









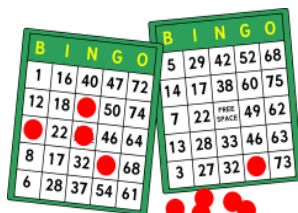









Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>In The Know...</p> <p>Calendar Review August 5</p> <p>Library Volunteers Meeting August 16</p> <p>Mary's Chats August 19</p>	 <p>August 12-23</p> <p>Resident Satisfaction Survey Events</p> <p>Your opinion matters!</p> <p>August 6 Ice Cream & Music</p> <p>August 13 Ice Cream Sundaes</p> <p>August 20 "Sweet Sips" Lemonade</p> 	 <p>Experience the 2024 Olympics</p> <p>Look for special International programs offered this month on the calendar!</p> 	<p>1</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>10:30-Tai Chi (IL/CR)</p> <p>11-Hand Exercise (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>1-BINGO (IL/CR)</p> <p>2-Yoga for Better Balance (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>2-PBS American Experience: <i>Fly with Me</i> (MWC)</p> <p>6-10-Game Night (IL/CA)</p> 	<p>2</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Morning Meditation (M/WC)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Health Chat: <i>Heart Attacks</i> (MWC)</p> <p>*11:30-Olympic Tour 2024 Lunch In: <i>Lemon & Lime Grill (Indian Cuisine)</i> (Pub)</p> <p>12-Flower Pick-up (IL/CR)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>2-Artworks: <i>Poetry</i> (Lib)</p> <p>2-Wii Bowling (FC)</p> <p>2-Olympics Movie: <i>Icarus</i> (AL2)</p> <p>3:30-Shabbat (M/WC)</p> <p>4-Game of the Week: <i>Scrabble</i> (AL2)</p> <p>6-10-Game Night (IL/CA)</p>	<p>3</p> <p>10:30-Who Sang It? (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Soda Floats (AL2)</p> <p>3:30-Rosary Prayer (MWC)</p> <p>4-Eucharistic Service (M/WC)</p> <p>7-Saturday Night Movie: <i>MILK</i> (MGTV & Pub)</p>
<p>Creative Coloring</p>  <p>Every Sunday (IL/CR) 2:00 PM</p> <p>Resident-Led</p>					<p>4</p> <p>10-Morning Stretch (MGTV)</p> <p>11-Worship at MG (MWC)</p> <p>2-Wii Bowling (FC)</p> <p>2-Creative Coloring (IL/CR)</p> <p>3-Meditative Moments (MGTV)</p> <p>4-Country Music Video: Daniel O'Donnell (MGTV & Pub)</p> <p>6-Wii Bowling (FC)</p> <p>7-Sunday Night Movie: <i>Florence Foster Jenkins</i> (MGTV & Pub)</p> 
<p>5</p> <p>9:15-Aquatone (P)</p> <p>*10-Trader Joes, Ross, Jerry's Artarama (B)</p> <p>10:30-Txt Twist (AL2)</p> <p>11-Hand Exercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Would You Rather? (AL2)</p> <p>2-Yoga For Better Balance (IL/CR)</p> <p>2-Wii Bowling (FC)</p> <p>3-Calendar Review (IL/CR)</p> <p>4-Spinning Vinyls (AL1)</p> <p>6-10-Game Night (IL/CA)</p> 	<p>6</p> <p>*9:30-Food Lion (B)</p> <p>10:30-Beyond the Legend: <i>John Wayne</i> (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>12:30-Movercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>1-3: Resident Appreciation Event: Two Roosters Ice Cream & Music by JD Goodtime Band (IL/LR)</p> <p>2-Wii Bowling (FC)</p> <p>2-Team Trivia (IL/CA)</p> <p>2- Left, Right, Left Game (AL2)</p> <p>3-Rogers & Hammerstein Scholar Series: <i>Before The Magic Began-Oklahoma!</i> (IL/CR)</p> <p>6-10-Game Night (IL/CA)</p>	<p>7</p> <p>9:15-Aquatone (P)</p> <p>10:30-12-Fitness Center Drop In (FC)</p> <p>10:30-Choral Group (M/WC)</p> <p>10:30-Wednesday Project (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Hand Exercise (IL/CR)</p> <p>12-Bible Study (IL/CR)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Murde will not be held today. (Lib)</p> <p>1:45-Special Movie: <i>The Peanut Butter Falcon</i> (AL2 & MWC)</p> <p>2:30-Men of The Glen (IL/CR)</p> <p>2-Wii Bowling (FC)</p> <p>3-French Club (IL/CA)</p> <p>4-New Song Music (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>8</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>11-Hand Exercise (AL2)</p> <p>10:30-Tai Chi (IL/CR)</p> <p>11-Balance Worx (IL/CR)</p> <p>1-BINGO (IL/CR)</p> <p>2-"Band" Camp (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>3-Birthday & Anniversary Party with Singer, Jenny Wayne (IL/CR)</p> <p>6-10-Game Night (IL/CA)</p> 	