

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2023

## Metcalf Woods Community Calendar

<p>9:00 Exercise CH 3 10:00 Bingo – 3<sup>rd</sup> fl AL 10:30 Chapel Services – CH 3 7:00 Movie</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH 2:00 <b>Spiritual Life Committee</b> 7:00 – Movie – CH 3 7:00 – Harmony in Motion -TH</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 1:00 - Shake it Move it Lift it– Gym <b>1:30 – Shopping Trip</b> 7:00 Movie – CH 3</p>	<p>9:00 Exercise CH 3 10:00 - Shake it Move it Lift it– TH 10:00 Bingo – 3<sup>rd</sup> fl AL 2:30 Chapel Services – Chapel 6:30 Mens Shuffleboard – Game Room 7:00 - Movie</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 10:30 Bible Study w Harriet – Chapel 1:00 - Shake it Move it Lift it– Gym 1:00 <b>Veteran Meeting - AC</b> <b>1:30 – Shopping Trip</b> <b>2:00 Northeast Duo - TH</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH 11:00 Dining Committee – Tice Dining Room 12:30 Resident Council Executive Committee – Tice Dining Room 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 2:00 Book Club All Are Welcome – AC 2:00 Ladies Shuffleboard – Game Room <b>2:00 Sy and Shelia Mendel</b> 7:00 Movie – CH 3</p>
<p>9:00 Exercise CH 3 10:00 Bingo – 3<sup>rd</sup> fl AL 10:30 Chapel Services – CH 3 7:00 Movie</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH 2:00 <b>Spiritual Life Committee</b> 7:00 – Movie – CH 3 7:00 – Harmony in Motion -TH</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> <b>10:00 Line Dancing - TH</b> <b>10:00 Art History w Dave -AL 3<sup>rd</sup> fl (Grandma Moses)</b> 1:00 - Shake it Move it Lift it– Gym <b>1:30 Shopping Trip</b> 7:00 Movie – CH 3</p>	<p>9:00 Exercise CH 3 <b>9:00 Fishing Trip</b> 9:30 Sewing Repair - AC 10:00 - Shake it Move it Lift it– TH 2:30 Chapel Services – Chapel 6:30 Mens Shuffleboard – Game Room 7:00 - Movie</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 10:30 Bible Study w Harriet – Chapel <b>12:00 NJ State Fair Trip</b> 1:00 - Shake it Move it Lift it– Gym 1:30 - Knit/Crochet, Card Room 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH <b>11:30 Andover Diner Lunch</b> 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 2:00 Book Club All Are Welcome – AC 2:00 Ladies Shuffleboard – Game Room 7:00 Movie – CH 3</p>
<p>9:00 Exercise 10:00 Bingo – 3<sup>rd</sup> fl AL 10:30 Chapel Services – CH 3 7:00 Movie</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH 7:00 – Movie – CH 3 7:00 – Harmony in Motion TH</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 1:00 - Shake it Move it Lift it– Gym <b>2:00 Resident Council - TH</b> 7:00 Movie – CH 3</p>	<p>9:00 Exercise CH 3 <b>9:30 Shopping Trip</b> 10:00 - Shake it Move it Lift it– TH 10:00 Bingo – 3<sup>rd</sup> fl AL <b>10:30 Good Nutrition - TH</b> <b>2:30 Chapel Services – Chapel</b> 6:30 Mens Shuffleboard – Game Room 7:00 - Movie</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 10:30 Bible Study w Harriet – Chapel <b>11:30 – Roy Ramos- Metcalf Dining</b> 1:00 - Shake it Move it Lift it– Gym <b>1:30 – Shopping Trip</b> <b>6:30 Game Night - CR</b></p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 2:00 Book Club All Are Welcome – AC 2:00 Ladies Shuffleboard – Game Room 7:00 Movie – CH 3</p>
<p>9:00 Exercise 10:00 Bingo – 3<sup>rd</sup> fl AL 10:30 Chapel Services –CH 3 <b>6:30 Metcalf Dining Room Birthday Party – Metcalf Dining Room</b> <b>7:00 Live Entertainment Gigi - TH</b> 7:00 Movie</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH <b>11:00 Lunch Trip - Cracker Barrel</b> 7:00 – Movie – CH 3 7:00 – Harmony in Motion TH</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 1:00 - Shake it Move it Lift it– Gym <b>1:30 – Shopping Trip</b> 7:00 Movie – CH 3</p>	<p>9:00 Exercise CH 3 <b>10:00 – Shake it, Move it, Lift it - TH</b> 10:00 Bingo – 3<sup>rd</sup> fl AL <b>2:30 Chapel Services – Chapel</b> 6:30 Mens Shuffleboard – Game Room 7:00 - Movie</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 10:30 Bible Study w Harriet – Chapel 1:00 - Shake it Move it Lift it– Gym 1:30 - Knit/Crochet, Card Room <b>1:30 – Shopping Trip</b> <b>2:00 Live Entertainment Glen Krakowski - TH</b> 7:00 Movie – CH 3</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH <b>2:00 Therapy Dogs - TH</b> <b>2:00 Scenic Ride-Ice Cream</b> 7:00 – Movie – CH 3</p>	<p>9:00 Exercise – CH 3 <b>Bristol Glen Carnival 11- 4p</b> 7:00 – Movie – Ch 3</p>
<p>9:00 Exercise 10:00 Bingo – 3<sup>rd</sup> fl AL 10:30 Chapel Services – CH 3 7:00 Movie</p>	<p>9:00 – Exercise CH 3 10:00 - Shake it Move it Lift it– TH <b>11:30 Lunch Trip - Argentina Steakhouse</b> <b>2:00 Kim – Chair Yoga</b> 7:00 – Movie – CH 3 7:00 – Harmony in Motion TH</p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 1:00 - Shake it Move it Lift it– Gym <b>1:30 – Shopping Trip</b> 7:00 Movie – CH 3</p>	<p>9:00 Exercise CH 3 <b>10:00 Current Events with Gary – TH</b> 10:00 - Shake it Move it Lift it–Gym 10:00 Bingo – 3<sup>rd</sup> fl AL <b>2:30 Chapel Services – Chapel</b> <b>5:30 Narrow Escape – TH Courtyard</b></p>	<p>9:00 – Exercise CH 3 <b>9:30 – Shopping Trip</b> 10:30 Bible Study w Harriet – Chapel 1:00 - Shake it Move it Lift it– Gym <b>1:30 – Shopping Trip</b> 7:00 Movie – CH 3</p>	<p>Questions? Please call David VandenHeuvel at ext. 1422. All activities are subject to change without notice.</p>	