


August 2018 APARTMENT & PRAIRIE POINT EVENTS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Fit Circuit 1 9:00 Capitol Bank* 9:30-11:30 Studio 10:00 Grocery Shopping 10:00 Ladies Coffee* 10:30 Balance Class 1-3 Painting and Drawing 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise	9:30 Exercise 2 9:30-11:30 Studio 9:30 Men's Coffee* 10:30 Brain Fitness 10:30 Sharing Books 11:30 Community Connections Forum* 1-2:30 Fused Glass 1:15 Chair Chi 1:30 PP Book Club* 2-4 Library Angel 2:30 Walking Group 4:00 Balance Class 4:30-6 Happy Hour/Music 5-6 Soup & Salad Bar 6:00 Rennebohm Concert	9:15 Tai Chi 3 10:30 Men's Club* 1:15 Strength Circuit 1:30 Outing to Eugster's Sunflower Farm & Petting Zoo 2:30 Kickboxing 3:15 Fit Circuit 3:30 Birthday Party- APTS	9:30 Exercise* 4 6:45 Movie* - see weekly flyer
9:30 Catholic Communion 5	9:00 Fit Circuit 6 9:30-11:30 Studio 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2:30 Chair Exercise 3:30 Aegis Presentation: Getting Rid of Your Low Back Pain 3:15 Fit Circuit 4:00 Balance Class	9:30 Exercise 7 9:30-11:30 Studio 10:30 Meet and Greet for Chaplain Bev Davis 10:30 Tai Chi 10:30 Low Vision Reading 10:30-11:15Wellness Clinic 1-2:30 Card Making 1:15 Chair Yoga 2:00 Flower Arranging 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness	9:00 Fit Circuit 8 9:30-11:30 Studio 9:45 Donuts with Derek- PP 10:00 Grocery Shopping 10:30 Balance Class 10:30 Community Issues Speaker 1-3 Painting and Drawing 2:00 Euchre* 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise	9:30 Exercise 9 9:30-11:30 Studio 9:30 Men's Coffee* 10:30ForwardTheaterPromo 10:30 Brain Fitness 11-2 Second Chance Dropoff 1-2:30 Studio Free Time 1:15 Chair Chi 2-4 Library Angel 2:30 Walking Group 4:00 Balance Class 4:30-6 Happy Hour 5-6 Soup & Salad Bar 5:15 Dinner Music /Meg 6:00 Rennebohm Concert	9:15 Tai Chi 10 9:45 Outing to Circus World Museum and Lunch 10:00 Catholic Mass 10:30 Men's Club* 1:15 Strength Circuit 2:30 Kickboxing 3:15 Fit Circuit	9:30 Exercise* 11 6:45 Movie*- see weekly flyer
10:30 Sunday Worship 12	9:00 Fit Circuit 13 9:30-11:30 Studio 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch CONTINUED ON BACK	9:30 Exercise 14 9:30-11:30 Studio 10:30 Tai Chi 10:30 Low Vision Reading 1-2 Social Service Work Hours – PP only	9:00 Fit Circuit 15 9:00 Capitol Bank* 9:30-11:30 Studio 10:00 Grocery Shopping 10:00 Ladies Coffee* CONTINUED ON BACK	9:30 Exercise 16 9:30-11:30 Studio 9:30 Men's Coffee* 10:30 Brain Fitness 1:15 Chair Chi CONTINUED ON BACK	9:15 Tai Chi 17 10:00 Stitch and Fix 10:30 Men's Club* 11:30 Lunch With the Angels 1:15 Strength Circuit CONTINUED ON BACK	9:30 Exercise* 18 6:45 Movie*- See weekly flyer

