


August 2018 Health Center Monthly Activities and Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30-11:30 Studio 1 9:40 AM Stretch 10:15 Resident Council 3:30 Communion 4:15 Chair Exercise	9:30-11:30 Studio 2 9:40 AM Stretch 10:00 National Coloring Book Day: Adult Coloring 1:15 Chair Chi 2-4 Library Angel 3:30 Birthday Party	9:40 AM Stretch 3 10:00 Friends of State Street Family 10:30 Men's Club* 2:30 Kickboxing 3:45 Meet & Greet Activity Coordinator Barb Saemen	9:30 Movie: "Guys and Dolls" * 4
9:15 Catholic 5 Communion (in rooms) 9:30 Travelogue: "21 Great Wonders of the World" *	9:30-11:30 Studio 6 9:40 AM Stretch 10:00 UNO 11:45 Meditation & Relaxation 2:30 Chair Exercise 3-4 Bingalo	9:30-11:30 Studio 7 9:40 AM Stretch 10:20 Sing Along 10:30 Low Vision Reading 1:15 Chair Yoga 3:45 All about fireflies	9:30-11:30 Studio 8 9:40 AM Stretch 10:00 Your Senses: Summertime 3:30 Communion 4:15 Chair Exercise	9:30-11:30 Studio 9 9:40 AM Stretch 10:00 What Am I 1:15 Chair Chi 2-4 Library Angel 4-4:45 Happy Hour	9:40 AM Stretch 10 10:00 Catholic Mass 10:00 Intergenerational Group from KEVA 10:30 Men's Club* 2:30 Kickboxing 3:45 Pressed Flower Cards	9:40 AM Stretch 11 10:00 Frank Sinatra 2:30 Movie* "Seven Brides for Seven Brothers"
9:40 AM Stretch 12 10:30 Sunday Worship 3:45 Road Trip Destinations	9:30-11:30 Studio 13 9:40 AM Stretch 10:00 Summer in a Jar 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:45 Nostalgia Trivia	9:30-11:30 Studio 14 9:40 AM Stretch 10:00 Flower Arranging 10:30 Low Vision Reading 1:15 Chair Yoga 3:45 Heart of Kindness	9:30-11:30 Studio 15 9:40 AM Stretch 10:00 Finish the Lyric 3:30 Communion 4:15 Chair Exercise	9:30-11:30 Studio 16 9:40 AM Stretch 10:00 Lighthouse Intergenerational Group 1:15 Chair Chi 2-4 Library Angel 3:45 Name 10	9:40 AM Stretch 17 10:00 Golf 10:30 Men's Club* 2:30 Kickboxing 3:45 Fishing in the Courtyard	9:40 AM Stretch 18 10:00 Dice Game: Farkle 2:30 Movie* "The Spirit of St. Louis"

AUGUST 2018 Health Center 9:15 Catholic Communion 9:40 AM Stretch 10:00 Hula Hoop Roll	19 9:30-11:30 Studio 9:40 AM Stretch 10:00 Paper Quilting 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:45 Highlights of Paris	20 9:30-11:30 Studio 9:40 AM Stretch 10:00 Your Senses: Remembering Fairs 10:30 Low Vision Reading 1:15 Chair Yoga 3:00 Pet Visits 3:45 Garden Salsa	21 9:30-11:30 Studio 9:40 AM Stretch 10:00 All about Sun Flowers 3:30 Communion 4:15 Chair Exercise	22 9:30-11:30 Studio 9:40 AM Stretch 10:00 Yahtzee 1:15 Chair Chi 2-3 Resident Forum 2-4 Library Angel 4-4:45 Happy Hour	23 9:30-11:30 Studio 9:40 AM Stretch 10:00 Catholic Communion 10:30 Men's Club* 2:30 Kickboxing 3:45 Giant Size Ker-Plunk Game	24 9:40 AM Stretch 10:00 Bowling 10:00 Catholic Communion 10:30 Men's Club* 2:30 Kickboxing 3:45 Giant Size Ker-Plunk Game	25 9:40 AM Stretch 10:00 Name that Place 2:30 Movie* "Woman of the Year"
9:40 AM Stretch 10:30 Sunday Worship 3:45 Dice and Strikes	26 9:30-11:30 Studio 9:40 AM Stretch 10:00 Guess the Landmark 11:45 Meditation & Relaxation 2:30 Chair Exercise 3:45 Dog Treats	27 9:30-11:30 Studio 9:40 AM Stretch 10:00 Your Senses: School Days 10:30 Low Vision Reading 1:15 Chair Yoga 3:15 Hymn Sing	28 9:30-11:30 Studio 9:40 AM Stretch 10:00 Table Soccer 3:30 Communion 4:15 Chair Exercise	29 9:30-11:30 Studio 9:40 AM Stretch 10:00 Classical Music Listening 1:15 Chair Chi 2-4 Library Angel 3:45 Name that Tune-1940's Favorites	30 9:30-11:30 Studio 9:40 AM Stretch 10:00 Classical Music Listening 1:15 Chair Chi 2-4 Library Angel 3:45 Name that Tune-1940's Favorites	31 9:40 AM Stretch 10:00 Family Feud 10:30 Men's Club* 2:30 Kickboxing 3:45 Target Practice	

