


***The following programs are regularly scheduled on a weekly basis***

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Worship (FR)	9:30am Chair Yoga (Z and WS)	8:15 Cardio Mix (Z and WS) 9:30am Mat Stretch (Z and WS) 10:30am Chair Fitness (CC)	9:30am Fit Medley (Z and WS)	9:30am Strength (Z and WS) 1:00pm Fun With Balance (WS)	9:30am Fit Medley (Z and WS)	

Additional programs & events scheduled for the month of August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Program offerings are subject to change.		Key: RR- Registration Required    \$\$- Cost    OC – Off Campus    FR – Fellowship Room    WG – Wellness Gym    T- Tent    WL – Wellness Lounge    TR – Tranquility Room    CC- Cannon’s Corner    WS – Wellness Suite    BL- Braeburn Lounge  Note: Time listed in Inspirations is departure time		** activities are part of Games Week	10:30am Laurel Lake (RR) 1  2:00pm Bingo (CC)	2
10:00am Worship (FR) 3	10:00am Campus Scavenger Hunt (Lobby) ** 4 10:30am Wellness Talk—canceled  GAMES WEEK	10:00am Team “Brainy” Games (FR)** 5  1:30pm PT Talk (CC) GAMES WEEK	1:00pm “Minute to Win-it” (WL) ** 6 3:30pm Rosary (AS)  GAMES WEEK	9:30am Weis Market 7  1:00pm Active Trivia (FR)**  GAMES WEEK	1:00pm Ice Cream Social (Tent) and Lawn Games ** 8 2:00pm Bingo (CC) GAMES WEEK	9
10:00am Worship (FR) 10	10:30am Coffee with Chaplain (CC) 11	1:00 Rhythm and Motion 12	9:30am Area Shopping 13 2:00pm Guided Meditation (WL) 3:30pm Rosary (AS) 6:45 Classic Movie at the Majestic (RR)	9:30am Weis Market 14  1:00pm Cooking With Jill (RR –WL)	11:00am Vinnies (RR) 15 2:00pm Bingo (CC)	16
10:00am Worship (FR) 17	10:30am Seated Volleyball (FR) 18  1:30pm Senior Acts (FR)	10:30am Shippensburg Casino (RR) 19 4:00pm Men’s Games and Cards (CC)	1:30pm Chemistry of Food (WL) 20 2:00pm Mexican Train Dominoes (CC) 3:30pm Rosary (AS)	9:30am Weis Market 21 10:00am Catholic Mass (FR)  1:00pm Balance (WS)	9:00am Men’s Breakfast (RR) Gateway 22 2:00pm Bingo (CC)	23
10:00am Worship (FR) 24	10:30am Blood Pressure Clinic ( Wellness Suite) 25  1:30pm Book Club (LIB)	10:30am Games on the Lawn (RR) 26	9:30am Area Shopping 27  3:30pm Rosary (AS) 4:00pm Inn 94 (RR)	9:30am Weis Market 28  3:00pm Movie Matinee (WL)	2:00pm Bingo (CC) 29	30
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Interesting and Fun Things in August That You Will Need to Sign Up For

<u>Event</u>	<u>Sign Up By</u>
August 1– Picnic at Laurel Lake	July 28
August 4-8—Games Week Activities	By day before event
August 8—Ice Cream Social	August 6
August 13—Magnificent 7 at Majestic	August 11
August 15—Vinnies	August 12
August 19—Shippensburg Casino	August 15
August 22– Men’s Breakfast at Gateway	August 19
August 26—Games on the Lawn	August 25
August 27—Inn 94	August 21

**\*\*Check out full descriptions in Inspirations**

Games Week Schedule

Monday, August 4	Campus Scavenger Hunt
Tuesday, August 5	Team “Brainy” Games
Wednesday, August 6	Minute-To-Win it!
Thursday, August 7	Active Trivia
Friday, August 8	Outdoor Games and Ice Cream Social



August 2025

August

Birthdays

August 7  
John Stevenson  
Cottage 111

August 11  
Terry Folk  
Cottage 114

August 12  
Silvi Taylor  
Cottage 8

August 18  
Ron Jones  
Cottage 178

August 20  
Jim Wright  
Cottage 188

August 22  
Elaine Moylan  
Cottage 180

August 26  
Betsy Upshur  
Cottage 156

August 29  
Randy Parmentier  
Cottage 117

August 30  
Greta Englund  
Cottage 100



Have you ever looked up the meaning of “August”? I knew that it went back to Augustus Ceasar and the Roman calendar but the actual definition of the word “august” is respected, impressive, beautiful, strong in character and loved. Those are a lot of great qualities for a month that reminds most of us that summer will be coming to an end soon. I have to agree with the beautiful and impressive qualities. Our gar- dens are becoming bountiful (have you looked out at the resi- dent garden?!) Flower gardens are abundant with blooms and August is showing off her strong character. Remind your- self of this when the weather seems unbearable. There is “August” beauty and bounty all around.

I am just going to list some fun things coming up this month. Look for them on the calendar and sign up when it is request- ed. We do have a week of games August 4-8. Come play something—use your brain or your brawn or just allow your- self to be silly. We have a time to enjoy Laurel Lake, an ice cream social, the Magnificent 7 at the Majestic, lunch at Vin- nies, a men’s breakfast and a dinner at Inn 94. That seems like a pretty bountiful selection and those are just the high- lights.

Enjoy and be impressed by August!