AUGUST 2018	1-3 Adult Coloring 13 1:15 Strength Circuit 2:30 Chair Exercise 3:15 Fit Circuit 4:00 Balance Class	1-2:30 Beading 14 1:15 Chair Yoga 1:30 Writers Group* 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness 5:15 Mystery Dinner Social 6:30 Summer Concert with Jim Kellerman	10:30 Balance Class 15 1-3 Painting and Drawing 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise 6:45 Bingo*	2-4 Library Angel 16 2:30 Walking Group 3:00 Informational Meeting with Chaplain Bev 4:00 Balance Class 4:30-6 Happy Hour 5-6 Soup & Salad Bar 6:00 Rennebohm Concert	1:30-3 Aegis Therapies 17 Cookout 1:30 Travelogue* 2:30 Kickboxing 3:15 Fit Circuit	
9:30 Catholic Communion 19 2:00 Piano Recital*	9:00 Fit Circuit 20 9:30-11:30 Studio 11:45Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2:30 Chair Exercise 3:15 Fit Circuit 4:00 Balance Class	9:30 Exercise 21 9:30-11:30 Studio 10:30 Low Vision Reading 10:30 Tai Chi 1-2 Social Service Work Hours – PP only 1-2:30 Fused Glass 1:15 Chair Yoga 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness	9:00 Fit Circuit 22 9:30-11:30 Studio 10:00 Grocery Shopping 10:30 Balance Class 1-3 Painting and Drawing 2:00 Euchre* 2:15 Strength Circuit 2:30-3:15 Wellness Clinic 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise 5:15 Mystery Dinner Social	9:30 Exercise 23 9:30-11:30 Studio 9:30 Men’s Coffee* 10:30 Brain Fitness 11-2 Second Chance Dropoff 1-2:30 Card Making 1:15 Chair Chi 2-3 Resident Forum 2-4 Library Angel 2:30 Walking Group 3:00 Chaplain Bev Program 4:00 Balance Class 4:30-6 Happy Hour/Music 5-6 Soup and Salad Bar 6:00 Rennebohm Concert	9:15 Tai Chi-beginners 24 10:00 Catholic Communion 10:30 Men’s Club* 1:15 Strength Circuit 2:30 Kickboxing 3:15 Fit Circuit	9:30 Exercise* 25 6:45 Movie*- see weekly flyer
10:30 Sunday Worship 26	9:00 Fit Circuit 27 9:30-11:30 Studio 11:45 Meditation/Relaxation 1:00 Mah Jongg 1-3 Knit and Stitch 1-3 Adult Coloring 1:15 Strength Circuit 2-4 Bridge* 2:30 Chair Exercise 3:15 Fit Circuit 4:00 Balance Class	9:30 Exercise 28 9:30-11:30 Studio 10:30 Low Vision Reading 10:30 Tai Chi 1-2:30 Studio Free Time 1-4 Sheepshead* 1:15 Chair Yoga 1:30 Writers Group* 2:00 Wii Bowling 3:00 Walgreens 3:15 Brain Fitness	9:00 Fit Circuit 29 9:30-11:30 Studio 10:00 Grocery Shopping 10:30 Balance Class 1-3 Painting and Drawing 2:15 Strength Circuit 3:15 Fit Circuit 3:30 Communion 4:15 Chair Exercise	9:30 Exercise 30 9:30-11:30 Studio 9:30 Men’s Coffee* 10:30 Sharing Books 10:30 Brain Fitness 1-2:30 Beading 1:15 Chair Chi 2-4 Library Angel 2:30 Walking Group 3:00 Chaplain Bev Program 4:00 Balance Class 4:30-6 Happy Hour 5-6 Soup and Salad Bar 6:00 Rennebohm Concert	9:15 Tai Chi-beginners 31 10:30 Men’s Club* 1:15 Strength Circuit 2:30 Kickboxing 3:15 Fit Circuit	*Calendar is subject to change, please check monitors for updates Asterisk* = Indicates that there will not be a staff member or angel volunteer present at the event.

Active Living Calendar

Please note that activities noted in your monthly calendar with an asterisk * indicates that program is not a 'facility sponsored' activity. This means there will not be a staff or volunteer present during these activities, rather residents, community members or outside organizations will be providing that event.

Apartments & Prairie Point	August 2018
Banking	
CAPITOL BANK* Wednesdays, August 1 & 15 9:00-9:40 AM Quiet Room	Capitol Bank offers banking services including check cashing (checks from other banks will have a \$5 cashing fee), notary service, purchase of stamps, and he can assist you in opening a Capitol Bank account if you wish.
Cards & Games	
BINGO* Wednesday, August 15 6:45-8:00 PM Small Dining Room	Join Sandy Spengler for a fun filled game of Bingo.
BRIDGE* Monday, August 27 2:00-4:00 PM Quiet Room	Join residents for an afternoon bridge game. Sign up at the front desk if you're interested in playing. The cost \$0.50 to play.
CHESS GROUP Returning in the Fall	Rusty at chess? Me too! Join this new chess group to revivie your skills and enjoy pleasant times together. Dr. Consuelo Springfield, Angel volunteer will be the facilitator.
EUCHRE* Wednesday, August 8 & 22 2:00-4:00 PM Conservatory	If you're interested in playing, please come down, bring a deck of cards and join the group. For more information you can contact Luisa Prey at 203-5318.
MAH JONGG Mondays, August 6, 13, 20 & 27 1:00-3:30 PM Garden Room	Residents with an intermediate and above skill level are welcome to join the angels in playing Mah Jongg. No reservation is necessary. Any questions, see Beverly Kneebone.