****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.

Health Center	August 2018
Programs	Brief Explanation
BIRTHDAY PARTY Thursday, August 2 3:30-4:30 PM Dining Room	Please come and join us for the monthly birthday party to celebrate all residents who have a birthday within the month. We will enjoy cake and ice cream. Hope to see you there!
CLINICS BY APPOINTMENT ONLY* Please contact the Unit Clerks, at 662-8826 if you would like to make a clinic appointment.	AUDIOLOGIST* DENTIST* MASSAGE THERAPY* PODIATRY CLINIC*
FLOWER ARRANGING Tuesday, August 14 10:00-11:00 AM Activity Room	Join the activity staff and volunteers to arrange a bouquet of flowers for you, a neighbor or common area in Attic Angel. We'll bring the supplies; you bring your creativity.
HAPPY HOUR Thursday, August 9 & 23 4:00-4:45 PM Dining Room	Enjoy free beer, wine & non-alcoholic beverages while visiting with your neighbors.
INTERGENERATIONAL GROUP FROM KEVA Friday, August 10 10:00-11:00 AM Activity Room	Join Summer sports camp students that are in middle school play games.
LIGHTHOUSE INTERGENERATIONAL GROUP Thursday, August 16 10:00-11:00 AM Activity Room	Please come and join Lighthouse Christian School students in grades K-5 with crafts or games.
LOW VISION READING Tuesdays, August 7, 14, 21 & 28 10:30-11:30 AM Quiet Room	Join the Angels and residents for a reading opportunity for those residents who have low vision.

Programs Cont.	
MEET AND GREET FOR Activity Coordinator Barb Saemen Friday, August 3 3:45 PM Activity Room	Please take this opportunity to come and meet our new Activity Coordinator! Barb will give a short biography of her life and work experience. She will be happy to answer any questions you may have.
MEN'S 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.
RESIDENT COUNCIL Wednesday, August 1 10:15-11:00 AM Activity Room	Join your fellow residents for Resident Council. This is a chance to hear updates from management staff, share concerns and/or praises, suggest new ideas and meet other residents. Please join us!
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.
Cards & Games	
BINGALO Monday, August 6 3:00-4:00 PM Dining Room	Come and join the Angels for an exciting game of bingo and a chance to win some tasty prizes.
Library	
LIBRARY ANGEL Thursdays, August 2, 9, 16, 23 & 30 2:00-4:00 PM Library	The Library Angels will be in the library to help you find what you need.
Music & Entertainment	
CLASSICAL MUSIC LISTENING Friday, August 30 10:00-11:00 AM Activity Room	Join Activity Coordinator, Susan Kinion in listening to various classical music pieces.
HYMN SING Tuesday, August 28 3:15-4:15 PM Activity Room	Join the angels for an easy listening experience and join in singing along to various hymn and spiritual music. Attic Angel song books are a treasure chest of heartwarming music.

