

# Calendar of Events | September 2010

The Heritage Palmeras

10101 W. Palmeras Drive, Sun City, AZ 85373 Tel#623-977-2777



| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|---|--|--|--|---|
| <b>ROOM KEY</b><br>CR3 - 3rd Floor Card Room<br>AC - Arts & Crafts Room<br>BR - Billiard Room<br>DR - Dining Room  | ER - Exercise Room<br>HL - Heritage Lounge<br>LC - Learning Center   |   | 6:30 Hot Breakfast<br>8:00 Chair Exercise <b>1</b><br>9:00 Chair Exercise<br>10:00 Hand and Foot (CR3)<br>1:00 Greenway Shopping Center<br>1:00 Knitting & Crocheting (AC)<br>2:00 Men's Poker (BR)<br>3:00 B-I-N-G-O (LC)<br>7:00 CH. 22 Movie  | 8:00 Water Exercise (Pool) <b>2</b><br>8:00 Walking Club<br>10:00 Shop at Arrowhead Mall<br>1:00 Balance/Stretch Class (LC)<br>7:00 Sentimental Reflections (CH 22)  | 8:00 Chair Exercise<br>8:30 Blood Pressure Checks (BR) <b>3</b><br>9:00 Chair Exercise<br>9:45 Catholic Communion (CR3)<br>10:30 Mind Aerobics (AC)<br>1:00 Movie "My Big Fat Greek Wedding" (LC)<br>3:00 Happy Hour (HL)<br>6:30 Game Night & Kings in the Corner (LC)<br>7:00 CH. 22 Movie "Zorba the Greek"                                 | 8:00 Walking Club <b>4</b><br>10:00 Strong For Life Club (BR)<br>10:00 Knitting & Crocheting (AC)<br>2:00 Ch. 22 Movie<br>3:00 B-I-N-G-O (LC)<br>6:00 Poker-Bingo (LC)<br>7:00 Ch. 22 Movie "My Big Fat Greek Wedding"  |
| 8:00 Church Transportation <b>5</b><br>10:00 CH. 22 Movie<br>2:00 Kings in the Corner (LC)<br>4:00 Sunday Nite B-I-N-G-O (LC)<br>7:00 CH. 22 Movie "Sisterhood of the Traveling Pants"                                 | Labor Day<br>8:00 Chair Exercise <b>6</b><br>8:00 No Transportation<br>9:00 Chair Exercise<br>10:00 Book Club<br>11:00 Bible Study (CR3)<br>11:30 B-B-Q (DR)<br>1:00 Low Vision Group (BR)<br>6:30 Cut-Ups (AC)<br>7:00 Bridge (LC)                    | 8:00 Water Exercise (Pool) <b>7</b><br>8:00 Walking Club<br>9:00 Resident Council Meeting<br>10:00 Shop at Fry's<br>10:00 Poker-Bingo (BR)<br>11:00 Tai Chi (ER)<br>1:00 Balance/Stretch Class (LC)<br>1:30 Mexican Train Dominoes (BR)<br>7:00 CH. 22 Movie  | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>8</b><br>9:00 Hearing Screening (AC)<br>10:00 Hand and Foot (CR3)<br>1:00 Out to a Movie "Eat, Pray, Love"<br>1:00 Greenway Shopping Center<br>1:00 Knitting & Crocheting (AC)<br>2:00 Men's Poker (BR)<br>3:00 B-I-N-G-O (LC)<br>4:00 Rosh Hashanah Dinner<br>6:15 Leave for Rosh Hashanah<br>7:00 CH. 22 Movie | Rosh Hashanah<br>8:00 Water Exercise (Pool) <b>9</b><br>8:00 Walking Club<br>9:15 Leave for Rosh Hashanah<br>10:00 Shop at Walmart<br>12:00 Birthday Lunch (DR)<br>2:00 Resident Meeting "Understanding Grief & Mourning (LC)<br>7:00 Sentimental Reflections (CH 22)    | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>10</b><br>9:45 Catholic