Cards & Games Cont.	
MARATHON BRIDGE- Mid-Summer Tournament will start August 9. Closing date is to be determined based on number of teams signing up. August sign-up sheets will be at the front desk. Garden Room is reserved for players on Thursdays **Participants will reschedule themselves when necessary.	*Scores are turned in to the front desk. *The \$2 entry fee will be collected by Is Fine. Open only to Attic Angel Community residents.
SHEEPSHEAD* Tuesday, August 28 1:00-4:00 PM Prairie Point Host's House	If you enjoy playing Sheepshead and would like to get involved on the last Tuesday of every month, please contact Gloria Turgeson at 829-1801 for more information.
<h1 style="text-align: center;">Health & Wellness</h1>	Wellness Coordinator Adam Alexander 662-8804 adam.alexander@atticangel.org
ATTIC ANGEL WELLNESS Contact Adam Alexander with questions 662-8804 adam.alexander@atticangel.org There are a lot of options that are offered free of charge as a benefit of being part of the Attic Angel Community. There is a charge and registration fro premium programs such as balance, fit circuit, strength circuit, and tai chi.	For wellness classes such balance, fit circuit, strength circuit, and tai chi there is a \$7 per class drop in fee that can be pre-paid at the beginning of the month. Other monthly options include: \$50 for one class pass for a month (unlimited attendancr for that one class that month), \$90 a month for all classes unlimited access, and \$120 for unlimited access to all classes plus a 1:1 60 minute balance test/fit test and personal training session with Adam.
BALANCE CLASS Mondays, August 6, 13, 20 & 27 4:00-4:30 PM Wednesdays, August 1, 8, 15, 22 & 29 10:30-11:00 AM Thursdays, August 2, 9, 16, 23 & 30 4:00-4:30 PM All in the Wellness Center.	This class is designed to improve balance, core stability and function. Participants will rotate through balance exercises with other residents, allowing the opportunity to sit and rest. Walkers and canes are welcome but an ability to stand and walk for short periods is recommended. **Class size is limited, registration and payment is required at the front desk.
BRAIN FITNESS Tuesdays, August 7, 14, 21 & 28 3:15-3:45 PM Thursdays, August 2, 9, 16, 23 & 30 10:30-11:00 AM All in the Conservatory	The idea of this class is to engage the participants in thought provoking activities designed to improve mental flexibility and thought organization.

Health & Wellness Cont.	
CHAIR EXERCISE IN THE AFTERNOON Two different day/time options Mondays, August 6, 13, 20 & 27 2:30-3:00 PM Wednesday, August 1, 8, 15, 22 & 29 4:15-4:45 PM All in Wellness Center	An exercise class later in the day. There is no registration and no charge for this class, just come and enjoy moving, stretching and strengthening at your own pace and effort level. There will be options for any ability level, but expect this class to be a little easier than the morning chair exercise class. Exercise will be mostly in a chair, with some options to stand but not required. Wheelchairs welcome.
CHAIR YOGA Tuesdays, August 7, 14, 21 & 28 1:15-1:45 PM Wellness Room	Taught by Adam. All abilities welcome. Wheelchairs welcome. The class focuses on mobility/stretching, utilizing the breath to enhance your movement and health, and relaxing the mind and body. Enjoy this gentle approach to exercise and enjoy the benefits of moving better and feeling relaxed and refreshed.
EXERCISE Every Tuesday, Thursday & Saturday* 9:30-10:15 AM Wellness Center	Everyone is welcome to participate in the exercise program that is led by an Attic Angel volunteer. Saturday the class is self led by watching an exercise DVD.
FIT CIRCUIT Mondays, August 6, 13, 20 & 27 Wednesdays, August 1, 8, 15, 22 & 29 9:00-9:45 AM and 3:15-4:00 PM Fridays, August 3, 10, 17, 24 & 31 3:15-4:00 PM All in the Wellness Center	This small group class incorporates movement from station to station utilizing balance, strength, flexibility and coordination exercises. Residents who ambulate with and without a walker or cane may take this class. **Class size is limited, registration and payment are required at the front desk.
KICKBOXING Fridays, August 3, 10, 17, 24 & 31 2:30-3:00 PM Wellness Center	A good cardiovascular workout to get the heart and lungs stronger. Punching and kicking will help to elevate your heart rate and provide an excellent core strengthening workout. Wheelchairs welcome.
MEDITATION & RELAXATION Mondays, August 6, 13, 20 & 27 11:45 AM-12:15 PM Quiet Room	This class uses guided or mindful meditation techniques to relieve stress and anxiety.
PERSONAL TRAINING (Private sessions or small group sessions) Contact Adam to schedule Adam.alexander@atticangel.org or 662-8804 Sessions are held in the Wellness Center or Fitness Room	The charge for personal training is \$50 for 45 minute sessions with special group rates offered as well. Participants receive one-on-one attention from our wellness coordinator, Adam Alexander. Programs are developed to suit individual goals and needs. Sessions can be used as a transition from physical therapy, a regular weekly session or as needed to help modify self-led programs.

Health & Wellness Cont.		
<p>QI GONG (SEATED TAI CHI) Led by Adam. Thursdays, August 2, 9, 16, 23 & 30 1:15-1:45 PM Quiet Room</p>		<p>Qi Gong is a gentle exercise program to help people receive the benefits of traditional Tai Chi in the comfort and safety of their chair. This allows people who cannot stand or do not feel confident with their balance to participate and benefit. Those benefits include balance, flexibility, range of motion, strength, energy, pain relief, and stress reduction.</p>
<p>STRENGTH CIRCUIT Mondays, August 6, 13, 20 & 27 1:15-1:45 PM Wednesdays, August 1, 8, 15, 22 & 29 2:15-2:45 PM Fridays, August 3, 10, 17, 24 & 31 1:15-1:45 PM Physical Therapy Gym</p>		<p>With the use of specialized training equipment, our Wellness Coordinator guides each participant through a strength-based workout and provides supervision to ensure proper and safe form are being used. **Class size is limited, registration and payment are required at the front desk.</p>
<p>TAI CHI Fridays, August 3, 10, 17, 24 & 31 9:15-10:00 AM Wellness Center</p> <p>**This class requires registration and payment at the front desk.</p>		<p>Tai Chi is an ancient Chinese discipline involving a continuous series of controlled usually slow movements designed to improve physical and mental well-being. Benefits re to improve strength and balance, reduce stiffness, and improve sleep quality. In this class each participant stays in one general area and a chair is available as an assist to balance or rest.</p>
<p>TAI CHI* Tuesdays, August 7, 14, 21 & 28 10:30-11:15 AM Wellness Center</p> <p>**This class requires registration and payment at the front desk.</p> <p>We have enlisted Lorraine Moore's experience and expertise to allow participants and opportunity to continue to refine and advance their practice of Tai Chi. Even though the class is pegged as advanced all levels are welcome.</p>		<p>Tai Chi is an ancient Chinese discipline involving a continuous series of controlled usually slow movements designed to improve physical and mental well-being. Benefits re to improve strength and balance, reduce stiffness, and improve sleep quality. In this class each participant stays in one general area and a chair is available as an assist to balance or for rest to sit as needed.</p>
<p>WALKING GROUP Thursdays, August 2, 9, 16, 23 & 30 2:30-3:00 PM Meet in the Front Lobby</p>		<p>Enjoy the company of others while walking around the Attic Angel grounds. We will walk outside on nice days and inside on rainy or cold days. Walkers and canes are welcome, but an ability to walk with our pain or fatigue is recommended. If you have questions, contact Adam, Wellness Coordinator.</p>
<p>WELLNESS CLINIC Tuesday, August 7 10:30-11:15 AM Wednesday, August 22 2:30-3:15 PM Janine Field's Office</p>		<p>Consult with a Licensed Nurse about general health concerns. You can have your vital signs taken and check your weight. Ask questions about services that are available to you.</p>

