

Assisted Living Calendar

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend C = Centrum LV = Lakeview Room DR = Dining Room CY = Courtyard Not labeled = Julia Commons \$ = Pay your own way *= Included if on Meal Plan + = Billed to your account	Happy Birthday: Violet S. 8/13 Frank B. 8/14		Activities are subject to change, please see Weekly Calendar Sign up for outings/rides with 24hr notice at the front desk			1 10:00 Exercise and coffee with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie
2 10:00 Worship Service – C 2:00 Coffee and Chats in the Lobby 6:30 Evening Movie	3 9:00 Circuit Training – Indep. 10:00 Evacuation Drill 10:00 Watercolor Class with Risa 2:00 Compas Performance by Kalpulli: Aztec and Nahuati Dance and Culture - C 6:30 Evening Movie	4 9:30 -1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Crossword Puzzle 11:30 Courtyard Picnic = * 1:00 Bike Rides 2:00 Concert with Barbara Lee and Shari: Accordion and Stories - C 3:00 Chaplain Chats 6:30 Evening Movie	5 7:30-9:00 Special Waffle Breakfast with Marnie = * Dining Room NO Shopping to Byerly's/Target 10:00 Men's Club – 3 rd Floor Great Room 10:00 Exercise 2:00 Joyce Engh Family Musical Performance-C 10:30 Welcome to August 6:15 Outing: Como Pavillion for MN State Band = No Cost 6:30 Evening Movie	6 10:00 Exercise with Marnie 10:30 Deep Dives with Don 10:30 Buddy Walks 1:30 Music with MacPhail: Trombone 4:00 Wine and Cheese 6:30 Evening Movie	7 10:00 Outing: Breakfast at Original Pancake House = \$ 10:00 Circuit Training 2:00 Minneapolis “Pop Up” Pops Orchestra Concert – C 3:00 Watercolor Class (No Risa) 6:30 Evening Movie	8 10:00 Exercise and Coffee with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie
9 10:00 Sunday Worship Service- C 2:00 Coffee and Chats in the Lobby 6:30 Evening Movie	10 9:00 Circuit Training – Indep. 10:00 Watercolor Class with Risa 2:00 All House Birthday Party with Entertainment by Niny- DR 6:30 Evening Movie 6:45 Outing: Lake Harriet for Percolators Band = No Cost	11 Primary Election 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:15 Rainbow Connection-3 rd FL Great Room 10:30 Crossword Puzzle 11:30 Courtyard Picnic = * 1:00 Bike Rides 2:00 Splendid Woodwind Trio - C 3:00 Chaplain Chats 6:30 Music in the Lobby with Judi	12 8:35 Shopping to Byerly's/Target 10:00 Men's Club – 3 rd Floor Great Room 10:00 Exercise 10:30 Puerto Rico Day 11:30 Outing: Lunch at Convention Grill = \$ 3:00 Fire Drill 6:30 Evening Movie	13 10:00 Tai Chi 10:30 Deep Dives with Don 10:30 Buddy Walks 1:30 Food Service Meeting 4:00 Wine and Cheese 6:30 Evening Movie	14 10:00 Circuit Training 2:00 Pioneer Photography: Historical Talk “America’s First Ladies”– C 3:00 Watercolor Class (No Risa) 3:30 Bike Rides 6:30 Evening Movie	15 10:00 Exercise 2:30 Afternoon Matinee 6:30 Evening Movie
16 10:00 Worship Service – C 2:00 Music with Jake - C 2:00 Coffee and Chats in the Lobby 6:30 Evening Movie	17 9:00 Circuit Training – Indep. 10:00 Watercolor Class (No Risa) 2:00 Compas Residency by Renee: Dancing with Hands, Body and Mind - C 6:30 Evening Movie	18 State Fair Day 9:30 -1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Crossword Puzzle 11:30 State Fair Themed Courtyard Picnic = * 1:00 Bike Rides 2:00 Petting Zoo - C 3:00 Chaplain Chats 6:30 Evening Movie	19 8:35 Shopping to Byerly's/Target 10:00 Men's Club – 3 rd Floor Great Room 10:00 Exercise 10:30 World Humanitarian Day 1:00 Outing: Let's Go Fishing = No Cost 6:30 Evening Movie	20 10:00 Tai Chi 10:30 Deep Dives with Don 10:30 Buddy Walks 2:00 Resident Council 4:00 Wine and Cheese 6:30 Evening Movie	21 10:00 Circuit Training (Independently) 2:30 Bike Rides – C 3:00 Watercolor Class (No Risa) 6:30 Evening Movie	22 10:00 Exercise and Coffee with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie
23/30 10:00 Worship Service – C 2:00 Music with Jake – C (30th) 2:00 Coffee and Chats in the Lobby 6:30 Evening Movie	24/31 9:00 Circuit Training – Indep. 10:00 Watercolor Class with Risa 2:00 Eldahelps Presentation (24th) 2:00 Compas Residency by Renee: Dancing with Hands, Body and Mind - C (31st) 6:30 Evening Movie	25 9:30 -1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:15 Rainbow Connection-3 rd FL Great Room 10:30 Crossword Puzzle 11:30 Courtyard Picnic = * 1:00 Bike Rides 2:00 Candlelight Remembrance Service - C 3:00 Chaplain Chats 6:30 Music in the Lobby with Judi	26 8:35 Shopping to Byerly's/Target 10:00 Men's Club – 3 rd Floor Great Room 10:00 Exercise 10:30 Wizard of Oz Day 1:30 Outing: Minneapolis Institute of Art = No Cost 6:30 Evening Movie	27 10:00 Tai Chi 10:30 Deep Dives with Don 10:30 Buddy Walks 2:00 Virtual Orchestra Concert 4:00 Wine and Cheese 6:15 Outing: Como Pavillion for City of Lakes Choir = No Cost 6:30 Evening Movie	28 Full Moon 10:00 Circuit Training 2:00 FloodWaterRocks: Mandala Rock Painting - C 3:30 Bike Rides– C 3:00 Watercolor Class with Risa 6:30 Evening Movie	29 10:00 Exercise and Coffee with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie