

SUN

MON

TUE

WED

THUR

FRI

SAT

ROOM KEY
WBD - (WBD)
AS - Art Studio
B - Brandywine
BC - Business Center
ES - Exercise Studio
FC - Fitness Center
FC - Front Circle
GR - Game Room
ML - Meet in Lobby
P - Pool
T - Tavern
W - Washington Room
WBD - Well by Design Office



DIMENSIONS OF WELLNESS
SP.....SPIRITUAL
E.....EMOTIONAL
SO.....SOCIAL
V.....VOCATIONAL
I.....INTELLECTUAL
P.....PHYSICAL
H.....HEALTH SERVICES
EN.....ENVIRONMENTAL

7:15 Baltimore Inner Harbor/Klein's \$49 3/SO (ML)
9:00 St. Benedict's Mass 2/SP (ML)
11:00 St. Benedict's In-House Communion Service 1/SP (ES)
1:00 Bridge 1/I (T)
3:00 Outdoor Games 2/P (Patio Area)
3:00 Fawly Towers/A Touch of Class & The Builders 1/SO (ES)
4:30 The Bridge Inn 2/SO (ML)
6:00 LCR Dice 1/SO (AS)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 New Class "SPLASH" 1/P (P)
10:45 Water Volleyball 2/P (P)
11:00 Pilates Body Conditioning 1/E (ES)
1:00 Wii 1/P (ES)
1:45 Piano Time with Don 1/E (T)
3:00 Sundaes on Mondays 1/SO (T)
3:30 Needlework Club 1/V (AS)
6:00 Zumba 1/P (ES)
6:45 Hand & Foot 1/I (T)
7:00 Rosary 1/SP (AS)

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8:30 Shady Maple Buffet & Market 3/SO (ML)
9:00 Personal Training 1/P (FC)
10:00 Brain Body Building 1/SP (BC)
10:00 Line Dancing 1/P (AS)
10:00 Walk Away the Pounds 1/P (ES)
11:00 Sit-er-cize 2/E (ES)
1:00 Landis Valley Village & Farm Hands On History Days \$10 3/EN (ML)
1:00 Mah-Jong 1/I (T)
1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)
2:00 Movie/Paddington 1/E (ES)
3:30 Happy Hour 1/SO (T)
5:00 Literary Dinner Club/The Bookshop on the Corner 1/E (W)
6:45 Games 1/SO (T)
7:00 The Science of Measurement/Mass & Moles 1/I (ES)
7:00 Mah-Jong 1/I (T)

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9:00 Step with Mark 2/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Chat Cafe (T)
10:00 Water Volleyball 2/P (P)
10:00 Yoga 1/SP (ES)
11:00 Whimsydoodle Jams (Cash Only) 1/SO (T)
11:00 Heritage Benefit Bags \$10 1/V (T)
11:00 Lora's Chocolates (Cash Only) 1/SO (T)
11:15 Healthy Eating Habits with Patrick 1/HS (ES)
1:00 Balance Basics with Catina 1/P (ES)
1:30 Residents Council Meeting (Please wear your name tag) 1/I (B)
6:00 Music of the British Isles & Irish Thunder Pipes Carillon Concert 2/SP (ML)
7:00 Pinochle 1/I (T)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Socrates Cafe 1/I (T)
11:00 Pilates Body Conditioning 1/E (ES)
11:00 Outdoor Quoits 2/P (AS)
1:00 Vynecrest Vineyard & Winery \$5 3/EN (ML)
2:00 Sit-er-cize 1/P (ES)
2:30 GHM Volunteering 1/V (ML)
3:15 Design of Life/Metamorphosis 1/I (ES)
3:30 Happy Hour 1/SO (T)
5:00 Landsharks @ Gring's Mill 2/E (ML)
6:30 Outdoor Games 2/P (Patio Area)
6:45 5 Crowns Card Game 1/I (T)
7:00 Lark Rise to Candlewood/Polly Abandoned 1/SO (ES)

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9:15 Yoga 1/SP (ES)
10:00 Water Volleyball 2/P (P)
10:00 Soup Kitchen Volunteering 2/V (ML)
10:15 Chair Yoga 1/SP (ES)
12:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
12:15 Mah-Jong 1/I (T)
1:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)
1:00 Mr Softee Ice Cream in Parking Lot 1/SO (FC)
1:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
3:00 Pick Up Pool Games 1/I (GR)
6:30 Poker 1/SO (GR)
7:15 Veteran's Bingo 1/V (T)

