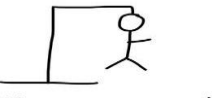
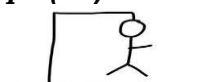




2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AC – Activity Center C – Cyber lounge D – Dining room W – Gym Lower Level L – Lobby	Breakfast 7am - 9am Lunch 11am -1pm Dinner 4pm - 6pm	1 10am(W) Morning Workout 12pm(AC)  2:30(AC)  7pm(AC) 	2 10am(AC) Morning Affirmation 12pm(AC)  3pm(AC)  7pm(AC) NA/AA	3 10am(W) Morning Workout 11:45(L)  12pm(AC) Barber 2 U 7pm(AC) 	4 10am(AC) Chair Yoga 11:45(L)  3pm(AC) Let's Shoot Pool 7pm(AC) NA/AA	5 10am(AC) September Vision Board Social 12pm(AC)  2pm(AC) Spades 6pm(AC) Ol' Skool Grooves
6 	7 10am(AC) Rubber Band Workout 12pm(AC) Create Email 2pm(AC)  3pm(AC)  MEN'S GROUP	8 10am(L)  11:45(L)   2pm(DR) Resident Council MEETING  7pm(AC) 	9 10am(AC) Morning Meditation 11:45(L)   3pm(AC) Spades Tournament 7pm(AC) NA/AA	10 9am(L) Social Security 10am(W) Morning Workout 11:45(L) RTA Renewal 2:30(AC)  7pm(AC) 	11 10am(AC) Classical Sounds & Social Hour 11:45(L)   3pm(AC)  HAN MAN shutterstock.com · 386156509 7pm(AC) NA/AA	12 10am(AC) Nail Spa 12pm(AC)  2pm(AC)  BINGO 6pm(AC) Game Night

13 	14 10am(AC) Morning Workout 12pm - 2pm(AC) TV/ Workshop 3pm(AC) 	15 10am(AC) Morning Workout 11:45(L)  2pm(AC)  7pm(AC)  ANGER...Management!	16 10am(AC)  12pm(AC) Create Email 3pm(AC) Diamond Art 7pm(AC) NA/AA	17 9am(L)  chicago botanic garden 2:30(AC) UNO 5:30(AC) Women's Group 7pm(AC) 	18 10am(AC) RTA Renewal 12(AC)  2pm(DR)  7pm(AC) NA/AA	19 10am(AC) Morning Affirmations 12pm(AC) Nail Spa 2:30(AC) Fruit & Wine 6pm(AC) Ol' Skool Grooves
20 	21 10am(L) Nature WALK 1pm(AC) TV/ Workshop 3pm(AC)  MEN'S GROUP	22 10am(AC)  12pm(AC) RTA Renewal 2pm(AC)  7pm(AC)  ANGER...Management!	23 10am(AC) DMV 12pm(AC)  3pm(AC)  7pm(AC) NA/AA	24 10am(AC) Line Dancing 1:30pm(DR)  3pm(AC)  7pm(AC) 	25 10am(AC) Ice Tea & Social Hour 11:45(AC) Football Craft Kit 1:30(DR)  2pm(DR) 	26 10am(AC) Diamond Art 12pm(AC)  2pm(DR)  6pm(AC) Game Night
27 	28 10am(AC) Rubber Band Workout 12pm - 2pm(AC) Wheel Chair Cleaning 3pm(AC)  Dominoes	29 10am(W) Morning Workout 12pm(AC) UNO 2pm(AC)  7pm(AC)  ANGER...Management!	30 10am(AC) Classical Sounds & Social Hour 12pm(AC)  2:30(AC) August Birthday Celebration 7pm(AC) NA/AA			

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