Health & Wellness Cont.	
Wii BOWLING Tuesdays, August 7, 14, 21 & 28 2:00-3:00 PM Wellness Center	Wii is a home video game console released by Nintendo. This game console uses a handheld pointing device which detects movement and displays it on the screen we'll be watching. Essentially we'll be playing virtual bowling. No experience necessary.
<h1>Gatherings & Programs</h1>	
AEGIS THERAPIES SUMMER COOKOUT Friday, August 17 1:30-3:00 PM Outdoors by the front entrance to the Therapy Room Come rain or shine. (We will move inside if it rains)	Everyone loves a good cookout. Come join our physical therapists, occupational therapist and speech therapist for a cookout. FREE prizes and giveaways. The best bite size brats in town, coleslaw, potato salad and fruit. Our staff from Aegis Therapies, Recover Health and Recover Care will be there to check your blood pressure, check your balance and answer any questions you may have about how we can help you decrease pain and feel healthier.
AEGIS THERAPIES PRESENTATION – “Get Rid of Your Low Back Pain” Monday, August 6 3:30-4:30 PM Community Room	Our presentation will discuss what you can do either in place of or along with medications to manage, and in some cases get rid of your lower back pain.
BIRTHDAY PARTY- Apartments Only Friday, August 3 3:30 PM-4:30 PM Community Room	Please come and join us for the monthly birthday parties to celebrate all residents who have a birthday.
CLINICS BY APPOINTMENT ONLY* Please contact the Unit Clerks at 662-8826 if you would like to make a clinic appointment.	AUDIOLOGY* DERMATOLOGY CLINIC* MASSAGE THERAPY* PODIATRY CLINIC*
COMMUNITY CONNECTIONS FORUM* Thursday, August 2 11:30 AM-1:15 PM Garden Room Carol Donnelly is the contact for the group and can be reached via email at Caroldonnelly8@gmail.com .	An informal group has formed in our community and we invite you to join us. Residents of Attic Angel Place apartments and Prairie Point form this group. We are organized to stimulate education regarding social and environmental community issues. Please bring your own lunch. The café opens at 11:00 AM and does not carry out.

Gatherings & Programs Cont.	
<p>COMMUNITY ISSUES SPEAKER* – DAIS (Domestic Abuse Intervention Services) Sponsored by The Community Connections Forum Wednesday, August 8 10:30 AM Community Room</p>	<p>Mallory Saurer is the Training and Education Coordinator for the Domestic Abuse Intervention Service. She is responsible for developing curriculum for educational outreach and prevention programming. She holds trainings for health care professionals, law enforcement, educators, and young people. Mallory has over 10 years of experience as an educator. Working at DAIS allows her to focus on an issue she is passionately devoted to ending through awareness and changing the culture conversation.</p>
<p>CYCLING WITHOUT AGE COMING SOON – WATCH FOR THE FLYER. *For more information, contact Colleen Knudson at 662-8823</p>	<p>During the months of July – September we will be giving rides in the trishaw. Come, get some fresh air and a ride around the Attic Angel grounds.</p>
<p>DONUTS WITH DEREK – Prairie Point Residents Wednesday, August 8 9:45-10:45 AM Garden Room</p>	<p>Join Derek Buckley for coffee & donuts, conversation and questions if you have some.</p>
<p>FLOWER ARRANGING Tuesday, August 7 2:00-3:00 PM Conservatory</p>	<p>All Apartment and Prairie Point residents are welcome to arrange flowers. Borrow an Attic Angel vase or bring your own.</p>
<p>FORWARD THEATER: INTRODUCTION TO THE PLAY Thursday, August 9 10:30-11:30 AM Community Room</p>	<p>Come and get an introduction to the play “Skeleton Crew” which will be performed at the theater in September. Residents will have the opportunity to purchase a ticket to the matinee performance scheduled for September 15th.</p> <p>*We are not purchasing season tickets this year. A representative from the theater will visit a month before each performance to discuss the play and offer single tickets to each performance.</p>
<p>HAPPY HOUR Thursdays, August 2, 9, 16, 23 & 30 4:30-6:00 PM Community Room</p>	<p>All Apartment and Prairie Point residents are welcome to come to a social opportunity and happy hour. Enjoy free beer, non-alcoholic beverages, and wine. Visit with neighbors. For more information contact Derek Buckley.</p>
<p>LADIES COFFEE* Wednesdays, August 1 & 15 10:00-11:00 AM Garden Room</p>	<p>All Apartment and Prairie Point women are invited to attend this social event to meet and visit with others in our AAP community. Please note that there is a charge for coffee & sweets.</p>