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8:30 Prayer Breakfast 1/SP (B)
10:00 Peach Festival & Sidewalk Sale @ Peddler's Village 3/EN (ML)
10:00 Walk Away the Pounds 1/P (ES)
11:00 Water Zumba 2/P (P)
1:00 Bridge 1/I (T)
6:00 Sam Schmidhuber @ New Holland 2/E (ML)
7:00 Saturday Cinema/Run the Wild Fields 1/SO (ES)

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9:00 St. Benedict's Mass 2/SP (ML)
11:00 St. Benedict's In-House Communion Service 1/SP (ES)
1:00 Bridge 1/I (T)
1:00 Anything Goes Art/App & Wine Workshop \$10 1/E (AS)
1:30 Covered Bridges of Berks County 2/I (ML)
3:00 Outdoor Games 2/P (Patio Area)
3:00 Fawly Towers/The Wedding Party & The Hotel 1/SO (ES)
4:30 Schmeck's 2/SO (ML)
5:30 Charlie Zahn @ Mohnton Park 2/E (ML)
6:00 LCR Dice 1/SO (AS)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 New Class "SPLASH" 1/P (P)
10:45 Water Volleyball 2/P (P)
11:00 Pilates Body Conditioning 1/E (ES)
1:00 Wii 1/P (ES)
1:45 Piano Time with Don 1/E (T)
3:00 Sundaes on Mondays 1/SO (T)
3:30 PREVIEW Upcoming WBD Events 1/I (ES)
6:00 Zumba 1/P (ES)
6:45 Hand & Foot 1/I (T)
7:00 Heritage RR Club 1/V (GR)

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9:00 Personal Training 1/P (FC)
10:00 Brain Body Building 1/SP (BC)
10:00 Line Dancing 1/P (AS)
10:00 Walk Away the Pounds 1/P (ES)
11:00 Colebrookdale Railroad Secret Valley Expedition \$25 3/I (ML)
11:00 Sit-er-cize 2/E (ES)
1:00 Mah-Jong 1/I (T)
1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)
2:00 Movie/The Titfield Thunderbolt 1/E (ES)
6:00 Zentangle 1/E (AS)
6:45 Games 1/SO (T)
7:00 The Science of Measurement/Light, Heat & Electricity 1/I (ES)
7:00 Mah-Jong 1/I (T)

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9:00 Step with Mark 2/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Water Volleyball 2/P (P)
10:00 Yoga 1/SP (ES)
12:00 Hippie Tie Dye Fashion Show 1/SO (T)
12:15 Mah-Jong 1/I (W)
1:00 Bridge 1/I (T)
1:00 Balance Basics with Catina 1/P (ES)
2:00 Gems with Bonnie "Phenomenal Gemstones" 1/I (AS)
3:00 Belly Dance with Cindy 2/E (FC)
4:30 Captain's Cove Lobster Night 3/SO (ML)
7:00 Pinochle 1/I (T)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Valley Forge National Park Trolley Tour \$15 3/I (ML)
11:00 Pilates Body Conditioning 1/E (ES)
11:00 Outdoor Quoits 2/P (AS)
1:00 Woman's Support Group 1/HS (W)
2:00 Sit-er-cize 1/P (ES)
2:30 GHM Volunteering 1/V (ML)
3:15 Design of Life/Flight 1/I (ES)
3:30 Happy Hour 1/SO (T)
4:30 Scoupe de Ville (Cash Only) 1/SO (ML)
6:30 Outdoor Games 2/P (Patio Area)
6:45 5 Crowns Card Game 1/I (T)
7:00 Lark Rise to Candlewood/New Gates 1/SO (ES)

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9:15 Yoga 1/SP (ES)
10:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)
10:00 Water Volleyball 2/P (P)
10:15 Chair Yoga 1/SP (ES)
12:15 Mah-Jong 1/I (T)
1:00 Shillington Market & Goodwill 3/EN (ML)
1:00 Giant 2/SO (ML)
3:00 Pick Up Pool Games 1/I (GR)
6:30 Poker 1/SO (GR)

