



VACATION TIME



AUGUST, 2011 Meadowood Activity Calendar

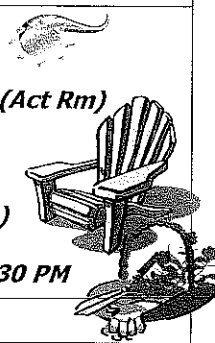


VACATION TIME



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Art for August Photography by Annie L'Leonegro Lower Level Schultz</i></p>	<p>1 ***THE GOSLING'S NEST*** Re-opens today NEW HOURS 10 AM-2PM *****BIG SALE***** 3:00 PM Piano Recital (Aud) 11 year old Caleb Lees Grandson of our own resident Robert Lees</p>	<p>2 SWEET REPEATS & ATTIC TREASURES WILL BE CLOSED 'TIL SEPT. 9TH 2:00PM & 4:00pm Cream-CH. 28 Liz Diller talks about Architects</p>	<p>3 NO NOON BUFFET 10:00 AM Alicia Lutzky – Hearing Specialist (CB Lounge) 7:00 PM Movie: <i>The Hunt For Red October</i> (Aud)</p>	<p>4 10:00 AM <i>The Sew & Sews</i> (CB Lounge) 3:30 PM Town Meeting (Aud)</p>	<p>5 11:00 AM Worship (Lib) 4:30 -5:30 PM Social Hour (Guest House) 7:00 PM Movie: <i>The Lincoln Lawyer</i> (Aud)</p>	<p>6 4:15 PM Catholic Mass (Aud) 7:00 PM Movie: <i>The Girl With The Dragon Tattoo</i> (Aud)</p>
<p>7 2:00 PM Worship (LH /Maple Ave.)</p>	<p>8 11:00 AM Current Events (Board Rm) 1:00pm Dog Training Club(Aud) BIRTHDAY NIGHT Reservations by August 3rd Sorry, No Guests</p>	<p>9 2:00 PM Spirituality Group(CBL) 2:00PM & 4:00PM Cream- CH.28 Green Agenda/ Norman Foster</p>	<p>10 10:00AM Rep Bradford's Staff (Main Lib.) 12:00 Noon Buffet (MDR) 7:00 PM Movie: <i>The Manchurian Candidate</i> (Aud)</p>	<p>11 SHREDDING DAY 2:15 – 3:15 PM Book Mobile 2:30 PM Meadowood Duffers (WGC)</p>	<p>12 11:00 AM Worship (Lib) 1:00PM Positive Lifestyles (BR) 7:00 PM Movie: <i>The Tourist</i> (Aud)</p>	<p>13 4:15 PM Catholic Mass (Aud) 7:00 PM Movie: <i>Of Gods And Men</i> (Aud)</p>
<p>14 2:00 PM Worship (LH /Maple Ave.)</p>	<p>15 Enjoy Camera Club Photography Near Dining Area ***** Offer Your Services As A Volunteer</p>	<p>16 Shop the <i>Beaderie</i> For handmade items Mon. 2-4 & Wed. 10-12 ~~~~~ HAND-CRAFTED CERAMIC NAME TAGS WITH MAGNETIC BACK FOR \$5; CALL JUDY LOWRY/7579 OR DIANE MCGOVERN/1169</p>	<p>17 NO NOON BUFFET "Polynesian Luau" Wednesday Night Themed Dinner Reservations by Aug 11th Sorry, No Guests 7:00 PM Movie: <i>Star!</i> Part 1 (Aud)</p>	<p>18 7:00 PM Movie: <i>Star!</i> Part 2 (Aud)</p>	<p>19 11:00 AM Worship (Lib) 2:00 PM Schwenkfelder Tea (CB Lounge) 7:00 PM Movie: <i>Friendly Persuasion</i> (Aud)</p>	<p>20 4:15 PM Catholic Mass (Aud) 7:00 PM Movie: <i>Twelfth Night</i> (Aud)</p>
<p>21 2:00 PM Worship (LH /Maple Ave.)</p>	<p>22 11:00 AM Current Events (Board Rm)</p>	<p>23 11:00 AM Catholic Mass (Lib) 2:00 PM Spirituality Group (CBL)</p>	<p>24 12:00 Noon Buffet (MDR) 7:00 PM Movie: <i>Modern Times</i> (Aud)</p>	<p>25 9:30 AM Bus Leaves/Wellness Walk / Valley Forge Nat'l Pk. Mt. Joy(SCC) 2:00 PM KITCHEN TOUR (Meet in the Garden) 2:15 - 3:15 PM Book Mobile</p>	<p>26 11:00 AM Worship (Lib) 7:00 PM Movie: <i>Yojimbo</i> (Aud)</p>	<p>27 4:15 PM Catholic Mass (Aud) 7:00 PM Movie: <i>The Dilemma</i> (Aud)</p>
<p>28 2:00 PM Worship (LH /Maple Ave.)</p>	<p>29 11:00 AM Current Events (Board Rm)</p>	<p>30 ~~~~~ Volunteer your time Meadowood Fall Festival Saturday, October, 1st ~~~~~</p>	<p>31 12:00 Noon Buffet (Main Dining Room) 7:00 PM Movie: <i>The Agony And The Ecstasy</i> (Aud)</p>	<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 – Fridays – 11 to 1; Last Saturday – 10 to 12 (GstHse) SWEET REPEATS – Fridays – 11 to 1; Last Saturday – 10 to 12 (GstHse) CRAFT ROOM – Mondays – 9:30-11:30 AM & Wednesdays – 1:30 PM– 3:30 PM</p>		

