

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2020

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| | | | | | | <p>9:30 Mindfulness Meditation 1 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Hollywood Movies: Doctor Zhivago L5</p> |
| <p>9:30 Brain Teasers L5 2 10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Netflix: Air Force One L5</p> | <p>10:00 Stretch and Strengthen #1 L5 3 10:45 Stretch and Strengthen #2 L5 1:30 Guided Acrylic Paintings on Canvas L5 2:30 Bingo #1L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: Gone With the Wind L5</p> | <p>10:00 Tone and Condition #1 4 10:45 Tone and Condition #2 L5 1:30 Rooftop Refreshments L6 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Netflix Film: Pride and Prejudice L5</p> | <p>9:30 Today in History L5 5 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Classic Cinema: Oregon Trail L5</p> | <p>9:30 Hazelnut Coffee Social L5 6 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Docuseries: Sinatra All or Nothing at all, Part 1 L5</p> | <p>9:30 Tech Time W/ Arnold L5 7 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Friday Night Fun Flick: Casablanca L5</p> | <p>9:30 Mindfulness Meditation 8 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Hollywood Movies: The Notebook L5</p> |
| <p>9:30 Brain Teasers L5 9 10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Amazon: South Pacific L5</p> | <p>10:00 Stretch and Strengthen #1 L5 10 10:45 Stretch and Strengthen #2 L5 1:30 Guided Acrylic Paintings on Canvas L5 2:30 Bingo #1L5 4:00 Bingo #2 L5 6:30 Netflix Cinema: Frida L5</p> | <p>10:00 Tone and Condition #1 11 10:45 Tone and Condition #2 L5 1:30 Rooftop Refreshments L6 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Amazon Film: It Happened One Night L5</p> | <p>9:30 Today in History L5 12 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Classic Cinema: Stand and Deliver L5</p> | <p>9:30 Hazelnut Coffee Social L5 13 10:00 Boot Camp w/ Arnold L5 11:00 Quiz Bowl L5 2:30 Summer Carnival L2 4:00 Bingo #2 L5 6:30 Amazon Docuseries: Ken Burns' American Lives L5</p> | <p>9:30 Tech Time W/ Arnold L5 14 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Friday Night Fun Flick: The Devil's Advocate L5</p> | <p>9:30 Mindfulness Meditation 15 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Hollywood Movies: A Streetcar Named Desire L5</p> |
| <p>9:30 Brain Teasers L5 16 10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Netflix: Million Dollar Baby L5</p> | <p>10:00 Stretch and Strengthen #1 L5 17 10:45 Stretch and Strengthen #2 L5 1:30 Guided Acrylic Paintings on Canvas L5 2:30 Bingo #1L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: The Philadelphia Story L5</p> | <p>10:00 Tone and Condition #1 18 10:45 Tone and Condition #2 L5 1:30 Rooftop Refreshments L6 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Netflix Film: Schindler's List L5</p> | <p>9:30 Today in History L5 19 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Classic Cinema: North by Northwest L5</p> | <p>9:30 Hazelnut Coffee Social L5 20 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Docuseries: Sinatra All or Nothing at all, Part 2 L5</p> | <p>9:30 Tech Time W/ Arnold L5 21 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Friday Night Fun Flick: The Lady Eve L5</p> | <p>9:30 Mindfulness Meditation 22 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Hollywood Movies: West Side Story L5</p> |
| <p>9:30 Brain Teasers L5 23 10:00 Wake up, Work Out! #1 L5 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Amazon: To Catch a Thief L5</p> | <p>10:00 Stretch and Strengthen #1 L5 24 10:45 Stretch and Strengthen #2 L5 1:30 Guided Acrylic Paintings on Canvas L5 2:30 Bingo #1L5 4:00 Bingo #2 L5 6:30 Netflix Cinema: Airplane L5</p> | <p>10:00 Tone and Condition #1 25 10:45 Tone and Condition #2 L5 1:30 Rooftop Refreshments L6 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Amazon Film: His Girl Friday L5</p> | <p>9:30 Today in History L5 26 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Video Concert Sing along L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Classic Cinema: Sleepless in Seattle L5</p> | <p>9:30 Hazelnut Coffee Social L5 27 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 1:30 Quiz Bowl L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Docuseries: Ken Burns' American Lives L5</p> | <p>9:30 Tech Time W/ Arnold L5 28 10:00 Wake Up, Workout #1 L5 10:45 Wake up , Work Out #2 L5 1:30 Open Forum Discussion L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Netflix Friday Night Fun Flick: The Karate Kid L5</p> | <p>9:30 Mindfulness Meditation 29 10:00 Boot Camp w/ Arnold#1 L5 10:45 Boot Camp w/ Arnold#2 L5 2:30 Bingo #1 L5 4:00 Bingo #2 L5 6:30 Amazon Hollywood Movies: The Big Sleep L5</p> |
| <p>10:00 Wake up, Work Out! #1 L5 30 10:45 Wake up, Work Out #2 L5 1:30 Jeopardy Challenge 2:30 Bingo#1 L5 4:00 Bingo #2 L5 6:30 Men's Movie Night Netflix: The Firm L5</p> | <p>10:00 Stretch and Strengthen #1 L5 31 10:45 Stretch and Strengthen #2 L5 1:30 Guided Acrylic Paintings on Canvas L5 2:30 Bingo #1L5 4:00 Bingo #2 L5 6:30 Amazon Cinema: On the Waterfront L5</p> |  <p style="text-align: right;">Summer Carnival Thursday, August 13th At 2:30pm in L2</p> | | | | |