

# AUGUST 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 10:00 Furry Friends Pet Visit 10:30 Word Puzzles 2:00 Black Jack (card room) 3:00 Ice Cream Social 7:00 Evening Movie
<b>2</b> 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive 3:00 Entertainment w/ David Levin 3:00 Ice Cream Social 7:00 Evening Movie	<b>3</b> Medical Appt. Transportation 9:30 Chair Yoga w/ Shawna 10:00 Resident Council & Food Committee 11:15 Catholic Rosary 1:00 Bridge 1:00 Tai-Chi w/ Michael 3:00 Ice Cream Social 7:00 Evening Movie	<b>4</b> Medical Appt. Transportation 9:30 Chair Exercise 10:30 Memory Game 1pm-2pm GWI Resident Store 2:00 Nail Painting w/ Maria G. 3:00 Ballroom Dancing with Olivia (Theatre) 3:00 Ice Cream Social 7:00 Evening Movie	<b>5</b> 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Trip to Hiller Aviation Museum 1:00 Bridge 2:00 Menlo Park Errands 2:00 Qi-Gong 3:00 Ice Cream Social 4:00 Karaoke Singing	<b>6</b> Medical Appt. Transportation 9:00 Walking & Wellness Program 1:00 GWI Resident Store 1:30 Wal-Mart Shopping 3:00 Ice Cream Social 7:00 Evening Movie	<b>7</b> 9:30 Chair Exercise 10:30 Golf & Bowling Wii Sports 2:30 Bingo 3:00 Ice Cream Social 4:00 Happy Hour w/ David Levin 7:00 Evening Movie	<b>8</b> 10:00 Trivia 2:00 Black Jack (card room) 3:00 Entertainment w/ Beverly 3:00 Ice Cream Social 7:00 Evening Movie
<b>9</b> 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive 3:00 Ice Cream Social 7:00 Evening Movie	<b>10</b> Medical Appt. Transportation 9:30 Chair Exercise 11:15 Catholic Rosary 1:00 Bridge 1:00 Tai-Chi w/ Michael 3:00 Ice Cream Social 7:00 Evening Movie	<b>11</b> Medical Appt. Transportation 9:30 Chair Exercise 10:30 Memory Game 1pm-2pm GWI Resident Store 2:00 Nail Painting w/ Maria G. 3:00 Drawing Class w/ Kevin 3:00 Ice Cream Social 7:00 Evening Movie	<b>12</b> 9:00 Safeway Shopping 9:30 Chair Exercise 10:30 Menlo Park Errands 1:00 Bridge 2:00 Qi-Gong 3:00 Ice Cream Social 4:00 Karaoke Singing 7:00 Evening Movie	<b>13</b> Medical Appt. Transportation 9:30 Block Walk 1:00 Resident General Meeting 2:00 GWI Resident Store 2:00 Stanford Shopping Center 3:00 Ice Cream Social 3:00 Matinee Movie in the Theatre 7:00 Evening Movie	<b>14</b> 9:30 Chair Exercise 10:30 Golf & Bowling Wii Sports 2:30 Bingo 3:00 Ice Cream Social 4:00 Happy Hour w/ Beverly 7:00 Evening Movie	<b>15</b> 10:00 Word Puzzles 2:00 Black Jack (Card room) 3:00 Ice Cream Social 7:00 Evening Movie
<b>16</b> 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive 3:00 Ice Cream Social 3:00 Entertainment w/ Beverly 7:00 Evening Movie	<b>17</b> Medical Appt. Transportation 9:30 Chair Exercise 11:15 Catholic Rosary 1:00 Bridge 1:00 Tai-Chi w/ Michael 3:00 Ice Cream Social 7:00 Evening Movie	<b>18</b> Medical Appt. Transportation 9:30 Chair Exercise 10:30 Memory Game 1pm-2pm GWI Resident Store 2:00 Nail Painting w/ Maria G. 3:00 Ballroom Dancing w/ Olivia 3:00 Ice Cream Social 7:00 Evening Movie	<b>19</b> 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 12:30 Kultur Movies ft. Adolphe Charles Adams' <i>Giselle</i> 1:00 Bridge 2:00 Qi-Gong 3:00 Ice Cream Social 4:00 Karaoke Singing 7:00 Evening Movie	<b>20</b> Medical Appt. Transportation 9:00 Walking & Wellness Program 1:00 GWI Resident Store 2:00 Disaster Preparedness w/ Carol Parker of MPFD 3:00 Ice Cream Social 7:00 Evening Movie	<b>21</b> 9:30 Chair Exercise 10:30 Golf & Bowling Wii Sports 2:30 Bingo 3:00 Ice Cream Social 3:30 Glenwood Inn Luau 7:00 Evening Movie	<b>22</b> 10:00 Trivia 2:00 Black Jack (Card room) 3:00 Classical Guitar w/ Gino Misa 3:00 Ice Cream Social 7:00 Evening Movie
<b>23/30</b> (entertainment on 30th) 9:15 Church Shuttle 11:15 Catholic Church Service 1:30 Scenic Drive 3:00 Ice Cream Social 3:00 At the Piano w/ Ernie 7:00 Evening Movie	<b>24/31</b> Medical Appt. Transportation <i>OUT TO THE MOVIES (24th only)</i> 9:30 Chair Yoga w/ Shawna 11:15 Catholic Rosary 1:00 Bridge 1:00 Tai-Chi w/ Michael 3:00 Ice Cream Social 7:00 Evening Movie	<b>25</b> Medical Appt. Transportation 9:30 Chair Exercise 10:30 Memory Game 1pm-2pm GWI Resident Store 2:00 Nail Painting w/ Maria G. 3:00 Drawing Class w/ Kevin 3:00 Ice Cream Social 7:00 Evening Movie	<b>26</b> 9:00 Safeway Shopping 9:30 Cardio Fitness w/ Shawna 10:30 Menlo Park Errands 12:30 Kultur Movies ft. <i>The Queen of Spades</i> 1:00 Bridge 2:00 Qi-Gong 3:00 Ice Cream Social 2:00 Music by Golden Tones 7:00 Evening Movie	<b>27</b> Appt. Transportation 9:00 Podiatrist Visit 9:30 Block Walk 1:00 GWI Resident Store 1:00 Trip to The Woodside Store 3:00 Matinee Movie in the Theater 3:00 Ice Cream Social 7:00 Evening Movie	<b>28</b> 9:30 Chair Exercise 10:30 Golf & Bowling Wii Sports 2:30 Bingo 3:00 Ice Cream Social 4:00 Happy Hour w/ Larry 7:00 Evening Movie	<b>29</b> 10:00 Word Puzzles 2:00 Black Jack (Card room) 3:00 Ice Cream Social 7:00 Evening Movie