Communion (CR3)<br>10:30 Mind Aerobics (AC)<br>1:30 Lynne Haeseler @ the Piano (LC)<br>3:00 Happy Hour (HL)<br>6:15 Leave for Temple<br>6:30 Game Night & Kings in the Corner (LC)<br>7:00 CH. 22 Movie "Now & Then"   | 8:00 Walking Club <b>11</b><br>10:00 Strong For Life Club (BR)<br>10:00 Men's Billiards Club (BR)<br>10:00 Knitting & Crocheting (AC)<br>11:00 Out to Lunch @ My Big Fat Greek Restaurant<br>2:00 Ch. 22 Movie<br>3:00 B-I-N-G-O (LC)<br>6:00 Poker-Bingo (LC)<br>7:00 Ch. 22 Movie "Mona Lisa's Smile" |
| Grandparents Day<br>8:00 Church Transportation <b>12</b><br>10:00 CH. 22 Movie<br>11:30 Champagne Brunch (DR)<br>2:00 Kings in the Corner (LC)<br>4:00 Sunday Nite B-I-N-G-O (LC)<br>7:00 CH. 22 Movie "Julie & Julia" | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>13</b><br>10:00 Alterations (ER)<br>10:00 Shop at Safeway<br>11:00 Bible Study (CR3)<br>3:00 Arm Chair Travel "Greece & Turkey" (LC)<br>6:30 Cut-Ups (AC)<br>7:00 Bridge (LC)                            | 8:00 Water Exercise (Pool) <b>14</b><br>8:00 Walking Club<br>10:00 Poker-Bingo (BR)<br>11:00 Tai Chi (ER)<br>1:00 Balance/Stretch Class (LC)<br>1:30 Mexican Train Dominoes (BR)<br>4:00 Taste of Greek Menu (DR)<br>7:00 CH. 22 Movie  | 6:30 Hot Breakfast<br>8:00 Chair Exercise <b>15</b><br>9:00 Chair Exercise<br>9:30 Southwest Mobility (ER)<br>10:00 Hand and Foot (CR3)<br>1:00 Tennis Ball Therapy with Marge<br>1:00 Greenway Shopping Center<br>1:00 Knitting & Crocheting (AC)<br>2:00 Men's Poker (BR)<br>3:00 B-I-N-G-O (LC)<br>7:00 CH. 22 Movie  | 8:00 Water Exercise (Pool) <b>16</b><br>8:00 Walking Club<br>10:00 Shop at Sprouts<br>10:00 New Resident Orientation (CR3)<br>10:00 Jani's Jewelry Sale (LC)<br>1:00 Balance/Stretch Class (LC)<br>2:00 Learn a Greek Dance (LC)<br>7:00 Sentimental Reflections (CH 22) | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>17</b><br>9:45 Catholic Communion (CR3)<br>10:30 Mind Aerobics (AC)<br>2:00 Bobby Freeman (LC)<br>3:00 Happy Hour (HL)<br>6:15 Leave for Temple<br>6:30 Game Night & Kings in the Corner (LC)<br>7:00 CH. 22 Movie "the Terminal"  | 8:00 Walking Club <b>18</b><br>9:15 Leave for Yom Kippur<br>10:00 Strong For Life Club (BR)<br>10:00 Men's Billiards Club (BR)<br>10:00 Knitting & Crocheting (AC)<br>2:00 Ch. 22 Movie "About a Boy"<br>3:00 B-I-N-G-O (LC)<br>3:15 Leave for Yom Kippur<br>6:00 Poker-Bingo (LC)<br>7:00 Ch. 22 Movie |
