

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Beach Day 30 9:00 AM The Daily Perk 10:00 AM Trinity on Fifth (Altoona) - YouTube 11:00 AM Walking Club 3:00 PM Games Galore (Your Choice) 6:30 PM Evening Social Hour	31 9:00 AM The Daily Perk 10:00 AM Chess Club (Resident Led) 10:30 AM Walking Club 1:00 PM BINGO 3:00 PM Sunshine & Socializing	August Birthdays! William H. - 8th Charles W. - 8th Marta J. 12th Sue B. - 17th Mike C. - 21st Maxine P. - 24th				National Raspberry Cream Pie Day 1 9:00 AM The Daily Perk 10:00 AM Coffee Corner 10:45 AM Walking Club 1:00 PM Cards & Coffee 3:00 PM Sunshine & Socializing
National Sisters Day 2 9:00 AM The Daily Perk 10:00 AM Trinity on Fifth (Altoona) - YouTube 11:00 AM Walking Club 3:00 PM Games Galore (Your Choice) 6:30 PM Evening Social Hour	National Watermelon Day 3 9:30 AM Bible Study w/ Steve S. 10:00 AM Chess Club (Resident Led) 10:30 AM Walking Club 3:00 PM Sunshine & Socializing	National Choc. Chip Cookie Day 4 9:00 AM The Daily Perk 10:30 AM Walking Club 11:30 AM Country Store 1:00 PM Rhythm & Motion w/ FOX Rehab 3:30 PM Sunshine & Socializing	5 9:00 AM The Daily Perk 10:00 AM Walking Club 11:00 AM Church Service 1:30 PM Live Music by Paul Headly 3:30 PM Sunshine & Socializing	National Root Beer Float Day 6 10:30 AM Manicures 11:30 AM Country Store 1:00 PM Wii Bowling 1:45 PM Scenic Drive 5:35 PM National Balloon Classics (Indianola)	7 9:00 AM The Daily Perk 9:45 AM Live 2B Healthy 10:30 AM Walking Club 1:00 PM BINGO 2:00 PM Happy Hour 3:00 PM Sunshine & Socializing	8 9:00 AM The Daily Perk 10:00 AM Coffee Corner 10:45 AM Walking Club 1:00 PM Cards & Coffee 3:00 PM Sunshine & Socializing
National Book Lovers Day 9 9:00 AM The Daily Perk 10:00 AM Trinity on Fifth (Altoona) - YouTube 11:00 AM Walking Club 3:00 PM Games Galore (Your Choice)	10 9:00 AM The Daily Perk 10:00 AM Chess Club (Resident Led) 10:30 AM Walking Club 2:00 PM Bean Bag Baseball Scrimmage (Away) 3:00 PM Sunshine & Socializing	National Vinyl Record Day 11 10:30 AM Walking Club 11:30 AM Country Store 1:00 PM Live Music by Russ 2:00 PM Food Committee Meeting 3:30 PM Sunshine & Socializing	12 9:00 AM The Daily Perk 10:00 AM Walking Club 11:00 AM Church Service 12:00 PM Lunch & Shopping: Jordan Creek 3:30 PM Sunshine & Socializing	13 9:00 AM The Daily Perk 10:30 AM Manicures 11:30 AM Country Store 1:00 PM Wii Bowling 1:45 PM Scenic Drive 6:00 PM Book Club	14 9:00 AM The Daily Perk 9:45 AM Live 2B Healthy 10:00 Walking Club 1:00 PM BINGO 2:00 PM Ice Cream Happy Hour 3:00 PM Sunshine & Socializing	National Relaxation Day 15 9:00 AM The Daily Perk 10:00 AM Coffee Corner 10:45 AM Walking Club 1:00 PM Cards & Coffee 3:00 PM Sunshine & Socializing
16 9:00 AM The Daily Perk 10:00 AM Trinity on Fifth (Altoona) - YouTube 11:00 AM Walking Club 3:00 PM Games Galore (Your Choice) 6:30 PM Evening Social Hour	National Thrift Shop Day 17 9:30 AM Bible Study w/ Steve S. 10:00 AM Stuff Thrift Shop Outing 10:00 AM Chess Club (Resident Led) 1:00 PM BINGO	18 9:00 AM The Daily Perk 10:30 AM Walking Club 11:30 AM Country Store 1:00 PM Wii Bowling 2:00 PM Resident Council 3:30 PM Sunshine & Socializing	National Soft Ice Cream Day 19 9:00 AM The Daily Perk 9:15 AM Iowa State Fair Outing 11:00 AM Church Service 1:00 PM Live Music - Neil H. 3:30 PM Sunshine & Socializing 6:00 PM Family Forum	20 9:00 AM The Daily Perk 10:30 AM Manicures 11:30 AM Country Store 1:00 PM Wii Bowling 1:45 PM Scenic Drive 3:00 PM Sunshine & Socializing	National Senior Citizens Day 21 9:30 AM Blank Park Zoo Outing! 9:45 AM Live 2B Healthy 10:30 AM Walking Club 1:00 PM BINGO 2:00 PM Happy Hour	22 9:00 AM The Daily Perk 10:00 AM Coffee Corner 10:45 AM Walking Club 1:00 PM Cards & Coffee 3:00 PM Sunshine & Socializing
23 9:00 AM The Daily Perk 10:00 AM Trinity on Fifth (Altoona) - YouTube 11:00 AM Walking Club 3:00 PM Games Galore (Your Choice) 6:30 PM Evening Social Hour	National Waffle Day 24 9:00 AM The Daily Perk 10:00 AM Chess Club (Resident Led) 10:30 AM Walking Club 1:00 PM BINGO 3:00 PM Sunshine & Socializing	25 9:00 AM The Daily Perk 10:30 AM Walking Club 11:30 AM Country Store 1:00 PM Wii Bowling 2:00 PM Activity Meeting 3:30 PM Sunshine & Socializing	National Dog Day 26 9:00 AM The Daily Perk 10:00 AM Walking Club 11:00 AM Church Service 12:20 PM Tour of Capitol Outing 3:30 PM Sunshine & Socializing	27 9:00 AM The Daily Perk 10:30 AM Manicures 11:30 AM Country Store 1:00 PM Wii Bowling 1:45 PM Scenic Drive 5:45 PM Iowa Cubs Game Outing 6:00 PM Book Club	National Red Wine Day 28 9:00 AM The Daily Perk 9:45 AM Live 2B Healthy 10:30 AM Walking Club 1:00 PM BINGO 2:00 PM Birthday Bash/Happy Hour	29 9:00 AM The Daily Perk 10:00 AM Coffee Corner 10:45 AM Walking Club 1:00 PM Cards & Coffee 3:00 PM Sunshine & Socializing