

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p align="center"><b>KEYSTONE BLUFFS</b>  <b>AUGUST 2018 ACTIVITY CALENDAR</b>  <b>Welcome:</b> Barbara Huttel; Virginia Berguson;  Lenny Johnson; Robert Eskola, Violet Smith  <b>Happy Birthday To:</b> Barb Gazett-16<sup>th</sup>; Caryl Veech-18<sup>th</sup>  Ida Nelson-19<sup>th</sup>; Bette Nord-22<sup>nd</sup>; Betty Erdahl-23<sup>rd</sup>; Jack Soetebier-26<sup>th</sup></p>			<p><b>1</b>  9:00 Group Exercise  10:00 Coffee Klatch &amp; Current Events in the Big Courtyard  1:30 Chair Yoga  2:00 Errands on the bus  2:30 Midweek Matinee on the Big Screen: "Duluth: Gateway to the World-Legacy of the Life Bridge"</p>	<p><b>2</b> <b>NAT'L ICE CREAM SANDWICH DAY</b>  9:00 Group Exercise  9:30 Q Nails for pedicures (sign up in the Activity Room)  10:00 Pampered Nails &amp; neck/shoulder massages  2:30 Macho Man Cave Happy Hour (gentlemen only)</p>	<p><b>3</b> <b>NAT'L WATERMELON DAY</b>  9:00 Group Exercise  9:30 Bible Study with Mary  10:00 Shopping Cart  10:30 Catholic Communion with Paule Barbeau  2:15 "Melon Ball": music by Tony &amp; Tom Pitschka  7:30 Movie on the Big screen</p>	<p><b>4</b>  10:00 Bean Bag Toss: Staff vs. Residents  12:00 Piano music with Clara Adamson  2:00 Loose Change Bingo</p>
<p><b>5</b>  9:00 Worship, Hymn Singing &amp; Communion  11:00 Catholic Communion  6:30 Movie on the Big Screen</p>	<p><b>6</b>  9:00 Group Exercise  10:00 Balloon Volleyball: Staff vs. Residents (front lobby)  10:30 Morgan Park Reunion (Activity Room)  1:30 Cribbage &amp; Bridge  2:00 Chair Yoga  3:00 Happy Hour-Music by Glen Laspi</p>	<p><b>7</b> <b>NAT'L RASPBERRIES IN CREAM DAY</b>  9:00 Group Exercise  10:00 Veteran's Coffee Hour with Natalie (private dining room)  10:00 Baking with Kathy: Mug Cakes (BYO Mugs)  10:00 Hear better w/ Hearing Associates  2:00 Loose Change Bingo  3:15 Appetizers</p>	<p><b>8</b> <b>ANNUAL WEAR YOUR MOTHER'S JEWELRY DAY/NAT'L ZUCCHINI DAY</b>  9:00 Group Exercise  10:00 Coffee &amp; Zucchini treats in the Big Courtyard  11:00 Schwan's Truck  1:30 Chair Yoga  2:00 Errands on the bus  2:30 Midweek Matinee: "Sea Biscuit"</p>	<p><b>9</b>  9:00 Group Exercise  10:00 Pampered Nails &amp; Avon calling  11:15 Out-To-Lunch-Bunch: Culver's  2:30 Celebrate National Rice pudding day</p>	<p><b>10</b> <b>NAT'L BANANA SPLIT DAY</b>  9:00 Group Exercise  9:30 Bible Study with Mary  10:00 Shopping Cart  10:30 Catholic Communion with Paule Barbeau  2:00 Banana Splits  3:15 Culinary meeting with Chef David  7:30 Movie on the Big Screen</p>	<p><b>11</b>  10:00 Bean &amp; Bag Toss: Staff vs. Residents  2:00 Loose Change Bingo</p>
<p><b>12</b>  9:00 Worship, Hymn Singing &amp; Communion  11:00 Catholic Communion  6:30 Movie on the Big Screen</p>	<p><b>13</b> <b>BAMBI'S B-DAY (1934)</b>  9:00 Group Exercise  9:30-11:30 Massages (front lobby)  10:00 Balloon Volleyball: Staff vs. Residents (front lobby)  1:30 Meet our In-House pets  2:00 Chair Yoga  3:00 Happy Hour-Music by The Third Street Brothers</p>	<p><b>14</b> <b>NAT'L CREAMSICLE DAY</b>  9:00 Group Exercise  10:00 Veteran's Coffee Hour with Natalie (private dining room)  10:00 Cooking with Kathy: Homemade HOT Fudge Sauce (take home a jar!)  2:00 Loose Change Bingo  3:30 Dreamsicles</p>	<p><b>15</b> <b>NAT'L