<p>9</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Morning Meditation (M/WC)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Steve Hilton Harpsichord: <i>The Road To Bach</i> (IL/CR)</p> <p>12-Flower Pick-up (M/WC)</p> <p>1-Dog Days of Summer Hot Dog Pick Up with Guitar Music (IL/LR)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>2-Artworks: <i>Jelly Plate Printing</i> (AL2)</p> <p>2-Funny Story Time (AL3)</p> <p>2-Wii Bowling (FC)</p> <p>4-Game of the Week: <i>Taboo</i> (AL2)</p> <p>6-10-Game Night (IL/CA)</p>	<p>10</p> <p>10:30-Name 5 (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Music with Singers, Don & Stuart on Guitar (AL2)</p> <p>3:30-Rosary Prayer (MWC)</p> <p>4-Eucharistic Service (MWC)</p> <p>7-Saturday Night Movie: <i>The Devil Wears Prada</i> (MGTV & Pub)</p> 
<p>12</p> <p>9:15-Aquatone (P)</p> <p>*10-Dollar Tree, Marshalls, & 5 Below (B)</p> <p>10:30-Pinterest Made Me Do It: Yarn Art (AL2)</p> <p>11-Hand Exercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Yoga For Better Balance (IL/CR)</p> <p>2-Wii Bowling (FC)</p> <p>2-Floral Bouquet Coloring Project (AL2)</p> <p>*3-Spelling Bee (IL/CR)</p> <p>4-Monthly Mixer with John Cavallro (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>13</p> <p>*9:30-Food Lion (B)</p> <p>10-Eucharistic Service (M/WC)</p> <p>10:30-Make and Model (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>12:30-Stand Strong (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>2-Wii Bowling (FC)</p> <p>2-Team Trivia (IL/CA)</p> <p>2-Bingo (AL2)</p> <p>2-Sundaes and Surveys (IL/CR & Pub)</p> <p>6-10-Game Night (IL/CA)</p> 	<p>14</p> <p>9:15-Aquatone (P)</p> <p>10:30-12-Fitness Center Drop In (FC)</p> <p>10:30-Choral Group (M/WC)</p> <p>10:30-Wednesday Project (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Hand Exercise (IL/CR)</p> <p>12-Community Communion (M/WC)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Make and Take: <i>Chocolate Covered Pretzels</i> (AL2)</p> <p>2-Murde Mystery (Lib)</p> <p>2-Wii Bowling (FC)</p> <p>3-Magnolia GEMS: "Travels to Brazil" w/ Barbara Martin (IL/CR)</p> <p>4-Jeopardy! (AL2)</p> <p>6-10-Game Night (IL/CA)</p>	<p>15</p> <p>Podiatry Visit by Appointment (FD)</p> <p>9-10-Hearing Aid Check (AL3)</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>10:30-Tai Chi (IL/CR)</p> <p>11-Hand Exercise (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>1-BINGO (IL/CR)</p> <p>1-Welcome Ambassador Committee Meeting (IL/CA)</p> <p>2-Residents' Association Board Meeting (Lib)</p> <p>2-Yoga for Better Balance (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>2-Building/Grounds Committee (M/WC)</p> <p>3-Armchair Travel: <i>Sindry's Trip to Spain & Portugal</i> (M/WC)</p> <p>6-10-Game Night (IL/CA)</p>	<p>16</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Library Volunteers (Lib)</p> <p>10-Morning Meditation (M/WC)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Health Chat: <i>Parkinson's Disease</i> (MWC)</p> <p>*12-Olympic Tour 2024 Lunch: Kanki Restaurant (B)</p> <p>12-Flower Pick-up (IL/CR)</p> <p>*1-Library (Car)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>2-Wii Bowling (FC)</p> <p>2-Artworks: <i>Memoir Writing</i> (Lib)</p> <p>2:30-Passport Pleasures: <i>Fiji</i> (AL2)</p> <p>4-Game of the Week: <i>Skipbo</i> (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>17</p> <p>10:30-Categories (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Collage Art (AL2)</p> <p>3-Poetry Peddler (Lib)</p> <p>3:30-Rosary Prayer (MWC)</p> <p>4-Eucharistic Service (MWC)</p> <p>7-Saturday Night Movie: <i>The Phantom of the Opera</i> (MGTV & Pub)</p>
					<p>18</p> <p>10-Morning Stretch (MGTV)</p> <p>11-Worship at MG (MWC)</p> <p>2-Wii Bowling (FC)</p> <p>2-Creative Coloring (IL/CR)</p> <p>3-Meditative Moments (MGTV)</p> <p>4-Classical Music Video: Andre Rieu (MGTV & Pub)</p> <p>6-Wii Bowling (FC)</p> <p>7-Sunday Night Movie: <i>Absence of Malice</i> (MGTV & Pub)</p>



