



BIRTHDAY HAPPENINGS:

4th-Sally Kuralt
 4th-Rhona Saunders
 5th-Blake Lynch
 5th-Joan Yates
 6th-Kathleen Wallace
 7th-Priscilla Keller
 7th-Sonya Moore
 8th-Eleanor Binder
 8th-Jerry Stone
 8th-Roger White

9th-Frank Duane
 10th-Jack Nason
 10th-Judy Peterson
 12th-Dorothy Gridley
 14th-George Barrier
 14th-Phil Sexton
 15th-Mary Foote
 16th-Jack Skees
 18th-Lou Knouse
 19th-Shep Scheinberg

22nd-Iris Minner
 28th-Marge Gower
 28th-Lillian Grattarola
 30th-Betty Coumbe

August 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 1:30 Shopping at Aldi 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)	2 9:30 & 10:15 Aquasize 1:00 Care Support (AR) 1:00 Exercise with Sandy on 195 1:00 Mah Jongg (CL) 2:30 Current Events Discussion (GP) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	3 8:30 Blue Zones Walking Group 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 <u>1:00 Social Bridge (TP)</u>	4 7:30 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy (AR) 2:00 Open Art (TP)	5 9:00 Grocery Shopping 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:00 Exercise with Sandy on 195 TBD Movie Outing	6 11:00 Tai Chi on 195 1:00 Exercise with Sandy on 195 1:30 Wii Bowl (AR)
7 <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL)	8 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 1:30 Shopping at Walmart 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)	9 9:30 & 10:15 Aquasize 1:00 Exercise with Sandy on 195 1:00 Mah Jongg (CL) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	10 8:30 Blue Zones Walking Group 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 <u>1:00 Social Bridge (TP)</u>	11 7:30 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy (AR) 2:00 Fred Katz Music Lecture (GP) 2:00 Open Art (TP) 5:30 Club Table (CL)	12 9:00 Grocery Shopping 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>12:30 ROMEO Lunch Outing</u> 1:00 Exercise with Sandy on 195	13 11:00 Tai Chi on 195 1:00 Exercise with Sandy on 195 1:30 Wii Bowl (AR)
14 <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL)	15 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy (AR) 1:30 Shopping at Dollar Tree 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)	16 9:30 & 10:15 Aquasize 1:00 Care Support (AR) 1:00 Exercise with Sandy on 195 1:00 Mah Jongg (CL) 2:30 Current Events Discussion (GP) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	17 8:30 Blue Zones Walking Group 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 <u>1:00 Social Bridge (TP)</u> <u>5:30 August Management Party (Colonnade)</u>	18 7:30 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy (AR) 2:00 Open Art (TP) 3:00 Grand Glamour with Sam (CL)	19 9:00 Grocery Shopping 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta 1:00 Exercise with Sandy on 195 1:00 Book Club (GP)	20 11:00 Tai Chi on 195 1:00 Exercise with Sandy on 195 1:30 Wii Bowl (AR)
21 <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games (CL) 4:00 Ice Cream Social (GP)	22 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:00 Catholic Mass (AR) 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy (AR) 1:30 Shopping at Walmart 2:00 Arm Chair Travel (AR) 7:30 Movie (GP)	23 9:30 & 10:15 Aquasize 1:00 Exercise with Sandy on 195 1:00 Mah Jongg (CL) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	24 8:30 Blue Zones Walking Group 10:30 Chair Yoga (TP) <u>10:30 Arbor Glen Tour (CL)</u> 1:00 Exercise with Sandy on 195 <u>1:00 Social Bridge (TP)</u>	25 7:30 Pickleball 9:30 & 10:15 Aquasize <u>12:00 Thursday Lunch (Colonnade)</u> 1:00 Exercise with Sandy (AR) 2:00 Fred Katz Music Lecture (GP) 2:00 Open Art (TP) 5:30 Club Table (CL)	26 9:00 Grocery Shopping 10:30 Chair Yoga (TP) 10:30 Sailboat Regatta <u>10:45 Penny Pinchers</u> 1:00 Exercise with Sandy on 195	27 11:00 Tai Chi on 195 1:00 Exercise with Sandy on 195 1:30 Wii Bowl (AR)
28 <u>12:00-2:00 Sunday Brunch</u> 1:30 Bridge, Rummikub & Assorted Games	29 9:00 Men's Coffee (GP) 10:00 Grocery Shopping 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy (AR) 1:30 Shopping at Walmart 2:00 Arm Chair Travel (AR) <u>5:30 August Birthday Party (Colonnade)</u> 7:30 Movie (GP)	30 9:30 & 10:15 Aquasize 1:00 Exercise with Sandy on 195 1:00 Mah Jongg (CL) 3:00 Wii Bowling (AR) 7:15 Bingo (AR)	31 8:30 Blue Zones Walking Group 10:30 Chair Yoga (TP) 1:00 Exercise with Sandy on 195 <u>1:00 Social Bridge (TP)</u>	 Transportation to Tower Pointe activities is available		Calendar Key (AR) Clubhouse Activity Room (ART) Clubhouse Art Room (CL) Clubhouse (GP) Gathering Place, Tower Pointe (TP) Top of the Pointe Club

Hodges University's Life Long Learning Program

The Fall Semester will begin in October

Arbor Trace Board Meeting
No Meeting this Month

Tower Pointe Board Meeting
No Meeting this Month

Monday Night at the Movies
Every Monday Night
Gathering Place of Tower Pointe
7:30 pm

8/1-12 **Mighty Orphans (Drama)**
 8/8-**Midnight in Paris (Comedy)**
 8/15-**The Four Seasons (Comedy)**
 8/22-**Shall We Dance? (Romantic Comedy)**
 8/29-**Spencer (Drama)**