Gatherings & Programs Cont.	
LOW VISION READING Tuesdays, August 7, 14, 21 & 28 10:30-11:30 AM Quiet Room	Join Angel volunteers and residents for a reading opportunity for those residents who have low vision.
MEET AND GREET FOR CHAPLAIN BEV DAVIS Tuesday, August 7 10:30 AM Community Room	Please take this opportunity to come and meet our new Chaplain! Chaplain Bev will give a short biography of her life and work experience. She will be happy to answer any questions you may have about this transition period.
MENS CLUB* Fridays, August 3, 10, 17, 24 & 31 10:30-11:30 AM Garden Room	All men are welcome to join in for this social opportunity.
MENS COFFEE* Thursdays, August 2, 9, 16, 23 & 30 9:30-10:45 AM Garden Room	All Apartment and Prairie Point men are invited to attend this social event.
MYSTERY DINNER SOCIAL Tuesday, August 14 and Wednesday, August 22 5:15 PM Apartment Dining Room	Come and enjoy dining with new people and meet new friends. You could possibly win a Mystery Prize.
RESIDENT FORUM Thursday, August 23 2:00-3:00 PM Community Room	Come and take advantage of the opportunity to ask questions of management staff, hear recent updates and share your thoughts with fellow residents.
SECOND CHANCE DROP OFF Thursdays, August 9 & 23 11:00 AM – 2:00 PM Front Entrance Parlor in front of fireplace	Every 2 nd and 4 th Thursdays, you can bring in your donations for second chance shop. Remember the items should be in good, gently used condition. Thanks for your donations.
SHARING BOOKS with Eric James & Gary Hein Thursdays 10:30-11:30 AM Bryant Room	August 2 – Variety is the Spice of Life: We're featuring a couple of books this time that are too good to miss, but the topic won't fill a complete session. The first is "Train to Somewhere" by Eve Bunting, an true-fact orphan train story from America's past during the times 1850 to 1920. [Remember the performance on this theme by AAP's two interpretive dancers earlier this year?] Also "Three Dog Stories" by Jim LaMarche about being lost, being found and finding home. Plus a surprise change of pace in the middle. Don't miss this one.
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<p>SHARING BOOKS with Eric James & Gary Hein Thursdays 10:30-11:30 AM Bryant Room</p>	<p>August 30 – It’s “Back to School” Time Again: All around us students and teachers are gearing up to return to classrooms. Let’s up-date ourselves about what schools are like in 2018 reading “Razia’s Ray of Hope” about education for girls in Afghanistan, and “One Green Apple” about a new immigrant’s experience starting in middle school in America. “Animals by the Numbers” will help us appreciate new instructional strategies. Join us as we learn about learning today.</p>
<p>SOCIAL SERVICE WORK HOURS – PP ONLY Tuesdays, August 14 & 21 1:00-2:00 PM Prairie Point Model</p>	<p>The Social Workers will be available to provide support and assistance.</p>
<p>SOUP & SALAD BAR Thursdays 5:00-6:00 PM Community Room</p>	<p>Food Service is offering a nightly soup and salad each Thursday. The cost is \$5.50 per person for one trip through. You will be asked to sign a sheet indicating to put the amount on your monthly account as no cash is exchanged.</p> <p>August 2 – Corn Chowder August 9 – Spinach Artichoke August 16 – Clam Chowder August 23 – Chicken Dumpling August 30 – Country Style Vegetable Beef</p>
<p>STORY CORPS - Story Corps is a 501©3 not for profit program in which volunteers record the stories of everyday people. **Sign up at the front desk for an Angel to come and meet with you. Have a specific Angel you would like to work with- let us know! *Contact Colleen for more information 662-8823.</p>	<p>Stories of your choosing are verbally recorded and can be either sent to you, your family members, or to the Library of Congress (where the voices are stored for posterity). Stories are recorded by kind, friendly angels! This can be done in the comfort of your own apartment.</p>
<p>TRAVELOGUE* Friday, August 17 1:30-2:30 PM Community Room</p>	<p>Apartment residents see weekly flyer that will be delivered to your door and Prairie Point residents watch for an email with the information.</p>
<p>WRITERS GROUP* Tuesdays, August 14 & 28 1:30-3:30 PM Private Dining Room</p>	<p>This group welcomes all residents and all experience levels. Whether you want to tell your story through writing, or whether you just want to listen to the stories of others – we want you to join us. Literary quality and publishing is not our goal; rather, we enjoy the chance to share our lives and to capture our days past and present for paper preservation.</p>

