00 Craft n' Creations 6LNG  
 3:30 Happy Hour MDR

9:00 Exercise MDR 23

10:00 Coffee Chat 6LNG  
**10:00 Tai Chi MDR**  
 1:00 Bingo MDR  
 2:30 Crochet Club 6LNG  
 3:00 Bingo Again!!! 3DR  
 3:30 Balance Exercise MDR

9:00 Exercise MDR 24

10:00 Coffee Chat 6LNG  
 1:00  
**Antique Car Museum & Barnacle Bills**  
 2:15 Gospel Sing-a-long CH  
 3:00 Tasty Treat 6LNG

9:00 Exercise MDR 25

9:00 Bank and Shop 6LNG  
 10:00 Coffee Chat 6LNG  
 1:00 Word Find and Popcorn 6LNG  
**2:00 IMPACT 6LNG**  
 3:30 Balance Exercise MDR  
 3:30 Happy Hour MDR  
**7:00 Movie Night THTR**

9:15 Chair Yoga/Chair Dancing MDR 26

10:00 Coffee Chat 6LNG  
 1:00 Bingo THTR  
 2:30  
**Movie & Popcorn** 

Bus to Local Churches 27

9:30 Catholic Service THTR  
 2:30 Vespers CH  
 **1:00 Train Museum Special Trip**

8:30 Widowers Wellness THTR 28

9:00 Exercise MDR  
 10:00 Coffee Chat 6LNG  
 12:30 Bank and Shop  
 1:00 Bingo THTR  
**2:30 Pretty Nails 6LNG**  
 3:30 Balance Exercise MDR

9:00 Exercise MDR 29

10:00 Coffee Chat 6LNG  
**10:00 Line Dancing MDR**  
 10:00 Bible Study CH  
**1:00 Life Challenge Grp CH**  
**2:30 Party in a Chair MDR**  
 2:00 Craft n' Creations 6LNG  
 3:30 Happy Hour MDR

9:00 Exercise MDR 30

10:00 Coffee Chat 6LNG  
**10:00 Tai Chi MDR**  
 1:00 Bingo MDR  
 2:30 Crochet Club 6LNG  
 3:00 Bingo Again!!! 3DR  
 3:30 Balance Exercise MDR

9:00 Exercise MDR 31

10:00 Coffee Chat 6LNG  
 1:00 Tasty Treat 6LNG  
**2:00 Water Zumba Pool**  
 3:30  
**East Coast Pizza Riverview**



**It's time to HULA**