

INDEPENDENT LIVING HIGHLIGHTS of the WEEK
(Sunday, August 23rd – Saturday, August 29th)

SUNDAY, August 23rd

- 9:00 AM MEDITATION: SUNDAY DAYDREAM - Channel 955
- 10:00 AM SUNDAY YOUTUBE WORK OUT - Channel 955
- 2:00 PM ECUMENICAL CHURCH SERVICE WITH PASTOR HAROLD EPPLEY - Channel 955
- 3:30 PM SUNDAY RERUNS: “NEWS CURRENTS WITH GARY” - Channel 955
- 4:30 PM SUNDAY RERUNS: “MUSICOLOGY 955” - Channel 955
- 5:00 PM SUNDAY RERUNS: “QUICK TRIVIA WITH MIKE” - Channel 955

MONDAY, August 24th

- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM BALANCE/TONE/POSTURE - Channel 955
- 10:00 AM BALANCE/TONE/POSTURE WITH WILLY - Lindsay Hall
- 11:00 AM CHAIR YOGA - Channel 955
- 12:00 PM M.S.O. MUSICIANS: FROM OUR HOME TO YOURS (PART THREE) - Channel 955
- 1:00 PM MONDAY MUSEUMS: “KONSTANTIN GORBATOV COLLECTION” - Channel 955
- 2:30 PM LOW IMPACT EXERCISE - Channel 955
- 3:00 PM NEWS CURRENTS WITH GARY - Channel 955

TUESDAY, August 25th

“ACTIVITIES PACKET” DELIVERY

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 10:00 AM TONE IT UP WITH WILLY - Lindsay Hall
- 10:00 AM EASTCASTLE SOCIAL CLUB - Bradford Terrace Lounge (Please note room change)
- 11:00 AM CHAIR ZUMBA - Channel 955
- 11:00 AM WEEKLY WALKING GROUP - (Please meet at Front Desk)
- 12:00 PM MUSICOLOGY 955 - Channel 955
- 1:00 PM STATE OF THE CASTLE - Channel 955
- 2:00 PM EASTCASTLE SOCIAL CLUB - Bradford Terrace Lounge (Please note room change)
- 2:30 PM LOW IMPACT EXERCISE - Channel 955
- 4:00 PM HAPPY HOUR IN BRADFORD AND WATERTOWER - Door to Door Drink Delivery

WEDNESDAY, August 26th

- 8:30 AM BIBLE STUDY WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 10:30 AM CHAIR YOGA - Channel 955
- 10:30 AM CHAIR YOGA WITH MARY - Lindsay Hall
- 11:15 AM BALANCE & POSTURE - Channel 955
- 11:15 AM BALANCE & POSTURE WITH MARY - Lindsay Hall
- 1:00 PM ECP BUDGET PRESENTATION – Lindsay Hall (sign up at front desk-limited to 20 residents)
- 2:00 PM NEWS CURRENTS WITH GARY (REPEAT) - Channel 955
- 4:00 PM HAPPY HOUR IN HISTORIC - Door to Door Drink Delivery

INDEPENDENT LIVING HIGHLIGHTS of the WEEK (CONTINUED)
(Sunday, August 23rd – Saturday, August 29th)

THURSDAY, August 27th

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 10:00 AM TONE IT UP WITH MARY - Channel 955
- 11:00 AM CHAIR ZUMBA - Channel 955
- 12:00 PM COFFEE WITH TYLER - Channel 955
- 1:00 PM STATE OF THE CASTLE (REPEAT) - Channel 955
- 2:30 PM LOW IMPACT - Channel 955
- 3:00 PM VIRTUAL VACATIONS: "A WALKING TOUR OF PARIS, FRANCE" - Channel 955
- 4:00 PM HAPPY HOUR IN CONTEMPORARY - Door to Door Drink Delivery

FRIDAY, August 28th

TRIVIA FRIDAY

"CASTLE CONNECTIONS" NEWSLETTER DELIVERY

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 10:30 AM CHAIR YOGA - Channel 955
- 11:00 AM QUICK TRIVIA WITH MIKE BREVER - Channel 955
- 11:00 AM CHAIR AEROBICS WITH ALICE - Lindsay Hall
- 1:30 PM BALANCE & POSTURE - Channel 955
- 2:00 PM QUICK TRIVIA WITH MIKE BREVER (REPEAT) - Channel 955
- 3:00 PM ECP BUDGET PRESENTATION (REPEAT) - Channel 955
- 4:00 PM COFFEE WITH TYLER (REPEAT) - Channel 955

SATURDAY, August 29th

- 8:00 AM – 11:00 AM FITNESS CENTER OPEN - (Please sign up at Front Desk)
- 9:00 AM AQUA AEROBICS - Fitness Center Pool
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 10:00 AM TONE IT UP WITH ALICE - Lindsay Hall
- 3:00 PM CATHOLIC MASS WITH FATHER EUGENE POCERNICH - Channel 955
- 4:00 PM BIBLE STUDY WITH PASTOR HAROLD EPPLEY (REPEAT) - Channel 955

Per some requests we are including adult coloring pages in your activities packet this week - if you need colored pencils we have them in bulk – contact Laura at 963-8408

The General Store is now open. Purchases may be made with Bingo tickets or by charging to a resident account. Please limit purchases to ten items. Thank you!

The Treasure Chest is open again. Credit/Debit cards are required for purchases.

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| <u>General Store Open:</u> | |
| Monday | 1:00-3:00 PM |
| Wednesday | 1:00-3:00PM |
| Friday | 1:00-3:00PM |

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| <u>Treasure Chest Open:</u> | |
| Friday | 10:00-12:00PM |