

SUN

MON

TUE

WED

THUR

FRI

SAT



Raymonde Garvey 8/1  
 Fran Saturn 8/8  
 Martha Young 8/9  
 Elaine Light 8/10  
 Barbara Kelley 8/12  
 Patricia Cleary 8/13  
 Monis Dachman 8/15  
 Robert Hollensteiner 8/15  
 Suzanne Esenwine 8/15  
 Joanne Beach 8/17  
 Joyce Trebing 8/23  
 Edith Cook 8/25  
 Carion Smith 8/28  
 Gloria Turner 8/31

Tuesday, August 21



National Senior Citizens Day

Coffee with Michael Sriqui

Tuesday 10:00 AM Library



ANC 3D04 Commissioner in the Palisades "What is going on in Palisades"

9:30 AM Coffee and News (The Library) **1**  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **2**  
 11:00 AM Tai Chi (Commons)  
 11:30 AM Lunch Bunch Outing (Black Salt Restaurant)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (clubroom)  
 3:30 PM Brain Fitness (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **3**  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 2:00 PM Pokeno (clubroom)  
 2:45 PM Jewish Service (Second Floor Country Kitchen)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:00 PM Book Club (2nd Floor Country Kitchen (near elevators))  
 7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **4**  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **5**  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **6**  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:30 PM Pets n Pals Visit (library)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **7**  
 10:00 AM Coffee with Michael Sriqui (library)  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **8**  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **9**  
 11:00 AM Sit and Fit Exercise (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:00 PM Parkinson's support group Meeting (Commons)  
 3:30 PM Pokeno (clubroom)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **10**  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 1:30 PM Afternoon Matinee (Commons)  
 2:00 PM Pokeno (clubroom)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **11**  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **12**  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **13**  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 3:00 PM Afternoon Social (library)  
 4:00 PM Grand Oaks Speaker Series (Commons)  
 7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **14**  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **15**  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 11:00 AM Resident Council Meeting (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **16**  
 10:00 AM Avalon Theater Movie Outing  
 11:00 AM Tai Chi (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Brain Fitness (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **17**  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 2:00 PM Pokeno (clubroom)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **18**  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (The Clubroom)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **19**  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **20**  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:00 PM Art Lecture With Roshna (Commons)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **21**  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 12:00 PM Senior Citizen Day Lunch Outing  
 2:00 PM Activities to Go Presentation (Commons)  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **22**  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **23**  
 11:00 AM Tai Chi (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 3:00 PM Focus Group on Aging (Commons)  
 3:00 PM Afternoon Social (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **24**  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 1:30 PM Afternoon Matinee (Commons)  
 2:00 PM Pokeno (clubroom)  
 2:45 PM Jewish Service (Second Floor Country Kitchen)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:15 PM Friday Night Flick (Commons)

10:00 AM Morning Exercise **25**  
 11:00 AM Balloon Tennis  
 1:15 PM Saturday Afternoon Baby Hats Club (library)  
 1:45 PM Opera (Commons)  
 2:00 PM Classical Piano Performance (library)  
 2:15 PM Saturday Afternoon Walking Club  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema presents (commons movie Area)

10:00 AM Shuttle to Our Lady of Victory (Meet in the lobby) **26**  
 10:00 AM Sit and Fit with Personal Trainer Jordan (Commons)  
 10:00 AM Sunday Morning Post with Tea and Muffins (library)  
 11:00 AM Sunday Morning Worship Service (Chapel)  
 11:15 AM Sunday Morning Word Find (The Library)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Symphony (Commons)  
 2:15 PM Walking Club (meet in the library)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Pokeno (Club Room)  
 7:15 PM Grand Oaks Cinema presents

9:30 AM Tea and Muffin W/ Current Event (library) **27**  
 10:00 AM Trivia (library)  
 11:00 AM Tai Chi (Commons)  
 2:00 PM Blackjack (library)  
 3:00 PM Afternoon Social (library)  
 7:15 PM Grand Oaks Cinema (Commons)

9:30 AM Tea and Muffin (library) **28**  
 11:00 AM Tai Chi (Commons)  
 11:00 AM Tech Support With Jordan  
 12:00 PM Monthly Birthday Lunch (clubroom)  
 1:30 PM Scenic Van Ride  
 3:00 PM Hor d'oeuvres & Riddles With Jordan (library)  
 4:00 PM Word Find (library)  
 7:15 PM Grand Oaks Cinema presents a Musical (Commons)

9:30 AM Coffee and News (The Library) **29**  
 10:00 AM Seated Boot Camp w/ Owen (Commons)  
 12:30 PM Catholic Mass (Sibley Chapel)  
 1:30 PM Sip and Paint (clubroom)  
 3:00 PM Afternoon Social (library)  
 3:30 PM Arts & Crafts (clubroom)  
 3:45 PM Dominoes (clubroom)  
 4:00 PM Meditation and Mindfulness (Commons)  
 7:15 PM Movie Night

9:15 AM Tea and Muffin (library) **30**  
 11:00 AM Tai Chi (Commons)  
 1:00 PM Tai Chi w/ Thomas (Oasis)  
 2:00 PM Beading Class (Club Room)  
 3:00 PM Afternoon Social (library)  
 4:00 PM Catholic Rosary (Chapel)  
 7:15 PM Grand Oaks Cinema Presents (Commons)

9:30 AM Trivia, Tea and Muffin (library) **31**  
 11:00 AM Morning Exercise w/ Legacy (Commons)  
 1:30 PM Shopping Trip (Meet in the lobby)  
 2:00 PM Pokeno (clubroom)  
 3:30 PM Happy Hour W/ steel drum band (Commons)  
 7:00 PM Book Club (2nd Floor Country Kitchen (near elevators))  
 7:15 PM Friday Night Flick (Commons)

