

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|--|--|---|---|--|
| | | Please remember to wear your mask and keep a social distance of 6 feet outside of your apartment and at all activities. All Activities are limited to 10 Residents. | | | | Activity Packets for the weekends are located on the table next to the mail room. 1 |
| 9:30 Sunday Morning Worship (Channel 1960) 2 | 8:00 Morning Manicures (CMPR) 3 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:00 Joyride to the Sunflower Field 3:30 Chair Yoga (Channel 1960) 4:00 Fun with Music: Name that Tune (Channel 1960/ CMPR) | 9:15 Beginner Balance (Channel 1960) 4 10:00 Morning Social Group (CMPR) 1:00 Travelling Piano Man Greg (Hallways) 2:00 Brain Fitness & Trivia (CMPR) 3:00 Tai Chi Easy (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 5 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:00 Manor Mayhem (Channel 1960) 2:00 Roving Activity Cart 3:00 Chapel Service (Channel 1960) 3:30 Chair Yoga (Channel 1960) 4:00 Cottonwoods Community Voice (Give to Julia) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 6 9:15 Beginner Balance (Channel 1960) 1:30 Community Update With Courtney (Channel 1960) 1:45 Cash/Prize Bingo (Hallway B) 3:00 Tai Chi Easy (Channel 1960) 3:00 Cash/Prize Bingo (CDR) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 7 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:30 Happy Hour Cart! | 8 |
| 9:30 Sunday Morning Worship (Channel 1960) 9 | 8:00 Morning Manicures (CMPR) 10 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:00 Joyride to the Sunflower Field 2:00 Educational Session: Age of Champions (Channel 1960) 3:30 Chair Yoga (Channel 1960) 4:00 Fun with Music: Name that Tune (Channel 1960/ CMPR) | 9:15 Beginner Balance (Channel 1960) 11 10:00 Morning Social Group (CMPR) 1:00 Travelling Piano Man Greg (Hallways) 2:00 Watermelon Cart! 3:00 Tai Chi Easy (Channel 1960) 3:30 Game of Corn hole (By reservation) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 12 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 2:00 Roving Activity Cart 3:00 Chapel Service (Channel 1960) 3:30 Chair Yoga (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 13 9:15 Beginner Balance (Channel 1960) 1:30 Community Update With Courtney (Channel 1960) 1:45 Cash/Prize Bingo (Hallway B) 3:00 Tai Chi Easy (Channel 1960) 3:00 Cash/Prize Bingo (CDR) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 14 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 2:00 Movie Matinee: A beautiful day in the Neighborhood (CMPR) | 15 |
| 9:30 Sunday Morning Worship (Channel 1960) 16 | 8:00 Morning Manicures (CMPR) 17 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:00 Joyride on the town 3:30 Chair Yoga (Channel 1960) 4:00 Fun with Music: Name that Tune (Channel 1960/ CMPR) | 9:15 Beginner Balance (Channel 1960) 18 10:00 Morning Social Group (CMPR) 1:00 Sunflower Craft (CMPR) 1:00 Travelling Piano Man Greg (Hallways) 3:00 Tai Chi Easy (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 19 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:00 Manor Mayhem (Channel 1960) 2:00 Roving Activity Cart 3:00 Chapel Service (Channel 1960) 3:30 Chair Yoga (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 20 9:15 Beginner Balance (Channel 1960) 1:30 Community Update With Courtney (Channel 1960) 1:45 Cash/Prize Bingo (Hallway B) 3:00 Tai Chi Easy (Channel 1960) 3:00 Cash/Prize Bingo (CDR) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 21 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 2:30 Dance Fitness: Charleston (Channel 1960) 3:00 Travelling Birthday Party Cart | 22 |
| 9:30 Sunday Morning Worship (Channel 1960) 23 | 8:00 Morning Manicures (CMPR) 24 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:00 Educational Session: Psoriasis Awareness (Channel 1960) 2:00 Joyride on the town 3:30 Chair Yoga (Channel 1960) 4:00 Fun with Music: Name that Tune (Channel 1960/ CMPR) | 9:15 Beginner Balance (Channel 1960) 25 10:00 Morning Social Group (CMPR) 1:00 Travelling Piano Man Greg (Hallways) 2:00 Taste See & Learn: Sweden (CMPR) 3:00 Tai Chi Easy (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 26 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 2:00 Roving Activity Cart 3:00 Chapel Service (Channel 1960) 3:30 Chair Yoga (Channel 1960) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 27 9:15 Beginner Balance (Channel 1960) 1:30 Community Update With Courtney (Channel 1960) 1:45 Cash/Prize Bingo (Hallway B) 3:00 Tai Chi Easy (Channel 1960) 3:00 Cash/Prize Bingo (CDR) 4:00 Fun With Music (Channel 1960) | 9:00 1:1 Visits 28 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 10:30 Bookmarks Book Club Meeting: The Art Forger (TBD) 1:15 Wii Bowling (By Reservation) 2:30 Ice Cream Sundae & Banana Split Cart | 29 |
| 9:30 Sunday Morning Worship (Channel 1960) 30 | 8:00 Morning Manicures (CMPR) 31 10:00 Stronger Seniors Exercise (Channel 1960/ CMPR) 1:15 Wii Bowling (By Reservation) 2:00 Joyride on the town 3:30 Chair Yoga (Channel 1960) 4:00 Fun with Music: Name that Tune (Channel 1960/ CMPR) | ROOM KEY CMPR-Cottonwoods Multi Purpose Room- 2nd Floor CDR- Cottonwoods Dining Room | | Mail will be delivered to your apartment Monday-Saturday. The Signup sheets for Joyrides are located outside of the Dining Room. | | |

August 2020

COTTONWOODS *Calendar is Subject to Change



WICHITA
Presbyterian Manor