

Event Calendar

NH Veranda

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Call a friend!
2:30 PM Worship on Channel 958	10:00 AM Morning Walk with JoAnne 10:30 Craft-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates-Chapel 1:00 PM Traveling Treats 2:00 PM Rosary-Chapel	8:30 AM Grocery Shopping 1 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance-Chapel 11:30 AM Bank Trip to First National and S&T 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD	11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study	11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2	10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activities 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation	Enjoy the weather!
2:30 PM Worship on Channel 958	10:00 AM Morning Walk with JoAnne 10:30 Craft-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates-Chapel 1:00 PM Traveling Treats 2:00 PM Rosary-Chapel	8:30 AM Grocery Shopping 1 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance- Chapel 11:30 AM Bank trip to PNC and Niagara 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD	11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study	11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2	10:00 AM Morning Walk with JoAnne 11:00 CATIE Refresher-AC 1:00 PM First Floor Hallway Activities 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation	Write a card or a note!
2:30 PM Worship on Channel 958	10:00 AM Morning Walk with JoAnne 10:30 Craft-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates-Chapel 1:00 PM Traveling Treats 2:00 PM Rosary-Chapel	8:30 AM Grocery Shopping 1 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance-Chapel 11:30 AM Bank Trip to First National and S&T 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD	11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study	11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2	10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activities 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation	Read a good book!
2:30 PM Worship on Channel 958	10:00 AM Morning Walk with JoAnne 10:30 Craft-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates-Chapel 1:00 PM Traveling Treats 2:00 PM Rosary-Chapel	8:30 AM Grocery Shopping 1 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance-Chapel 11:30 AM Bank Trip to PNC and Niagara 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD	11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study	11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2	10:00 AM Morning Walk with JoAnne 11:00 CATIE Refresher-AC 1:00 PM First Floor Hallway Activities 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation	Listen to your favorite music!
2:30 PM Worship on Channel 958	10:00 AM Morning Walk with JoAnne 10:30 Craft-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates 1:00 PM Traveling Treats 2:00 PM Rosary-Chapel					C=Chapel AC=Arts & Crafts 2=Second Floor Parlor LB=Lobby 2=Second floor parlor L=Library 3=Third Floor Pool Room C=Conference Room DR=Dining Room