17

10:00 Walk Away the Pounds 1/P (ES)
11:00 Water Zumba 2/P (P)
1:00 Bridge 1/I (T)
4:30 Batman Dance Party 1/SO (T)
5:30 Symphony Under the Stars @ Longwood Gardens \$40 3/E (ML)
7:00 Saturday Cinema/Shining Through 1/SO (ES)
10:30 Oakes Museum of Natural History \$4 3/I (ML)

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9:00 St. Benedict's Mass 2/SP (ML)
11:00 St. Benedict's In-House Communion Service 1/SP (ES)
1:00 Bridge 1/I (T)
3:00 Outdoor Games 2/P (Patio Area)
3:00 Fawly Towers/Gourmet Night & The Germans 1/SO (ES)
4:30 The Pourhouse Lobster Sunday 2/SO (ML)
6:00 Rizzetta's Tones @ New Holland 2/E (ML)
6:00 LCR Dice 1/SO (AS)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 New Class "SPLASH" 1/P (P)
10:45 Water Volleyball 2/P (P)
11:00 Pilates Body Conditioning 1/E (ES)
1:00 Wii 1/P (ES)
1:45 Piano Time with Don 1/E (T)
3:00 Sundaes on Mondays 1/SO (T)
3:30 Needlework Club 1/V (AS)
6:00 Zumba 1/P (ES)
6:45 Hand & Foot 1/I (T)
7:00 Rosary 1/SP (AS)

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9:00 Personal Training 1/P (FC)
10:00 Brain Body Building 1/SP (BC)
10:00 Elmwood Zoo \$13 3/EN (ML)
10:00 Line Dancing 1/P (AS)
10:00 Walk Away the Pounds 1/P (ES)
11:00 Sit-er-cize 2/E (ES)
1:00 Mah-Jong 1/I (T)
1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)
2:00 Movie/Ethel & Ernest 1/E (ES)
3:30 Happy Hour & Appetizers 1/SO (T)
6:45 Games 1/SO (T)
7:00 Private Life of a Masterpiece/Botticelli & Uccello 1/E (ES)
7:00 Mah-Jong 1/I (T)

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6:15 Atlantic City Thunder Over the Boardwalk on Klein's \$42 3/I (ML)
8:00 Sticky Bun Fundraiser for Alzheimer's Walk 1/V (T)
9:00 Step with Mark 2/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Water Volleyball 2/P (P)
10:00 Yoga 1/SP (ES)
11:15 Healthy Eating Habits with Patrick 1/HS (ES)
12:15 Mah-Jong 1/I (W)
1:00 Bridge 1/I (T)
1:00 Balance Basics with Catina 1/P (ES)
6:00 Tom Gurin Carillon Concert 2/SP (ML)
7:00 Pinochle 1/I (T)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 VIST Bank 1/SO (ML)
10:30 Great Decisions Discussion Group 2018 1/I (BC)
11:00 Pilates Body Conditioning 1/E (ES)
11:00 Outdoor Quoits 2/P (AS)
11:00 Berkshire Mall/JoAnn/Dick's 3/SO (ML)
12:00 Baseball PHILLIES vs Washington \$1 Dogs \$2 Beer 1/SO (T)
2:00 Sit-er-cize 1/P (ES)
2:30 GHM Volunteering 1/V (ML)
3:15 Nature: Animal Odd Couples 1/EN (ES)
3:30 Happy Hour 1/SO (T)
5:00 Rainbow Comedy Playhouse/Love, Lies & the Lottery \$33 2/E (ML)
6:30 Outdoor Games 2/P (Patio Area)
6:45 5 Crowns Card Game 1/I (T)
7:00 Lark Rise to Candlewood/New Schoolmaster 1/SO (ES)

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9:15 Yoga 1/SP (ES)
10:00 Water Volleyball 2/P (P)
10:15 Chair Yoga 1/SP (ES)
12:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
12:15 Mah-Jong 1/I (T)
1:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)
1:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
3:00 Pick Up Pool Games 1/I (GR)
6:30 Poker 1/SO (GR)
11:30 Veteran's Lunch 1/V (B)

