

Castro Activities August 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9-4 Activity Rm Open 1:30 Piano & Sing-a-Long 2:30 Crafts With Trudy 2-4 Movie/Snacks	2 9:00 Gardening 10:00 Exercise/Walk 1:30 Piano & Sing-a-Long "Sound of Music" 2:30 Crafts/ Snacks 3:30 Line Dancing/ SSL	3 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30- 5 Movie/Snacks 2:00 Watercolor 3:30 Walk/Roll	4 9:30 Cardio Circuit/ Spa 10:00 Exercise/Walk 10:30 Chair Fitness/Castro 1:30 Bingo 3:00 TV/Snacks 3:30 Shopping Outing	5 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30 Bingo 3:00 Movie/Snacks 3:30-5 County Fair Outing	6 9:00 Gardening 9:30 Room Visits 10:30 Exercise/Walk& Roll 2:00 Piano & Sing-a-Long July Birthday Party! 3:30 Movie 7:15 Evening Opera Trip	7 9-4 Activity Rm Open 9:45 Wheelwright Museum Outing/ Free Lecture By Colin Coonsis 1:30 Movie/Snacks 2:00 Acrylic Painting
8 9-4 Activity Rm Open 1:30 Piano & Sing-a-Long 2:30 Crafts With Trudy 2-4 Movie/Snacks	9 9:00 Gardening 10:00 Exercise/Walk 1:30 Piano & Sing-a-Long "Country Songs" 2:30 Crafts/ Snacks 3:30 Line Dancing/ SSL	10 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30- 5 Movie/Snacks 2:00 Board Games 3:30 Walk /Roll	11 9:30 Cardio Circuit/ Spa 10:00 Jay Hill Rehearsal Open to Members- SSL 10:30 Chair Fitness/Castro 1:30 Bingo 3:00 TV/Snacks 4-7 Mall Movie Outing	12 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30 Bingo 3:00 High Tea in the Sahara!	13 9:00 Gardening 9:30 Room Visits 10:30 Chair Fitness/Castro 1:30 Watercolor 1:30- 5 Movie/Snacks 7:15 Evening Opera Trip	14 9-4 Activity Rm Open 1:00 Acrylic Painting 3:00 Movie/Snacks 7:15 Evening Opera Trip
15 9-4 Activity Rm Open 2-4 Movie/Snacks 3:30p Mike Roe's Garden Trip!	16 9:00 Gardening 10:30 Exercise/Walk 1:30 Piano & Sing-a-Long "Ballads" 2:30 Crafts/ Snacks 3:30 Line Dancing/ SSL	17 9:00 Memory/ Walk & Roll 10:30 Chair Fitness/Spa 1:30- 5 Movie/Snacks 2:30 Crafts With Trudy 3:30 Walk/Roll	18 9:30 Cardio Circuit/ Spa 10:00 Exercise/Walk 10:30 Chair Fitness/Castro 1:30 Bingo 3:00 TV/Snacks 3:30 Shopping Outing	19 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30 Bingo 3- 5 Movie/Snacks 4:00 Acrylic Painting	20 9:00 Gardening 9:30 Room Visits 10:30 Chair Fitness/Castro 1:30 Watercolor 1:30- 5 Movie/Snacks	21 9-4 Activity Rm Open 9-3 Indian Market Outing Hourly Van Shuttle 3:00 Movie/Snacks
22 9-4 Activity Rm Open 9-3 Indian Market Outing Hourly Van Shuttle 3:00 Movie/Snacks	23 9:00 Gardening 9:30 Exercise/Walk 1:30 Piano & Sing-a-Long "Jazz Favorites" 2:30 Crafts/ Snacks 3:30 Line Dancing/ SSL	24 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Castro 1:30- 5 Movie/Snacks 3:30 Walk/Roll	25 9:30 Cardio Circuit/ Spa 10:30 Chair Fitness/Castro 2:00 Presentation: "Suicide Awareness" 3:00 TV/Snacks 3:30 Downtown Ride	26 9:00 Memory/ Walk& Roll 10:30 Chair Fitness/Spa 1:30 Bingo 3-5 Movie/Snacks 4:00 Acrylic Painting	27 9:00 Gardening 9:30 Room Visits 10:30 Chair Fitness/Castro 1:30 Bingo 3- 5 Movie/Snacks	28 9-4 Activity Rm Open 1:30 Crafts With Trudy 3-5 Movie/Snacks
29 9-4 Activity Rm Open 9:00 Crafts With Trudy 1:30 Piano & Sing-a-Long 3:00 Movie/Snacks	30 9-4 Activity Rm Open 1:30 Piano & Sing-a-Long "Songs From WWII" 2:30 Crafts/ Snacks 3:30 Line Dancing/ SSL	31 9:00 Memory Walk& Roll 10:30 Chair Fitness/Spa 1:30- 5 Movie/Snacks 3:30 Walk/Roll	<p>Chelsea members are welcome to attend listed Castro activities (For Wednesday afternoon outings, County Fair, Opera, Wheelwright & Indian Market- please RVSP by Calling 577-5084. Charges do apply for some outings.)</p> <p>Have an activity suggestion? Or for info on scheduled activities or to use the activity room for hobbies, crafts or games, just ask the Activities Coordinator.</p>			