

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	1
August	AUGUST BIRTHDAYS 8- Denys 11- Kath W. 14- Joe 22- Larry K. 24- Judy	AUGUST BIRTHDAYS 26- Kay 26- Marie 28- Nelson 30- Linda 30- Cynthia					
2	3 9:30 Chair Exercise- Apartment North Wing 10:00 Resident Meeting  Claudia - Hairdresser	4 2:30 Poker- Lounge 6:00 Redlands Bowl- BUS	5 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 11:00 Stater Bros Shopping 2:00 Book Club- Salon Area	6 8:30 Mentone Breakfast 10:00 RAC Meeting- Library 11:00 Meditation w/ Zelda Rose 2:30 Shuffleboard- Upstairs	7 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 	8	
9	10 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee & Donuts Claudia - Hairdresser	11 4:00 Tacos at Taylor's- BUS 	12 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 11:00 Stater Bros Shopping	13 8:30 Mentone Breakfast 11:00 Meditation w/ Zelda Rose 2:30 Shuffleboard- Upstairs	14 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 3:00 Movie Matinee	15	
16	17 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee & Apple Fritters  Claudia - Hairdresser	18 2:30 Poker- Lounge	19 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 11:00 Stater Bros Shopping	20 8:30 Mentone Breakfast 10:00 RAC Meeting- Library 11:00 Meditation w/ Zelda Rose 2:30 Shuffleboard- Upstairs Cecila- Mani/Pedi	21 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 12:00 Luau Birthday Bash- Lounge 	22	
23	24 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour Claudia- Hairdresser	25 2:30 Left, Right, Center- Lounge	26 11:00 Stater Bros Shopping 5:00 Wine Wednesday- Lounge 	27 8:30 Mentone Breakfast 11:00 Meditation w/ Zelda Rose 2:30 Shuffleboard- Upstairs	28 9:30 Chair Exercise- Apartment North Wing 10:00 Coffee Hour 2:00 Ice Cream Social- Lounge 	29	
30	31 2:30 BINGO! Claudia- Hairdresser						

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