| 8:00 Church Transportation <b>19</b><br>10:00 CH. 22 Movie<br>2:00 Kings in the Corner (LC)<br>4:00 Sunday Nite B-I-N-G-O (LC)<br>7:00 CH. 22 Movie "Marley & Me"  | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>20</b><br>10:00 Shop at Fry's<br>10:00 Book Club<br>11:00 Bible Study (CR3)<br>2:00 My Life Story...Family History Writing (AC)<br>3:00 Art All Around Us (LC)<br>6:30 Cut-Ups (AC)<br>7:00 Bridge (LC)  | 8:00 Water Exercise (Pool) <b>21</b><br>8:00 Walking Club<br>10:00 Poker-Bingo (BR)<br>11:00 Tai Chi (ER)<br>1:00 Leave for "Blu Notes"<br>1:00 Balance/Stretch Class (LC)<br>1:30 Communion with Pastor Shiell (3rd floor card room)<br>1:30 Mexican Train Dominoes (BR)<br>2:00 Discussion Group "Current Issues" (LC)<br>7:00 CH. 22 Movie | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>22</b><br>10:00 Hand and Foot (CR3)<br>1:00 Self Care for Chronic Pain (LC)<br>1:00 Greenway Shopping Center<br>1:00 Knitting & Crocheting (AC)<br>2:00 Men's Poker (BR)<br>3:00 B-I-N-G-O (LC)<br>7:00 CH. 22 Movie   | 8:00 Water Exercise (Pool) <b>23</b><br>8:00 Walking Club<br>10:00 Shop at Trader Joe's<br>10:00 Art Festival (LC)<br>1:00 Balance/Stretch Class (LC)<br>2:00 Welcome Ambassadors<br>7:00 Sentimental Reflections (CH 22)  | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>24</b><br>9:45 Catholic Communion (CR3)<br>10:30 Mind Aerobics (AC)<br>2:00 Meet & Greet New Resident Social (LC)<br>3:00 Casino Trip to Ft. McDowell with Loye<br>3:00 Happy Hour (HL)<br>6:15 Leave for Temple<br>6:30 Game Night & Kings in the Corner (LC)<br>7:00 CH. 22 Movie "Bride Wars" | 8:00 Walking Club <b>25</b><br>10:00 Strong For Life Club (BR)<br>10:00 Men's Billiards Club (BR)<br>10:00 Knitting & Crocheting (AC)<br>2:00 Ch. 22 Movie<br>3:00 B-I-N-G-O (LC)<br>6:00 Poker-Bingo (LC)<br>7:00 Ch. 22 Movie "the Greatest"  |
| 8:00 Church Transportation <b>26</b><br>10:00 CH. 22 Movie<br>11:30 Champagne Brunch (DR)<br>2:00 Kings in the Corner (LC)<br>4:00 Sunday Nite B-I-N-G-O (LC)<br>7:00 CH. 22 Movie "We are Marshall"                   | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>27</b><br>10:00 Trip to Hannah's House for Sukkot<br>10:00 Alterations (ER)<br>10:00 Shop at Safeway<br>11:00 Bible Study (CR3)<br>3:00 Travelogue with Ed (LC)<br>6:30 Cut-Ups (AC)<br>7:00 Bridge (LC) | 8:00 Water Exercise (Pool) <b>28</b><br>8:00 Walking Club<br>9:30 Activity Meeting (AC)<br>10:00 Poker-Bingo (BR)<br>10:30 Food Committee Meeting (LC)<br>11:00 Tai Chi (ER)<br>1:00 Balance/Stretch Class (LC)<br>1:30 Mexican Train Dominoes (BR)<br>2:00 Changes in Medicare (LC)<br>2:00 Men's Club (LC)<br>7:00 CH. 22 Movie             | 8:00 Chair Exercise<br>9:00 Chair Exercise <b>29</b><br>10:00 Hand and Foot (CR3)<br>10:00 Leadership Forum<br>1:00 Fitness Training with Gilda (ER)<br>1:00 Greenway Shopping Center<br>1:00 Knitting & Crocheting (AC)<br>2:00 Men's Club (LC)<br>2:00 Men's Poker (BR)<br>3:00 B-I-N-G-O (LC)<br>7:00 Hymn Sing (LC)<br>7:00 CH. 22 Movie                   | 8:00 Water Exercise (Pool) <b>30</b><br>8:00 Walking Club<br>10:00 Shop at Target<br>10:00 Women's Clothing Sale (LC)<br>1:00 Balance/Stretch Class (LC)<br>7:00 Sentimental Reflections (CH 22)   |  |   |