


# Life Enrichment Opportunities | August 7—13, 2017

## Weekly Opportunities

## Special Events

<p><b>Monday, August 7</b></p> <p><b>Happy Birthday</b> Beverly Rasmussen</p> 	<p>8:25 am Low Impact Aerobics   WWC 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   Canceled 10:15 am Sit and Bee Fit   EV WC 11:00 am Thera-band   EV WC 1:00 pm Blood Pressure Clinic   WWC 1:30 pm Beginning Craft Painting   Cancel 1:45 pm Sit and Bee Fit   WWC 1:30 pm Pitch   RWL 2:00 pm Pool Time   KAC 6:00 pm Canasta   RWL</p>	<p>9:30 am Shopping at Walmart   Lobbies 10:30 am Men's Group   Cedar Lounge 1:00 pm Volunteer at Ronald McDonald House   Lobbies 5:30 pm Violin Recital   RWL</p>
<p><b>Tuesday, August 8</b></p> <p><b>Happy Birthday</b> Verne Belke</p>	<p>8:25 am Low Impact Aerobics   WWC 8:30 am First Baptist Service   BPTV 1960 9:00 am Coffee Corner   EV 9:30 am Beginning Oil Painting   EV 9:30 am Senior Circuit Training   WWC 10:00 am Knitting Club   RWL 10:00 am Coffee Corner   CSP 10:15 am Balance &amp; Breathing   WWC 10:45 am Weight Training   WWC 11:30 am Tai Chi with Mae   WWC 12:30 pm Cribbage   RWL 1:00 pm Senior Yoga with Kelly   WWC 1:30 pm Oil Painting Class   PH</p>	<p>9:30 am Red Carpet   RWL 1:00 pm Red Carpet   EV Parlor 2:30 pm Birthday Party   KAC 7:00 pm Bridge   RWL</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Home Nail Care   AL</b> Call Maxine Thuston at 274-3374.</p> </div>
<p><b>Wednesday, August 9</b></p> <p><b>Happy Birthday</b> Dean Rinner</p>	<p>8:25 am Low Impact Aerobics   WWC 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   PH 10:15 am Sit and Bee Fit   EV WC 11:00 am Thera-band   EV WC 1:30 pm Beginning Watercolor   EV 2:45 pm Sit and Bee Fit   WWC</p>	<p>10:00 am Coffee with David   CSP <i>Wear your pendants!</i> 4:00 pm Swim and Dinner at Topeka Country Club   Lobbies 7:00 pm BINGO   KAC</p>
<p><b>Thursday, August 10</b></p> <p><b>Happy Anniversary</b> Don and Mary Patterson</p>	<p>8:25 am Low Impact Aerobics   WWC 8:30 am 1st Cong. Service   BPTV 1960 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Men's Forum   EV CR 10:00 am Craft Painting   EV 10:00 am Coffee Corner   CSP 10:15 am Balance &amp; Breathing   WWC 10:45 am Weight Training   WWC 1:00 pm Chair Yoga with Kelly   WWC 1:30 pm Wood Carving   PH 2:00 pm Pool Time   KAC 5:30 pm Rummikub   RWL</p>	<p>2:00 pm At the Movies   BPTV 1960 "Young at Heart" (1954 romance) 6:00 pm Topeka Civic Theatre   Lobbies</p>
<p><b>Friday, August 11</b></p> <p><b>Happy Birthday</b> Ruth Jacobsen</p>	<p>9:00 am Shopping at Dillon's   Lobbies 9:00 am Coffee Corner   EV 9:30 am Senior Circuit Training   WWC 10:00 am Coffee Corner   CSP 10:00 am Workshop &amp; Quilting   PH 10:15 am Sit and Bee Fit   EV WC 11:00 am Thera-band   EV WC 2:45 pm Sit and Bee Fit   WWC 6:00 pm Canasta   RWL</p>	<p>3:00 pm Noah Lindquist Music Program   RWL (Noah is the talented grandson of resident Marge Murphy) 4:00 pm Social   MSP</p>
<p><b>Saturday, August 12</b></p>	<p>10:00 am Coffee Corner   EV 10:00 am Coffee Corner   CSP 11:00 am Senior Yoga   EV WC 1:00 pm Blood Pressure Clinic   EV Parlor 1:00 pm Mexican Train Dominos   RWL</p>	<p>10:00 am Alzheimer's Support Group   BHC FLR</p>
<p><b>Sunday, August 13</b></p> <p><b>Happy Birthday</b> Martha Herrick</p>	<p>2:30 pm Vespers   BHC FLR 4:00 pm Vespers   Chapel</p>	