The Cardinal at North Hills
A KISCO SENIOR LIVING COMMUNITY

August 2022

Red
★ RSVP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 One on Ones - Weekly Overview 10:00 Yoga w/ Vivien (WS)★ 11:00 Sit and Be Fit (Pines) 11:30 Joggin' Your Noggin-Finish the Line 1:00 Marvelous Manicures 2:30 Sing Along w/ Don (GR)	2 **10:00 Catholic Prayer and Communion Service (GR)** 10:30 Movercize with Rich (Pines) 11:15 Flower Arranging (Pines) **1:00 Christ Church Service (GR)** 2:00 Bridge with Rachel (BR) **3:30 Andrew O'Brien Presents: British Medieval Life: Monasteries and Masses Pt. 1 (MR)**	3 10:30 Fun and Fitness!- Twister 11:30 Chronicle Reading and Reminiscing **2:00 Outing to Klaystation to paint pottery**	4 9:30 Water the front garden 10:30 Morning Stretch **11:00 A Look Back: Rita Hayworth (Pines Living Room)** **2:00 Speaker Presentation: "Civil War in Raleigh" by Parker Call (MR)**	5 10:45 Balloon Volleyball (SKN) 2:30 Sing Along w/ Don (GR) **3:45 Karaoke! (Media Room)** **4:00 Shabbat Service (Family Room)**	6 11:00 Hollywood Documentaries: Joan Crawford (Channel 1-1) 1:15 Game Time -Uno! 3:00 Popcorn and a Movie: ""Dog" (MR)
7 10:30 Sunday Morning Worship and Hymn Singing (CH 1-1) **11:00 Church Service w/ Pastor Will Joslin (GR)** 11:00 One- on One Weekly over View 1:15 Bingo with Friends 3:30 Pet Therapy with Beau	8 10:00 Yoga w/ Vivien (WS)★ 11:00 Sit and Be Fit (Pines) 1:30 Hang Man Word Game 2:30 Sing Along w/ Don (GR)	**Irene Silverstein's Birthday** 9 10:30 Virtual Chair Exercise (Pines Living Room) 11:15 Flower Arranging (Pines) 2:00 Bridge with Rachel (BR) **3:30 Andrew O'Brien -British Medieval Life: Monasteries and Masses Pt. 2 (MR)** **3:45 Sing Along with Hunter Sackreiter (SKN)**	**National Lazy Day!** 10 10:30 Fun and Fitness!- Corn Hole (Pines) 11:30 Chronicle Reading and Reminiscing **1:30 Resident Council (Overlook)**	11 9:30 Water the front garden 10:30 Morning Stretch **11:00 A Look Back: James Cagney (Pines Living Room)** **2:30 Spelling Bee (MR)** **3:45 Summer Love Songs with Luke Lowe (Gathering Room)**	12 10:45 Balloon Volleyball (SKN) 11:15 Chronicle Reading and Reminiscing (Pines) 1:30 Game Time (Pines) **2:00 Wheelchair Walker Adjustments (MR/BR)** 2:30 Sing Along w/ Don (GR) **3:30 "South America" by Jonathan Wade (MR)**	13 11:00 Hollywood Documentaries: Clint Eastwood (Channel 1-1) 1:15 Game Time -Uno! 3:00 Popcorn and a Movie: "Finding Forrester" (MR)
14 10:30 Sunday Morning Worship and Hymn Singing (CH 1-1) **11:00 Church Service w/ Pastor Will Joslin (GR)** 1:15 Bingo with Friends 3:30 Pet Therapy with Beau	15 9:30 One on Ones - Weekly Overview 10:00 Yoga w/ Vivien (WS)★ 11:00 Sit and Be Fit (Pines) 11:30 Joggin' Your Noggin-Finish the Line 1:00 Marvelous Manicures 3:30 Sing Along w/ Don (GR) **3:45 August Birthday Party with Christian Green! (Connections)**	**National Tell a Joke Day!** 16 **10:00 Catholic Prayer and Communion Service (GR)** 10:30 Movercize with Rich (Pines) 11:15 Flower Arranging (Pines) 2:00 Bridge with Rachel (BR) 2:30 Quiet Meditation **3:45 Laugh Along!**	17 10:30 Fun and Fitness!- Twister 11:30 Chronicle Reading and Reminiscing 1:30 Virtual Travel **3:00 Piano Performance: Nicole Wang (GR)**	**Yard Sale Day** 18 9:30 Water the front garden 10:30 Morning Stretch **11:00 A Look Back: Vivian Leigh (Pines Living Room)** **1:00 Yard Sale (GR)**	19 10:45 Balloon Volleyball (SKN) 11:15 Chronicle Reading and Reminiscing (Pines) 1:30 Game Time (Pines) 2:30 Sing Along w/ Don (GR)	20 11:00 Hollywood Documentaries: Barbara Stanwyck (Channel 1-1) 1:15 Game Time -Uno! **1:30 Contemporary Political Debates w/ Professor Steven Greene (GR)** 3:00 Popcorn and a Movie: ""Respect" (MR)
21 10:30 Sunday Morning Worship and Hymn Singing (CH 1-1) 1:15 Bingo with Friends **2:00 Christian Worship Service w/ Edenton Street Methodist Church (Pines)** 3:30 Pet Therapy with Beau	22 9:30 One on Ones - Weekly Overview 10:00 Yoga w/ Vivien (WS)★ 11:00 Sit and Be Fit (Pines) 11:30 Joggin' Your Noggin-Finish the Line 1:00 Marvelous Manicures 2:30 Sing Along w/ Don (GR)	23 **10:30 Virtual Chair Exercise (Pines Living Room)** 11:15 Flower Arranging (Pines) 2:00 Bridge with Rachel (BR) 2:30 Quiet Meditation	24 10:30 Fun and Fitness!- Corn Hole 11:30 Chronicle Reading and Reminiscing **2:00 Possible Outing to the Movies to be announced** **3:30 Speaker Presentation: "Rural to Urban America" by David Zonderman (MR)**	25 9:30 Water the front garden 10:30 Morning Stretch **11:00 A Look Back: Gary Cooper (Pines Living Room)** 3:00 Wine and Cheese Social	26 10:45 Balloon Volleyball (SKN) 11:15 Chronicle Reading and Reminiscing (Pines) 1:30 Game Time (Pines) 2:30 Sing Along w/ Don (GR)	27 11:00 Hollywood Documentaries: Steve McQueen (Channel 1-1) 1:15 Game Time -Uno! 3:00 Popcorn and a Movie: "Apocalypto" (MR)
28 10:30 Sunday Morning Worship and Hymn Singing (CH 1-1) 1:15 Bingo with Friends	29 9:30 One on Ones - Weekly Overview 10:00 Yoga w/ Vivien (WS)★ 11:00 Sit and Be Fit (Pines) 11:30 Joggin' Your Noggin-Finish the Line 1:00 Marvelous Manicures 2:00 Sing Along w/ Don (GR) **3:30 Tom's Fireside Chat (MR)**	30 10:30 Virtual Chair Exercise (Pines Living Room) 11:15 Flower Arranging (Pines) 2:00 Bridge with Rachel (BR) **2:30 Shopping Outing**	31 10:30 Fun and Fitness!- Twister 11:30 Chronicle Reading and Reminiscing 3:00 Bingo Bonanza (GR)			**All Events Are Subject to Change**

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