

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Aspen Cottage

August 2019

Bartels Lutheran Retirement Community

1922 5<sup>th</sup> Ave NW Waverly IA 50677

<p>4</p> <p>8:30 – Early Morning Stretch 9:30 – Coffee &amp; News 10:25 – Church 1:30 - Water Gun Aim 2:30 - Patio Relaxation With Bartels Friends 5:30 – Golf Cart Rides</p>	<p>5</p> <p>8:30 – Early Morning Stretch 10:30 - Sit N Be Fit 12:30 - Ellen Story Time 2:00 – “Prisoners of War in Iowa” GS 3:30 – Music Sing-Along 5:15 – <u>Bike rides with Carolina</u></p>	<p>6</p> <p>8:30 – Coffee &amp; News 10:30 - Sit N Be Fit 12:30 - <u>Golf Cart Rides</u> 1:30 – Patio &amp; Chat 2:30 – Ice Cream Shop 3:30 Tone Chime Choir (GS) 6:00 - Resident Band Music</p>	<p>7</p> <p>8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 – Bingo 1:00 – Bible Study 2:30 <u>Golf Cart Rides</u> 3:30- Patio &amp; Chat with snacks 5:30 –</p>	<p>8</p> <p>8:30 – Coffee &amp; News 9:30 – Patio Laps 10:30- Sit N Be Fit 1:30 – Garden Walk 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 5:30 – School Cards</p>	<p>9</p> <p>8:30 – Meditative Moment 10:30- Sit N Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Craft 5:30 – Country Drive</p>	<p>10</p> <p>9:30 –Chair Yoga 10:00 – Book Club 12:30 – Bowling On the Patio 3:30 – Bingo 5:30 – Music Moments</p>
<p>11</p> <p>8:30 – Early Morning Stretch 9:30 – Coffee &amp; News 10:25 – Church 1:30 - Ker Plunk 2:30 – Coffee with music by Norah Burns(GS) 5:30 – Golf Cart Rides</p>	<p>12</p> <p>8:30 – Early Morning Stretch 10:30 - Sit N Be Fit 12:30 - Ellen Story Time 2:00 -Bingo 3:30 – Music Sing-Along 5:15 – <u>Bike rides with Carolina</u></p>	<p>13</p> <p>8:30 – Coffee &amp; News 10:30 - Sit N Be Fit 12:30 - <u>Golf Cart Rides</u> 1:30 – Patio &amp; Chat 2:30 – Ice Cream Shop 3:30 Tone Chime Choir (GS) 6:00 - Resident Band Music</p>	<p>14</p> <p>8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 –Bingo 1:00 – Bible Study 2:30 <u>Golf Cart Rides</u> 3:30- Patio &amp; Chat with snacks 5:30 –</p>	<p>15</p> <p>8:30 – Coffee &amp; News 9:30 – Patio Laps 10:30- Sit N Be Fit 1:30 – <u>Library Visit</u> 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 5:30 – School Cards</p>	<p>16</p> <p>8:30 – Meditative Moment 10:30- Sit N Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 –Craft 5:30 – Country Drive</p>	<p>17</p> <p>9:30 –Chair Yoga 10:00 – Book Club 12:30 – Bowling On the Patio 3:30 – Bingo. 5:30 – Music Moments</p>
<p>18</p> <p>8:30 – Early Morning Stretch 9:30 – Coffee &amp; News 10:25 – Church 1:30 - Uno 2:30 - Patio Relaxation With Bartels Friends 5:30 – Golf Cart Rides</p>	<p>19</p> <p>8:30 – Early Morning Stretch 10:30 - Sit N Be Fit 12:30 - Ellen Story Time 2:00 – Bingo 3:30 – Music Sing-Along 5:15 – <u>Community Walk</u></p>	<p>20</p> <p>8:30 – Coffee &amp; News 10:30 - Sit N Be Fit 12:30 - <u>Golf Cart Rides</u> 1:30 – Patio &amp; Chat 2:30 – Ice Cream Shop 3:30 Tone Chime Choir (GS) 6:00 - Resident Band Music</p>	<p>21</p> <p>8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 – Bingo 1:00 – Bible Study 2:30 <u>Golf Cart Rides</u> 3:30- Patio &amp; Chat with snacks 5:30 –</p>	<p>22</p> <p>8:30 – Coffee &amp; News 9:30 – Patio Laps 10:30- Sit N Be Fit 1:30 – Garden Walk 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 5:30 – School Cards</p>	<p>23</p> <p>8:30 – Meditative Moment 10:30- Sit N Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Craft 5:30 – Country Drive</p>	<p>24</p> <p>9:30 –Chair Yoga 10:00 – Book Club 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles. 5:30 – Music Moments</p>
<p>25</p> <p>8:30 – Early Morning Stretch 9:30 – Coffee &amp; News 10:25 – Church 1:30 - Water Gun Aim 2:30 - Patio Relaxation With Bartels Friends 5:30 – Golf Cart Rides</p>	<p>26</p> <p>8:30 – Early Morning Stretch 10:30 - Sit N Be Fit 12:30 - Ellen Story Time 2:00 – Bingo 3:30 – Music Sing-Along 5:15 – <u>Bike rides with Carolina</u></p>	<p>27</p> <p>8:30 – Coffee &amp; News 10:30 - Sit N Be Fit 12:30 - <u>Golf Cart Rides</u> 1:30 – Patio &amp; Chat 2:30 – Ice Cream Shop 3:30 Tone Chime Choir (GS) 6:00 - Resident Band Music</p>	<p>28</p> <p>8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 – Bingo 1:00 – Bible Study 2:30 <u>Golf Cart Rides</u> 3:30- Patio &amp; Chat with snacks 5:30 –</p>	<p>29</p> <p>8:30 – Coffee &amp; News 9:30 – Patio Laps 10:30- Sit N Be Fit 1:30 – Garden Walk 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 5:30 – School Cards</p>	<p>30</p> <p>8:30 – Meditative Moment 10:30- Sit N Be Fit 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Craft 5:30 – Country Drive</p>	<p>31</p> <p>9:30 –Chair Yoga 10:00 – Book Club 12:30 – Bowling On the Patio 3:30 –Bingo 5:30 – Music Moments</p>

(GS) = Located in Good Shepard Chapel Every Morning at 7:30 am today’s History Facts & Every Evening at 6:30 Community Walk