<h1>Library</h1>	
<p>AAP BOOK CLUB*</p> <p>Returning in September</p>	<p>New members are welcome. Books will be picked up and returned to the library as well as the discussion leader packets.</p>
<p>LIBRARY ANGELS Thursdays, August 2, 9, 16, 23 & 30 2:00-4:00 PM Library</p>	<p>The Library Angels will be in the Library to help you find what you need.</p>
<p>PRAIRIE POINT BOOK CLUB* Thursday, August 2 1:30 PM Garden Room</p>	<p>This book club is open to all Prairie Point residents. This month's selection is "The Orphans Tale" by Pam Jenoff. Please contact Sue Buehler if you wish to join.</p>
<h1>Music & Entertainment</h1>	
<p>DINNER MUSIC WITH MEG FORD Thursday, August 9 5:15 PM Garden & Apt Dining Rooms</p>	<p>Enjoy the piano music of Meg Ford as she plays during the dinner meal. Meg is happy to take requests and is always interested to learn what songs people would like to hear.</p>
<p>HAPPY HOUR MUSIC WITH MICHAEL BARTLETT Thursday, August 2 & 23 4:30-6:00 PM Community Room</p>	<p>Enjoy listening to music during Happy Hour played by Michael. Listen to selections from Broadway shows, popular music and standards from George Gershwin, Cole Porter & more....</p>
<p>PIANO RECITAL* Sunday, August 19 2:00-3:00 PM Community Room</p>	<p>Join Judy Ferrari's students for a piano recital. The students will be wearing costumes and playing duets.</p>
<p>SUMMER CONCERT WITH JIM KELLERMAN Tuesday, August 14 6:30-7:30 PM Community Room</p>	<p>Jim is a "one man band" who plays the clarinet, sax, flute and sings. Jim's show consists of everyone's favorites from America's Golden Age.</p>
<h1>Movies</h1>	<p>Apartment residents see weekly flyer that will be delivered to your door and Prairie Point residents watch for an email with the information.</p>
<h1>Movies</h1>	
<h1>Outings</h1>	
<p>LUNCH OUTING- Circus World Museum & Cookhouse Grill Friday, August 10 Transportation leaves at 9:45 AM *Sign up at the Front Desk</p>	<p>Big Top Circus Performance starts at 9 AM with the all new 1950's Doo Wop Big Top themed circus with acrobats, elephants, clowns, juggling, delightful dogs, unicycles, aerial artistry and some performing pigs. The Cookhouse Grill has tasty sandwiches, burgers, brats and more. Ice cold drinks, plus cotton candy, ice cream and other circus treats too. Stop in the main gift shop when you are done.</p>

Outings Cont.	
LUNCH WITH THE ANGELS Monday, August 17 Bus Loads at 11:30 AM and will leave by 11:40 AM *Please sign-up at the reception desk * This event is free of charge	Join Angel Barbara Berven at her home for a delicious lunch. *Please note there will be NO steps into the house, but there is an incline up to the house.
RENNEBOHM SUMMER CONCERTS Thursdays, August 2, 9, 16, 23 & 30 Bus Loads at 6:00 PM Bus Departs at 6:15 PM	Join us for the concerts at Rennebohm Park. The Capitol City Band will be performing.
Shopping	
GROCERY SHOPPING Wednesdays, August 1, 8, 15, 22 & 29 10:00-11:15 AM Front Lobby	Angels will be available to help assist with the outing. Please sign up in advance at the front desk.
WALGREENS Tuesdays, August 7, 14, 21 & 28 3:00-4:00 PM Front Lobby	Join the Angels for a shopping trip to Walgreens. Please sign up in advance at the front desk.
Spiritual & Cultural	
BETHEL LUTHERAN* Every Sunday on Channel 7 on TV 10:00-10:30 AM	Enjoy watching weekly service live from Bethel Lutheran in Madison.
CATHOLIC SERVICES Fridays 10:00-11:00 AM Community Room	August 10 – Catholic Mass August 24 – Catholic Communion
COMMUNION SERVICE Wednesdays 3:30-4:15 PM Community Room	August 1 – Pastor Bette Duff, Presbyterian August 8 – Pastor Ann Scott, Methodist August 15 – Gary Hein, Lutheran August 22 – Pastor Sandra Nuernberg, Presbyterian August 29 – Margaret Irwin, Episcopalian
INFORMATIONAL MEETING WITH CHAPLAIN BEV Thursday, August 16 3:00-4:00 PM Quiet Room	Let Chaplain Bev know what is on your mind spiritually, emotionally and ????? Don't forget to bring along your favorite joke.
QP CATHOLIC COMMUNION Sundays, August 5 & 19 9:30-9:45 AM Quiet Room	Queen of Peace Catholic Church will be here to provide communion.