SEE REVERSE SIDE FOR FITNESS CALENDAR



AUGUST, 2011 MEADOWOOD FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 9 AM Stretch & Flex 10 AM Chair Aerobics 1:00-1:45pm <u>POOL ATTENDED</u>	2 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	3 9 AM Stretch & Flex 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-1:45pm <u>POOL ATTENDED</u>	4 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	5 9 AM Stretch & Flex 10 AM Chair Aerobics Resident/employee Zumba 12:00 – 12:45pm <u>NO POOL ATTENDANT</u>	6/7 Pool Open 9:00am – 5:00pm NO ATTENDANT
8 9 AM Stretch & Flex 10 AM Chair Aerobics 1:00-1:45pm <u>POOL ATTENDED</u>	9 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	10 9 AM Stretch & Flex 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-1:45pm <u>POOL ATTENDED</u>	11 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	12 9 AM Stretch & Flex 10 AM Chair Aerobics Resident/employee Zumba 12:00 – 12:45pm 1:00-1:45pm <u>POOL ATTENDED</u>	13/14 Pool Open 9:00am – 5:00pm NO ATTENDANT
15 9 AM Stretch & Flex 10 AM Chair Aerobics 1:00-1:45pm <u>POOL ATTENDED</u>	16 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	17 9 AM Stretch & Flex 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-1:45pm <u>POOL ATTENDED</u>	18 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	19 9 AM Stretch & Flex 10 AM Chair Aerobics Resident/employee Zumba 12:00 – 12:45pm 1:00-1:45pm <u>POOL ATTENDED</u>	20/21 Pool Open 9:00am – 5:00pm NO ATTENDANT
22 9 AM Stretch & Flex 10 AM Chair Aerobics 1:00-1:45pm <u>POOL ATTENDED</u>	23 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	24 <u>NO FITNESS CLASSES(except Tai Chi) or Pool Attendant</u> 1 PM T'ai Chi	25 7:45 Ab & Back 10:00 AM Strength Training WELLNESS WALK 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	26 9 AM Stretch & Flex 10 AM Chair Aerobics Resident/employee Zumba 12:00 – 12:45pm 1:00-1:45pm <u>POOL ATTENDED</u>	27/28 Pool Open 9:00am – 5:00pm NO ATTENDANT
29 9 AM Stretch & Flex 10 AM Chair Aerobics 1:00-1:45pm <u>POOL ATTENDED</u>	30 7:45 Ab & Back 10:00 AM Strength Training 11:00 AM Sit N' Fit(low impact) 1:00 PM Pool Aerobics 2:00PM ZUMBA	31 9 AM Stretch & Flex 10 AM Chair Aerobics 1 PM T'ai Chi 1:00-1:45pm <u>POOL ATTENDED</u>	<p>Please note: If you have signed a pool release – you may swim: Monday – Friday from 8am – 8pm and Saturday and Sunday from 9am – 5pm by using the combination code lock located outside the pool to gain access. This schedule indicates what hours each day the pool <u>WILL BE ATTENDED</u> by a member of the fitness staff. There will be <u>no pool attendant</u> on weekends.</p>		

SEE REVERSE SIDE FOR ACTIVITY CALENDAR

At all unattended hours of operation...