















SEPTEMBER HIGHLIGHTS

- Art Show Hanging & Reception
- Australia Features
- Fall Prevention Presentation
- Celebration of Centenarians
- Tapestry Movie Series on Hitchcock continues
- Line Dancing Class
- Tapestry Series on Growing Up in America

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>LOCATION KEY</p> <p>G1-Garage 1st Floor 201-Fitness Room 310-Club Room 310 AC-Aquatic Center CH-St. Edward Chapel GAL-Gallery Dining Room HPL-Highland Parking Entrance</p> <p>MR-Music Room MWW-Manor Walkway PAC-Performing Arts Center SDR-Snowden Dining Room TT-Terrace Tearoom TWW-Terrace Walkway WAY-Waynoka Entrance</p>		<p>DR. WARREN'S CLINIC HOURS</p> <p>Tue, September 5 - 12:30-3:00 PM Wed, September 13 - 12:30-3:00 PM Tue, September 19 - 12:30-3:00 PM Wed, September 27 - 12:30-3:00 PM</p>	<p>An Asterisk after the Event Name* indicates that you must sign up for that event either in the Activity Book or in CATIE.</p>	<p>1</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY 11:30 AM Trezevant Explores*: Rebecca Arndt, IRIS Collective PAC 2:00 PM MOVIE: Oh, God! (PG, 1977, 4.5*, 1h37m) PAC 5:00 PM TGIFT! with Duane Cleveland (Oldies) MR</p> 	<p>2</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Australia (PG-13, 2008, 4.5*, 2h45m) PAC 5:30 PM Dinner & Music with Sandra Miller (Piano) SDR</p>
<p>3</p> <p>10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: Peace by Chocolate (PG-13, 2022, 4.5*, 1h37m) PAC</p>	<p>4</p> <p>11:30 AM-1:00 PM Holiday Lunch SDR 2:00 PM Lectio Divina CH</p> <p>No Fitness Classes and SDR & Bistro will be closed this evening.</p> <p>Happy Labor Day!</p> 	<p>5</p> <p>8:15 AM Water Aerobics AC 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 11:00 AM Walgreen's Senior Day* WAY 12:30 PM OUTING TO MALCO CINEMA* Sounds of Freedom WAY</p> 	<p>6</p> <p>8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Serv CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to Trader Joe's* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Take Your Brain to the Gym MR</p>	<p>7</p> <p>9:00 AM Podiatrist* TT 9:00 AM-4:00 PM Dottie's Digs' Sale G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 4:00-5:00 PM Sewing Circle MR 5:00 PM Happy Hour PAC</p>	<p>8</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM-Noon Seamstress Anne Thompson MR 10:00 AM Outing to Superlo* WAY 2:00 PM MOVIE: Spartacus (PG-13, 1960, 4.5*, 3h8m) PAC 5:30 PM Dinner Music with Rick Nethery (Guitar) SDR</p>	<p>9</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Muriel's Wedding (R, 1995, 4.5*, 1h45m) PAC 3:00-5:00 PM Steve Nelson Art Exhibit and Reception TWW</p> 
<p>10 Assisted Living Week</p> <p>10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: The Colour Room (R, 2021, 5*, 1h51m) PAC 5:00 PM Special Performance: Dubois Duo (Classical) PAC</p> 	<p>11 PATRIOT DAY</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC</p>	<p>12</p> <p>8:15 AM Water Aerobics AC 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 10:00 AM Ladies' Coffee Hour MR 11:00 AM Gentle Aquatics AC 11:00 AM Transportation to Rhodes-Maxwell Luncheon: Debbie Litch WAY 4:00 PM Celebrate Australia!! PAC</p>	<p>13</p> <p>8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Tour of Church Health Center* Lunch provided WAY 10:00 AM Catholic Mass CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Conversations with Kent PAC</p>	<p>14</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 11:30 AM Lunch & Learn*: CATIE Lunch provided. PAC 1:00 PM Gentle Aquatics AC 3:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC 7:15 PM Special Performance: Golden Age of Gospel with Paul Morphis PAC</p>	<p>15</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM Tapestry Event: Hitchcock Movie Series, <i>Notorious</i>, with discussion with Steve Ross PAC</p> 	<p>16</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Gallipoli (PG, 1981, 4.5*, 1h51m) PAC 5:00 PM Saturday Music Hour with the Jim Mahannah Band CA (Big Band) PAC</p>