Music & Entertainment Cont.	
SING ALONG Tuesday, August 7 10:20-11:05 AM Activity Room	Join the Angels for a morning sing along. You don't need to have any prior singing experience or a perfect pitch to try it out. It is a great way to meet other people and have fun hearing old songs.
<h1>Health & Wellness</h1>	Classes are taught by Adam Alexander, Wellness Coordinator except for a few. Questions contact Adam 662-8804 or adam.alexander@atticangel.org
AM STRETCH Daily 9:40-10:00 AM Activity Room	Get your blood pumping for the day in this light range of motion exercise and stretching group led by Activity Staff.
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 for premium programs such as balance, fit circuit, strength circuit, tai chi and personal training.	The charge for personal training is \$50 for 45 min. sessions with special group rates offered as well. For wellness classes such as balance, fit circuit, tai chi, and strength circuit 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 attendance 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 test/fit test and personal training session with Adam.
CHAIR CHI (SEATED TAI CHI) Led by Adam. Thursdays, August 2, 9, 16, 23 & 30 1:15-1:45 PM Quiet Room	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.
CHAIR EXERCISE IN THE AFTERNOON Two different days/times to choose Mondays, August 6, 13, 20 & 27 2:30-3:00 PM Wednesdays, August 1, 8, 15, 22 & 29 4:15-4:45 PM Both days are in the 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 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.

Health & Wellness Cont.	
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.
KICKBOXING Fridays, August 3, 10, 17, 24 & 31 2:30-3:00 PM Wellness Center	A good cardiovascular workout to get your heart and lungs stronger. Punching and kicking will help to elevate your heart rate and provide an excellent core strengthening workout. Participants have the option to sit or stand. Wheelchairs are welcome.
MEDITATION & RELAXATION Mondays, August 6, 13, 20 & 27 11:45 AM – 12:15 PM Quiet Room	This class uses guided or mindful meditation to relieve stress and anxiety.
PERSONAL TRAINING Private Sessions or Small Group Sessions Contact Adam to set up an appointment. Sessions will take place in the Wellness Center or Fitness Room	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 and modify self-led programs.
<h1>Spiritual & Cultural</h1>	
BETHEL LUTHERAN Every Sunday 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

Spiritual & Cultural Cont.	
QP CATHOLIC COMMUNION Sundays, August 5 & 19 9:15-9:30 AM B Wing Parlor	Queen of Peace Catholic Church will be here to provide communion.
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 & 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 available Monday through Thursday.</p>	It is not necessary for you to have experience in projects offered in the Studio. We are here to help you 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.
AM STUDIO ACTIVITIES Mondays – Thursdays 9:30-11:30 AM For more information or to schedule a Studio time, call Jennifer at 662-5589.	Choose from a variety of art activities to do in the beautiful Studio, some ideas include weaving, knitting, painting, drawing, jewelry making beading and card making. Not sure where to start? Ask an Angel or Art Program Coordinator Jennifer. They will help you create an artwork of your choice.

Health Center Movies for August 2018*

August 4 - "Guys and Dolls"

1955; 149 minutes

In New York, a gambler is challenged to take a cold female missionary to Havana, but they fall for each other, and the bet has a hidden motive to finance a crap game.

August 11- "Seven Brides for Seven Brothers"

1954; 102 minutes

Things are different for the Pontipee men now that big brother Adam's fetched a bride and brought her to their cabin. The biscuits are fresh, the cabin's spotless and there's a heap of new learning about how to be fine gentlemen. The unmarried brothers are so inspired they raid the town and carry off brides of their own.

August 18 - "The Spirit of St. Louis"

1957; 135 minutes

This lauded biopic follows legendary pilot Charles Lindbergh (James Stewart) as he makes his historic solo transatlantic flight from New York to Paris. The film details earlier events in Lindbergh's aerial career, including his stints as a stunt pilot and a flight instructor, but it focuses largely on his dangerous journey over the Atlantic Ocean in his signature monoplane, the Spirit of St. Louis. Battling the elements and sleep deprivation, Lindbergh struggles to make a safe landing in France.

August 25 - "The Woman of the Year"

1942; 112 minutes

In this hilarious battle of the sexes, Spencer Tracy plays Sam Craig, the down-to-earth sportswriter of the New York Chronicle. Watch as Tess Harding (Audrey Hepburn), the paper's international columnist, makes his life miserable. In the office and in the bedroom the couple's troubles continue until their problems are finally overcome by their true love.