RELAXATION DAY</b>  9:00 Group Exercise  10:00 RELAX in the Big Courtyard (foot soaks, etc)  1:30 Chair Yoga  2:00 Errands on the Bus  2:30 Midweek Matinee on the Big Screen: "Overboard"</p>	<p><b>16</b> <b>NAT'L TELL A JOKE DAY</b>  9:00 Group Exercise  9:45 Shopping Cart  10:00 Pampered Nails &amp; Hand Massages  2:00 Sing-along-w-Sue  3:00 All-U-Can-Eat-Corn-On the Cob in all three courtyards</p>	<p><b>17</b>  9:00 Group Exercise  9:45 Shopping Cart  10:30 Catholic Communion with Paule Barbeau  <b>10-3:00 p.m</b>  <b>North Shore Tour: Gooseberry Falls with lunch At the Rustic Inn</b>  7:30 Movie on the Big screen</p>	<p><b>18</b>  10:00 Bean Bag Toss: Staff vs. Residents  2:00 Loose Change Bingo</p>
<p><b>19</b>  9:00 Worship, Hymn Singing &amp; Communion  11:00 Catholic Communion  6:30 Movie on the Big Screen  <b>KEYSTONE BLUFFS ANNUAL FUN FAIR 2-5:00 PM</b></p>	<p><b>20</b> <b>LEMONADE'S B-DAY (Paris France 1630)</b>  9:00 Jump Start  10:00 Balloon Volleyball: Staff vs. Residents (front lobby) &amp; hot summer cool-off  1:30 Cribbage &amp; Bridge  2:00 Chair Yoga  3:00 Happy Hour: Music by Jim Goodrich</p>	<p><b>21</b>  9:00 Group Exercise  10:00 Veteran's Coffee Hour with Natalie (private dining room)  10:00 Canning with Kathy: Freezer Jam  2:00 Loose Change Bingo  3:15 Homemade bread Sampling/Strawberry jam</p>	<p><b>22</b> <b>DR. MEINTS FOOT CLINIC STARTING AT 8:15</b>  9:00 Group Exercise  10:00 Coffee &amp; Krispy Kreme donuts in the Big Courtyard  11:00 Schwan's Truck  1:30 Chair Yoga  2:00 Errands on the Bus  2:30 Midweek Matinee on the Big Screen: "The Help"</p>	<p><b>23</b>  9:00 Group Exercise  10:00 Pampered Nails &amp; Avon calling  <b>12:15 Bus leaves for Last Pontoon excursion of the season</b>  2:30 Root Beer floats &amp; resident/staff KARAOKE</p>	<p><b>24</b> <b>DR. MEINTS FOOT CLINIC STARTING AT 8:15</b>  9:00 Group Exercise  9:30 Bible Study  10:00 Shopping Cart  10:30 Catholic Communion with Paule Barbeau  1:30-3:30 Paint along with Mary  7:30 Movie on the Big screen  <b>NATIONAL PEACH DAY</b></p>	<p><b>25</b>  10:00 Bean Bag Toss Staff vs. Residents  2:00 Loose Change Bingo</p>
<p><b>26</b>  9:00 Worship, Hymn Singing &amp; Communion  11:00 Catholic Communion  6:30 Movie on the Big Screen</p>	<p><b>27</b> <b>NAT'L BANANA LOVER'S DAY</b>  9:00 Group Exercise  10:00 Balloon Volleyball: Staff Vs. Residents (front lobby)  10:30 Banana Bonanza!  1:30 Cribbage &amp; Bridge  2:00 Chair Yoga  3:00 Happy Hour: Music By Ruth Maciejeski</p>	<p><b>28</b>  9:00 Group Exercise  10:00 Veteran's Coffee Hour with Natalie (private dining room)  10:00 Pickling with Kathy: Clausen Dills  2:00 Loose Change Bingo  3:15 Appetizers</p>	<p><b>29</b> <b>NAT'L CHOP SUEY DAY</b>  9:00 Group Exercise  10:00 End-of-Summer coffee hour in the Big Courtyard  2:00 August Birthday Party  3:00 Midweek Matinee on the Big screen: "Phantom of the Opera"</p>	<p><b>30</b> <b>NAT'L TOASTED MARSHMALLOW DAY</b>  9:00 Group Exercise  10:00 Pampered Nails &amp; Jewelry cleaning  10:00 Cooking w/ Kathy: Peach Cobbler (peach peelers needed)  2:30 Homemade Peach Cobbler Day</p>	<p><b>31</b>  9:00 Group Exercise  9:45 Shopping cart  10:30 Catholic Communion with Paule Barbeau  <b>ALL DAY PICKLING WITH MARY</b>  7:30 Movie on the Big screen</p>	