


# August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Trash and recycle pickup is every Monday &amp; Thursday. Please call Karen at 418-2352 if you have any questions. Please have it ready for pickup by 9:00 am.</b></p>	<p><i>Please call Karen at 418-2352 if you have any questions about programs.</i></p>	<p><b>Transportation will be provided to socials and resident council meetings. Please call Karen at 418-2352 the morning before scheduled event.</b></p>		<p>1 9:00 Water Aerobics 10:00 Health Topics-Villa 10:00 Enka Library 10:30 Advanced Yoga-Villa 11:00 Qigong 2:00 Farmers Market</p>	<p>2 9:00 LI-Water Aerobics 11:30 Balance &amp; Flex 2:00 Wii Bowling</p>	<p>3 10:00 Weekend Walkabout</p>
<p>4 10:00 Weekend Walkabout</p>	<p>5 10:00 Tai-ji 2:00 Rummykub 3:00 Balance &amp; Exercise-Villa 4:00 Water Aerobics 4:30 <u>Movie-The Kid Who Would Be King</u></p>	<p>6 9:00 Water Aerobics 11:00 Lunch at Tupelo Honey</p>	<p>7 9:30 Monarch Garden Vol. 11:30 Balance and Flex 4:00 Resident Council Meeting 4:00 Water Aerobics</p>	<p>8 9:00 Water Aerobics 10:00 Health Topics-Villa 10:00 Ladder Ball 10:30 Advanced Yoga-Villa 11:00 Qigong 2:00 Walmart Shopping</p>	<p>9 9:00 LI-Water Aerobics 11:30 Balance &amp; Flex 2:00 Clear Captions Presentation and Ice-cream</p>	<p>10 10:00 Weekend Walkabout</p>
<p>11 10:00 Weekend Walkabout</p>	<p>12 10:00 Tai-ji <b>10:00 Aldi Shopping</b> 3:00 Balance &amp; Exercise-Villa 4:00 Water Aerobics 4:30 <u>Movie-The Death of Stalin</u></p>	<p>13 9:00 Water Aerobics 1:15 Estates Luncheon 5:00 CC Reserve AK 6:45 Pole Creek Singers</p> 	<p>14 9:30 Monarch Garden Vol. 10:00 Tai-ji 10:00 Bocce Ball 11:30 Balance and Flex 2:30 Music With Ben Lanning-Villa Activity Room</p>	<p>15 9:00 Water Aerobics 10:00 Health Topics-Villa 10:30 Advanced Yoga-Villa 11:00 Qigong <b>2:00 Scrabble</b></p>	<p>16 9:00 CC Reserve-SS 9:00 LI-Water Aerobics 11:30 Balance &amp; Flex 2:30 CC Reserve SJ</p>	<p>17 10:00 Weekend Walkabout</p>
<p>18 10:00 Weekend Walkabout 2:30 Francis Asbury Methodist Church- Villa Activity Room</p>	<p>19 10:00 Tai-ji <b>2:00 Ticket To Ride</b> 3:00 Balance &amp; Exercise-Villa 4:00 Water Aerobics 4:30 <u>Movie-Mary Poppins Returns</u></p>	<p>20 9:00 Water Aerobics 10:00 Pisgah Men 2:00 Pisgah Women</p>	<p>21 9:30 Monarch Garden Vol. 10:00 Tai-ji 11:30 Balance and Flex <b>2:00 Open Shopping</b> 4:00 Water Aerobics</p>	<p>22 9:00 Water Aerobics 10:00 Health Topics-Villa 10:30 Advanced Yoga-Villa 2:00 Creative Corner Ribbon Flower Pin With Donna Van Wezel</p>	<p>23 9:00 LI-Water Aerobics 11:30 Balance &amp; Flex 10:00 Wellness Walk at Beaver Lake 2:00 Pig in the Poke Bingo</p>	<p>24 10:00 Weekend Walkabout</p>
<p>25 10:00 Weekend Walkabout CC Reserve FP</p>	<p>26 10:00 Tai-ji <b>2:00 Ticket To Ride</b> 3:00 Balance &amp; Exercise-Villa 4:00 Water Aerobics 4:30 <u>Movie-Alpha</u> 7:00 CC Reserve FP</p>	<p>27 9:00 Water Aerobics 2:30 Beat the Heat Ice Cream Social</p> 	<p>28 9:30 Monarch Garden Vol. 10:00 Tai-ji 10:00 Ingles Shopping 11:30 Balance and Flex <b>2:00 Dominos</b> 4:00 Water Aerobics</p>	<p>29 9:00 Water Aerobics 9:30 to 1:00 CC Reserve Ollie 10:00 Health Topics-Villa 10:30 Advanced Yoga-Villa 4:00 Sip N Dip</p>	<p>30 9:00 Ladles of Love 9:00 LI-Water Aerobics 11:30 Balance &amp; Flex 2:00 Wii Bowling</p>	<p>31 10:00 Weekend Walkabout  5:15 Smoky Mountain Folk Festival at Lake Junaluska</p>