Spiritual & Cultural Cont.	
PROGRAMMING WITH CHAPLAIN BEV Thursdays, August 23 & 30 3:00-4:00 PM Quiet Room	Come and join Chaplain Bev for new programming.
SUNDAY WORSHIP SERVICE Sundays 10:30-11:15 AM Community Room	Residents are invited to gather with area Pastors or Ministers to worship with song, prayer and scripture. August 12 – Cheryl Krull, Lutheran August 26 – Mary Wilson, United Church of Christ
<p style="text-align: center;">STUDIO</p> <p>The Studio is open at all times for your use. There may be times, however, that limited assistance is available due to scheduled groups. Assistance by appointment is available Monday through Friday by calling 662-8859.</p>	It is not necessary for you to have experience in projects offered in the Studio. We are here to help you to try out and learn about the media and equipment in the Studio. Please feel free to bring in your own independent projects and ideas to the Studio.
ADULT COLORING GROUP Mondays, August 6, 13, 20 & 27 1:00-3:00 PM Studio Coloring is an activity that we tend to associate with children. As we grow older, we put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters.	However, it turns out coloring can be beneficial for adults—namely for its de-stressing power. The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults and we have them here. Come in grab a colored pencil and an inspiring coloring page.
AM STUDIO ACTIVITIES Mondays – Thursdays 9:30-11:30 AM Studio	Choose from a variety of art activities to do in the, including, but not limited to weaving, knitting, painting, drawing, jewelry making, beading, and card making. Not sure where to start? An Angel or Art Program Coordinator will help you create an artwork of your choice.
BEADING Tuesday, August 14 and Thursday, August 30 1:00-2:30 PM Studio	Make necklaces, bracelets, earrings and eyeglass chains with beads. Keep it simple or try something new.
CARD MAKING Tuesday, August 7 and Thursday, August 23 1:00-2:30 PM Studio	Do you have a family member's birthday and you want to send them a handmade card? Come to make some cards.
FUSED GLASS Thursday, August 2 and Tuesday, August 21 1:00-2:30 PM Studio	Learn to make professional-looking pendants, pins, magnets and more. Come and find out what fused glass is and just how easy it is to create.

Studio Cont.	
KNIT AND STITCH Mondays, August 6, 13, 20 & 27 1:00-3:00 PM Studio ***Refreshments are provided.	Join the Angels for an afternoon of knitting, crochet, needlework and socializing. Please feel welcome to bring your own projects to work on. This is also a wonderful opportunity to get assistance or help on projects you're working on. Do you need a pattern? Come by.
PAINTING & DRAWING Wednesdays, August 1, 8, 15, 22 & 29 1:00-3:00 PM Studio	Come to learn how to paint and draw in a fun and relaxed environment. This class begins with a short lesson in a basic concept of painting and/or drawing and is designed for beginners, but intermediate and advanced painters and drawers are welcome.
STITCH AND FIX Friday, August 17 10:00-11:00 AM Studio	Do you have a simple tear in a garment or button that needs to be replaced? Drop these off at the studio any time during the month or join our seamstress angels while they repair.
STUDIO FREE TIME Thursday, August 9 and Tuesday, August 28 1:00-2:30 PM Studio	The Studio will be open for use during this time to finish already started projects or to just explore the area. If you have not been to the studio now is a great time to stop in and check out what you are able to do.