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10:00 Walk Away the Pounds 1/P (ES)
11:00 Water Zumba 2/P (P)
1:00 Bridge 1/I (T)
7:00 Saturday Cinema/"42" The Jackie Robinson Story 1/SO (ES)

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9:00 St. Benedict's Mass 2/SP (ML)
11:00 St. Benedict's In-House Communion Service 1/SP (ES)
1:00 Bridge 1/I (T)
1:00 Anything Goes Art/App & Wine Workshop \$10 1/E (AS)
1:15 Butterfly Walk @ Blue Marsh 4/EN (ML)
3:00 Outdoor Games 2/P (Patio Area)
3:00 Fawly Towers/Communication Problems & The Psychiatrist 1/SO (ES)
4:30 Anthony's Italian Trattoria 2/SO (ML)
6:00 LCR Dice 1/SO (AS)

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9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
10:00 New Class "SPLASH" 1/P (P)
10:45 Water Volleyball 2/P (P)
11:00 Pilates Body Conditioning 1/E (ES)
1:00 Wii 1/P (ES)
1:45 Piano Time with Don 1/E (T)
3:00 Sundaes on Mondays 1/SO (T)
6:00 Zumba 1/P (ES)
6:45 Hand & Foot 1/I (T)

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9:00 Personal Training 1/P (FC)
10:00 Brain Body Building 1/SP (BC)
10:00 Line Dancing 1/P (AS)
10:00 Walk Away the Pounds 1/P (ES)
10:30 Pride of the Susquehanna Sightseeing Tour \$0 3/I (ML)
11:00 Sit-er-cize 2/E (ES)
1:00 Mah-Jong 1/I (T)
1:00 Memoir Writing with Claire/Session 1 Continues 1/E (W)
2:00 Movie/Our Brand is Crisis 1/E (ES)
4:30 Boehringer's Drive-In (Cash Only) 2/SO (ML)
6:45 Games 1/SO (T)
7:00 Private Life of a Masterpiece/DaVinci & Della Francesca 1/E (ES)
7:00 Mah-Jong 1/I (T)

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9:00 Step with Mark 2/P (ES)
9:00 Personal Training 1/P (FC)
10:00 Water Volleyball 2/P (P)
10:00 Yoga 1/SP (ES)
12:15 Mah-Jong 1/I (W)
1:00 Bridge 1/I (T)
1:00 Balance Basics with Catina 1/P (ES)
1:00 "Avoiding Phone Scams" a talk by Cumru Police Chief Madison Winchester 1/I (AS)
3:00 Belly Dance Practice 2/E (FC)
4:30 CLAM BAKE 1/SO (ML)
6:00 Robin Austin Carillon Concert 2/SP (ML)
7:00 Pinochle 1/I (T)

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9:00 Hollywood Casino 3/SO (ML)
9:00 Tai-Chi 1/P (ES)
9:00 Personal Training 1/P (FC)
11:00 Pilates Body Conditioning 1/E (ES)
11:00 Outdoor Quoits 2/P (AS)
2:00 Sit-er-cize 1/P (ES)
2:30 GHM Volunteering 1/V (ML)
3:15 Vanishing Bees 1/EN
3:30 Happy Hour 1/SO (T)
6:00 Heritage Men's Reading Club 1/I (B)
6:30 Outdoor Games 2/P (Patio Area)
6:45 5 Crowns Card Game 1/I (T)
7:00 Lark Rise to Candlewood/Laura's Suitors 1/SO (ES)

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6:30 Ocean City on Klein's \$42 3/SO (ML)
9:15 Yoga 1/SP (ES)
10:00 Water Volleyball 2/P (P)
10:15 Chair Yoga 1/SP (ES)
11:00 Soft Pretzel Sale/\$1 Donation for Alzheimer's Walk 1/V (T)
12:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
12:15 Mah-Jong 1/I (T)
1:00 Redner's, \$ Store, Aldi & Rite Aid 2/SO (ML)
3:00 Pick Up Pool Games 1/I (GR)
6:30 Poker 1/SO (GR)
10:00 Medication Drop Off in Cheryl's Office 1/EN (WBD)

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WALKING CODES
1-LITTLE
2-SOMEWHAT
3-MODERATE & SEATS
4-MODERATE
5-VERY MUCH

August 2018