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>19 9:15-Aquatone (P) *10-Walmart (B) 10:30-Mary's Chat (AL1) 11-Hand Exercise (IL/CR) 12-Lunch & Learn: <i>Hidden Histories of St. Peters Basilica</i> (M/WC) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Hangman (AL2) 3-Mary's Chat (IL/CR) 4-Charades (AL2) 6-10-Game Night (IL/CA)</p> 	<p>20 Lemonade Day *9:30-Food Lion (B) 10-12-"Sweet Sips & Surveys" (IL/CR) 10:30-<i>Recollection Road: "Unwrapped" (Candy)</i> (AL2) 11-Balance Worx (MGTV) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Coping With Loss (M/WC) 2-Team Trivia (IL/CA) 2-Nintendo Switch: <i>Sports</i> (AL2) 3-Rogers & Hammerstein Scholar Series: <i>Carousel, South Pacific & The King & I</i> (IL/CR) *4:30-Dinner Outing: <i>Second Empire</i> (B) 6-10-Game Night (IL/CA)</p>	<p>21 9:15-Aquatone (P) 10:30-Choral Group (M/WC) 10:30-Wednesday Project (AL2) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Ahola! Hawaii (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 2:30-Men of The Glen Presenter: David Stirling (IL/CR) 3-Low Vision Presenter: Jessica Caswell-Low Vision Rehab Specialist (Lib) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p> 	<p>22 *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-"Band Camp" (AL2) 2-Wii Bowling (FC) 2:00-New Resident Essentials (M/WC) 3-Sentimental Journey with Singer, Bill Bottoms on Guitar (AL1) 3-Meet Your New Neighbor Social with Dennis on Piano (IL/CR) 6-10-Game Night (IL/CA)</p>	<p>23 *8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) 10:00-Library Volunteers Meeting (Lib) 10:30-Art with Mary Lou (AL2) 10:30-Pet Therapy Visit (IL/LR) 10:30-Flex & Balance (FC Hall) 12-Flower Pick-up (IL/CR) *12-Olympic Tour 2024 Greek Lunch: <i>Shawarma</i> (B) 1-2-Blood Pressure Check (IL/CA) 2-Vintage Vittles : <i>Icebox Cake</i> (AL2) 2-Wii Bowling (FC) 3-Shared Treasures (IL/CR) 4-Game of the Week: <i>Scrabble</i> (AL2) 6-10-Game Night (IL/CA)</p>	<p>24 10:30-Who, What, Where? (AL2) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 3-Piano Music with Hunter O'Neil (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Two Weeks Notice</i> (MGTV & Pub)</p> <p>25 10-Morning Stretch (MGTV) (MGTV) 11-Worship at MG (M/WC) 2-Wii Bowling (FC) 2-Creative Coloring (IL/CR) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Tchaikovsky</i> (MGTV & Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>The Glass Castle</i> (MGTV & Pub)</p> 
<p>26 9:15-Aquatone (P) *10-Target (B) 10:30-Master Gardeners (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Recollection Road (AL2) 4-Body & Mind Wellness (AL2) 6-10-Game Night (IL/CA)</p>	<p>27 *9:30-Food Lion (B) 10-Dining Committee (PDR) 10:30-Wordle (AL2) 11-Balance Worx (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Stand Strong (IL/CR) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Bingo (AL2) 3-Rogers & Hammerstein Scholar Series: <i>The Sound of Music</i> (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>28 9:15-Aquatone (P) 10:30-12-Fitness Center Drop In (FC) 10:30-Wednesday Project (AL2) 10:30-Choral Group (M/WC) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/Patio) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/Patio) 2-Think Tank (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 3-ALW Committee Mtg. (M/WC) 4-Family Feud (AL2) 6-10-Game Night (IL/CA)</p>	<p>29 *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (M/WC) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Yoga for Better Balance (AL2) 2-Wii Bowling (FC) 3-Jeopardy! (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>30 *8:30-Banks (Car) 9:15-Aquatone (P) 10:00-Morning Meditation (M/WC) 10:30-Art with Mary Lou (AL2) 10:30-Flex & Balance (FC Hall) 11-Health Chat: <i>Insomnia</i> (M/WC) 12-Flower Pick up (IL/CR) 1-2-Blood Pressure Check (IL/CA) *1:30-AL Outing: <i>Fresh Ice Cream</i> (B) 2-Wii Bowling (FC) 2-Color Me Happy (AL2) 3-Art Appreciation (IL/CR) 4-Game of the Week: <i>Uno</i> (AL1) 6-10-Game Night (IL/CA)</p>	<p>31 10:30-Buzz Word (AL2) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 3-Butterfly Craft (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Fiddler on the Roof</i> (MGTV & Pub)</p> <p>***** Fine Dining Outing Second Empire Restaurant (Downtown Raleigh) American Cuisine Tuesday, August 20 Bus Departure: 4:30 PM Sign up & Menu at the Front Desk *****</p>