<p>17</p> <p>10:30 AM Sunday Worship & Holy Communion CH 2:00 PM MOVIE: The Wife (R, 2017, 4.5*, 1h41m) PAC</p>	<p>18</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina with Anne Carriere CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC</p> 	<p>19</p> <p>8:15 AM Water Aerobics AC 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 1:30 PM IFF Club Meeting PAC 3:00 PM Tapestry Event: Growing Up in America-Public Schools PAC 4:00 PM Idlewild Communion for All CH</p>	<p>20</p> <p>8:15 AM Water Aerobics AC 9:00-10:15 AM Tim the Produce Man HG 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Serv CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Celebration of Centenarians MR/Lobby</p>	<p>21</p> <p>9:00 AM-4:00 PM Dottie's Digs' G1 9:15 AM Better Balance PAC 10:00 AM Yoga 201 10:15 AM Early Vote Transportation* WAY 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 11:00 AM Transportation to MIFA Luncheon* For ticketholders. WAY 1:00 PM Gentle Aquatics AC 3:00 PM Presentation: Fall Prevention PAC 5:00 PM Happy Hour PAC</p> 	<p>22</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Superlo* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM MOVIE: Calvin Coolidge Documentary (PG, 2010, 5*, 2h2m) PAC 5:30 PM Dinner Music with Tim Stanek (Piano) SDR</p>	<p>23</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: Babe (G, 1995, 5*, 1h31m) PAC 5:00 PM Saturday Music Hour with Joyce Cobb (R&B/Jazz) Bistro</p>
<p>24</p> <p>10:30 AM Sunday Worship & Holy Communion CH 1:00 PM Outing to Redbirds Game* WAY 2:00 PM COMEDY: Nate Bargatze-The Tennessee Kid (TV-PG, 2019, 4.5*, 1h) PAC</p> 	<p>25</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Tai Chi PAC 10:00 AM Yoga 201 10:15 AM Early Vote Transportation* WAY 11:00 AM Men's Exercise PAC 11:00 AM Pilates 201 1:00 PM Bridge SDR 2:00 PM Lectio Divina CH 2:00 PM Stretch 201 5:00 PM Happy Hour PAC</p>	<p>26</p> <p>8:15 AM Water Aerobics AC 9:00 AM-5:00 PM Thrive Hearing Tests by appointment only* Manor 304 9:15 AM Advanced Core PAC 10:00 AM Yoga 201 11:00 AM Gentle Aquatics AC 3:00 PM Tapestry Event: Growing Up in America-Public Schools PAC</p>	<p>27 Trailblazers - Little Rock</p> <p>8:15 AM Water Aerobics AC 9:15 AM Strength & Balance PAC 10:00 AM Catholic Lay Eucharistic Serv CH 10:00 AM Men's Coffee Hour 310 10:00 AM Outing to High Point Gro* WAY 10:00 AM Tai Chi PAC 2:00 PM Stretch & Strengthening 201 3:30 PM Chaplains' Class: Dr. Old Testament Study with Steve McKenzie CH 4:30 PM Take Your Brain to the Gym MR 6:00 PM Birthday Night SDR</p>	<p>28 Trailblazers - Little Rock</p> <p>9:15 AM Better Balance PAC 10:00 AM Yoga 201 11:00 AM Men's Exercise PAC 11:00 AM Seated Yoga 201 1:00 PM Gentle Aquatics AC 5:00 PM Happy Hour PAC</p> 	<p>29 Trailblazers - Little Rock</p> <p>8:15 AM Water Aerobics AC 9:15 AM Stretching PAC 10:00 AM Outing to Kroger* WAY NEW! 11:00 AM Line Dancing with Jesse PAC 2:00 PM MOVIE: Million Dollar Mermaid (PG, 1952, 4.5*, 1h49m) PAC 5:00 PM TGIFT! with Bobby Lawson (Oldies) MR</p> 	<p>30</p> <p>9:15 AM Strength & Balance PAC 10:00 AM Gentle Aquatics AC 11:00 AM Men's Exercise PAC 2:00 PM MOVIE: The Man from Snowy River (PG, 1982, 5*, 1h44m) PAC 5:00 PM Saturday Music Hour with the Penny Kings (Oldies) PAC 7:00 PM Transportation for ticketholders to MSO* Chris Brubeck Guitar Concerto WAY</p>