

AUGUST, 2009

Meadowood Activity Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



<p>TABLE TENNIS - Monday & Tuesday - 7:00 pm & Saturdays - 10:00 am (Act Rm) BILLIARDS - Monday & Tuesday - 7:00pm & Saturdays - 9:00am DUPLICATE BRIDGE - 2nd & 4th Fridays - 1:00 pm (Lib) PINOCHLE - Thursdays - 6:45 pm (Lib) ATTIC TREASURES - Sweet Repeats Closed for Renovations Bocce -Every Day/ Select your own Schedule CRAFT ROOM - Mondays - 9:30-11:30 AM & Wednesdays - 1:30 PM- 3:30 PM</p>						1
2 10:00 AM Quaker Meeting (Fitness Court) 2:00 PM Worship (LH Lounge)	3	4	5 NO NOON BUFFET 10:00 AM Alicia Lutzky - Hearing Specialist (CB Lounge) 6:45 PM Movie: <i>The Navigator</i> (Aud)	6 3:30 PM TOWN MEETING (Aud)	7 11:00 AM Worship (Lib) 4:00 PM Shabbat Service (Lib) 6:45 PM Movie: <i>Bride Wars</i> (Aud)	8 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>Last Chance Harvey</i> (Aud)
9 2:00 PM Worship (LH Lounge)	10 11:00 AM Current Events (Board Rm) 11:00 AM Caregiver Support Group (Lib) "BIRTHDAY NIGHT" Reservations by Aug 5th Sorry, No Guests	11	12 12:00 Noon Buffet (Main Dining Room) 1:00 PM Representative Bradford's Staff (Aud) 6:45 PM Movie: <i>The Music Box and Sons of the Desert</i> (Aud)	13 SHREDDING DAY 2:15 -3:15 PM Bookmobile	14 11:00 AM Worship (Lib) 12:45 PM Bus Leaves/ Elmwood Park Zoo 6:45 PM Movie: <i>Grumpy Old Men</i> (Aud)	15 9:30 - 12:00 PM Botany Field Trip/Ext 3895 for details 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>The Spy Who Came In From the Cold</i> (Aud)
16 2:00 PM Worship (LH Lounge)	17	18	19 2:00 PM Prayer Group (CB Lounge) 5:00 PM Wednesday Night Buffet: 'Adventure on the South Seas' Reservations by Aug 13 th Sorry no Guests 6:45 PM Movie: <i>Abbott & Costello Meet Frankenstein</i> (Aud)	20 2:30 PM Meadowood Swingers (WGC)	21 11:00 AM Worship (Lib) 2:00 PM Schwenkfelder Tea (CB Lounge) 6:45 PM Movie: <i>Captain Blood</i> (Aud)	22 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>National Treasure</i> (Aud)
23 2:00 PM Worship and Communion (LH Lounge)	24 11:00 AM Current Events (Board Rm) 11:00 AM Caregiver Support Group (Lib)	25 11:00 AM Catholic Mass (Lib)	26 12:00 Noon Buffet (Main Dining Room) 6:45 PM Movie: <i>Artists And Models</i> (Aud)	27 9:30 AM Bus Leaves/ Wellness Walk /Perkiomen Trail 2:00 PM "Kitchen Tour" Sign-up on the Bulletin Board (Meet in Garden) 2:15 -3:15 PM Bookmobile	28 11:00 AM Worship (Lib) 6:45 PM Movie: <i>A Night At the Opera</i> (Aud)	29 4:15 PM Catholic Mass (Aud) 6:45 PM Movie: <i>Twilight</i> (Aud)
30 2:00 PM Worship (LH Lounge)	31					

AUGUST, 2009 MEADOWOOD FITNESS CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUN

						1 Pool Open 8:00-12:00
2	3 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1:00-3:45 Pool open	4 7:30-12:00pm Pool open 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	5 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-3:45 Pool open	6 7:30-12:00pm Pool open 7:45 Ab & Back 8:30 AM Strength Training 9:30 AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	7 7:30-9:00am Pool open 9 AM Body Recall 10 AM Chair Aerobics	8 Pool Open 8:00-12:00
9	10 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1:00-3:45 Pool open	11 7:30-12:00pm Pool open 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	12 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-3:45 Pool open	13 7:30-12:00pm Pool open 7:45 Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	14 7:30-9:00am Pool open 9 AM Body Recall 10 AM Chair Aerobics	15 Pool Open 8:00-12:00
16	17 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1:00-3:45 Pool open	18 7:30-12:00pm Pool open 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	19 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-3:45 Pool open	20 7:30-12:00pm Pool open 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	21 7:30-9:00am Pool open 9 AM Body Recall 10 AM Chair Aerobics	22 Pool Open 8:00-12:00
23/ 30	24/31 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1:00-3:45 Pool open	25 7:30-12:00pm Pool open 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics 11 AM Sit N' Fit(low impact) 1:00-3:45 Pool open	26 7:30-12:00pm Pool open 9 AM Body Recall 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-3:45 Pool open	27 7:30-12:00pm Pool open 7:45 AM Ab & Back 8:30 AM Strength Training 9:30AM Pool Aerobics <u>NO SIT N' FIT CLASS</u> 1:00-3:45 Pool open	28 7:30-9:00am Pool open 9 AM Body Recall 10 AM Chair Aerobics	29 Pool Open 8:00-12:00