AL: Assisted Living
AL/DR1: Assisted Living Dining Room
AL/P: Assisted Living Garden Patio
AL1: Assisted Living 1st Floor Living Room
AL2: Assisted Living 2nd Activity Room
AL3: Assisted Living 3rd Activity Room
B: MG Bus Outing
Bistro: IL Dining: Oak Room (IL 1st Floor)
C: Car Outing
Conf: Conference Room (IL 2nd Floor)
FC: Fitness Center (IL 1st Floor)
FD: Front Desk (IL 2nd Floor)

IL: Independent Living
IL/CA: IL Card Room (IL 2nd Floor)
IL/CR: IL Craft Room (IL 1st Floor)
IL/DR: IL Dining: Oak Room (IL 1st Floor)
IL/LR: IL Living Room (IL 2nd Floor)
IL/PDR: Private Dining Room
IL3: IL 3rd Floor Lounge
IL4: IL 4th Floor Lounge
Lib: IL Library (IL 2nd Floor)
M/WC: Media/Worship Center (IL 1st Floor)
P: Pool (IL 1st Floor)
Pub: IL 1st Floor

Please note that committee meetings in bold print on the calendar are open to all Residents to attend.

Denotes that you must sign-up/ preregistered for the program or event

Please sign up for all Bus Outings ASAP in the book located at the Front Desk!
Medical Appointments are scheduled on Tuesdays, Wednesdays & Thursdays between 8:30 a.m.- 2:30 p.m. There will be a fee if you do not turn in your request 48 business hours before your appointment.

MGTV is your way to know what is going on!
Tune in to Direct TV Channel 1-1 & the NEW Community App for the latest information.



Happy Birthday!

Susan Linn - August 1	Sara Pearsall - August 16
Willa Jones - August 1	Will Bass - August 21
Michael Cooper - August 2	Clyde Smith - August 25
Nancy Williams - August 2	Becky Mussler - August 26
Bruce Askey - August 5	Jeffery Balliet - August 29
Genie Coats - August 11	Alfred Hamilton - August 31
Don Linn - August 15	



Happy Anniversary!

Ron & Joan Baron - August 1
Tom & Betty Dunlap - August 9
Rance & Betty Henderson - August 27

