







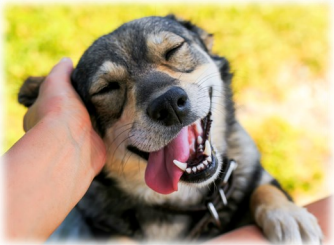




# Oak Gables



# 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 <p>Aster &amp; Sapphire</p>	<p>Programs with NBH, CY, or MDR listed after the title are happening in person; other programs can be watched on channel 990. An asterisk (*) indicates viewing on channel 992.</p>	<p><b>KEY</b>  <b>NBH1 - Common Area of NBH1</b>  <b>NBH2 - Common Area of NBH2</b>  <b>NBH3 - Common Area of NBH3</b>  <b>MDR - Main Dining Room</b>  <b>CY - Courtyard</b></p> <p>Calendar and activities are subject to change.</p>	<p><b>1</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Crossword Puzzle NBH3            11:00 Balance Class            1:15 Book Club NBH2            2-4:30 Trishaw Rides</p>	<p><b>2</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Java Music &amp; Chat Club NBH2            11:00 Balance Class            1:30 Movie in NBH2 "Doctor Zhivago"</p>	
<p><b>4</b> 9:30 Mass            2:00 Bingo with John NBH2</p> 	<p><b>5</b></p> 	<p><b>6</b> <i>Bee out</i>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            11:00 Balance Class            1:30 Bible Study NBH1            3:30 Ella Tickles the Ivories NBH3</p>	<p><b>7</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            11:00 Balance Class            1:30 Buddy Holly Bio NBH2            3:00 Story Time            3:30 Joey Clark Performs! NBH3</p>	<p><b>8</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Patsy Cline Bio NBH1            11:00 Balance Class            1:15 Book Club NBH2            2-4:30 Trishaw Rides</p>	<p><b>9</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Java Music &amp; Chat Club NBH3            11:00 Balance Class            1:30 Movie in NBH1 "Philomena"</p>	
<p><b>11</b> 9:30 Mass            2:00 Bingo with John NBH2</p> 	<p><b>12</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 September Songwriting NBH2            1:30 Dog Visits with Pepper            3:00 Chocolate Milkshake Day NBH3</p>	<p><b>13</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Warm Rolls Social NBH1            11:00 Balance Class            1:30 Bible Study NBH1            3:30 Ella Tickles the Ivories NBH3</p>	<p><b>14</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Word Game Wednesday NBH2            1:30 Painting with Sally NBH2            3:00 September Birthdays Party MDR</p>	<p><b>15</b> <i>Bee out</i>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            11:00 Balance Class            2-4:30 Trishaw Rides</p>	<p><b>16</b> <i>Bee out</i>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            11:00 Balance Class            1:30 Movie in NBH2 "On Golden Pond"</p>	
<p><b>18</b> 9:30 Mass            2:00 Bingo with John NBH2</p> 	<p><b>19</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Tour New Zealand NBH1            11:00 Balance Class            1:30 Mary Tyler Moore NBH2            3:30 Talk Like A Pirate Day NBH3</p>	<p><b>20</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Warm Rolls Social NBH2            1:30 Tickling the Ivories Trivia NBH1            3:30 Ella Tickles the Ivories NBH3</p>	<p><b>21</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            11:00 Balance Class            1:30 Painting with Sally NBH2            2:30 Yes, Virginia... NBH1            3:30 Songs for Autumn NBH3</p>	<p><b>22</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Centenarians Day NBH2            11:00 Balance Class            1:15 Book Club NBH2            2-4:30 Trishaw Rides</p>	<p><b>23</b> 9:30 Mass            10:05 Wellness Exercise MDR            10:30 Java Music &amp; Chat Club NBH1            1:30 Movie in NBH1 "Yellow Rose"            3:30 Cheri Sykes Performs! NBH3</p>	
<p><b>25</b> 9:30 Mass            2:00 Bingo With John NBH2</p> 	<p><b>26</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Gershwin Bio NBH3            11:00 Balance Class            1:30 Dog Visits with Pepper            3:30 Cranium Crunches NBH2</p>	<p><b>27</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Warm Rolls Social NBH3            1:30 Bible Study NBH1            3:00 Pray for Ukraine            3:30 Ella Tickles the Ivories NBH3</p>	<p><b>28</b>            8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Good Neighbor Day NBH1            11:00 Balance Class            1:30 Hymn Sing w/ Kathy NBH2            3:30 Seated Yoga CY</p>	<p><b>29</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Singing Cowboy Day NBH3            11:00 Balance Class            1:15 Book Club NBH2            2-4:30 Trishaw Rides</p>	<p><b>30</b> 8:30 Yoga Video *            9:30 Mass            10:05 Wellness Exercise MDR            10:30 Java Music &amp; Chat Club NBH2            11:00 Balance Class            1:30 Movie in NBH2 "Wizard of Oz"</p>	<p>Contact Bee (Life Enrichment Coordinator) with questions or requests at *5107</p> 