



Somerby Lifestyles - August 2010 - Memory Care - The Arbors

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SAT

9:30am Current Events 10:00 am Hand Bells 11:00 am Bible Study 1:30 pm Best Friend's Activity 3:00 pm Travel Movie: Discover My Kauai 6:30 pm Best Friends Activity 1	9:30am Current Events 10:00 am Chair Exercises 11:00 am Wii Bowling 1:30pm Best Friends Activity 3:00 pm Men's Coffee 6:30 pm Best Friends Activity 2	9:30am Current Events 10:00 am Day at the Spa 11:00 am Life Stories 1:30 pm Best Friends Activity 3:00 pm Ladies Tea with Music 6:30 pm Best Friends Activity 3	9:30 am Current Events 10:00 am Best Friends Activity 10:30 am Bingo for Prizes 1:30 pm Scenic Drive 3:00 pm Crafting: Shell Wind Chimes 6:30 pm Best Friends Activity 4	9:30am Current Events 10:00 am Balloon Volley Ball 11:00 am Cooking in the Kitchen 2:00 pm Beat of the Drums 3:00 pm Bingo for Prizes 3:00 pm Men's Poker 6:30 pm Best Friends Activity 5	9:30 am Current Events 10:00 am Yoga 11:00 am Wii Bowling 1:30 pm Best Friends Activity 3:00 pm Name that Tune 6:30 pm Best Friends Activity 6	9:30am Current Events 10:00am Parachutes 11:00 am Flower Club 1:30 pm Best Friends Activity 3:00 pm Word Games 6:30 pm Best Friends Activity 7
9:30am Current Events 10:00 am Hand Bells 11:00 am Bible Study 1:30 pm Best Friend's Activity 3:00 pm Movie: Blue Hawaii 6:30 pm Best Friends Activity 8	9:30am Current Events 10:00 am Chair Exercises 11:00 am Wii Bowling 1:30pm Best Friends Activity 3:00 pm Men's Coffee 6:30 pm Best Friends Activity 9	9:30am Current Events 10:00 am Day at the Spa 11:00 am Life Stories 1:30 pm Best Friends Activity 3:00 pm Ladies Tea with Music 6:30 pm Best Friends Activity 10	9:30 am Current Events 10:00 am Best Friends Activity 10:30 am Bingo for Prizes 1:30 pm Scenic Drive 3:00 pm Crafting: Lei's 6:30 pm Best Friends Activity 11	9:30am Current Events 10:00 am Balloon Volley Ball 11:00 am Cooking in the Kitchen 2:00 pm Beat of the Drums 3:00 pm Bingo for Prizes 3:00 pm Men's Poker 6:30 pm Best Friends Activity 12	9:30 am Current Events 10:00 am Yoga 11:00 am Wii Bowling 1:30 pm Best Friends Activity 3:00 pm Name that Tune 6:30 pm Best Friends Activity 13	9:30am Current Events 10:00am Parachutes 11:00 am Flower Club 1:30 pm Best Friends Activity 3:00 pm Word Games 6:30 pm Best Friends Activity 14
9:30am Current Events 10:00 am Hand Bells 11:00 am Bible Study 1:30 pm Best Friend's Activity 3:00 pm The Music of Don Hoe 6:30 pm Best Friends Activity 15	9:30am Current Events 10:00 am Chair Exercises 11:00 am Wii Bowling 1:30pm Best Friends Activity 3:00 pm Men's Coffee 6:30 pm Best Friends Activity 16	9:30am Current Events 10:00 am Day at the Spa 11:00 am Life Stories 1:30 pm Best Friends Activity 3:00 pm Ladies Tea with Music 6:30 pm Best Friends Activity 17	9:30 am Current Events 10:00 am Best Friends Activity 10:30 am Bingo for Prizes 1:30 pm Scenic Drive 3:00 pm Crafting: Grass Skirts 6:30 pm Best Friends Activity 18	9:30am Current Events 10:00 am Balloon Volleyball 11:00 am Cooking in the Kitchen 2:00 pm Beat of the Drums 3:00 pm Bingo for Prizes 3:00 pm Men's Poker 6:30 pm Best Friends Activity 19	9:30 am Current Events 10:00 am Yoga 11:00 am Wii Bowling 1:30 pm Best Friends Activity 3:00 pm Name that Tune 6:30 pm Best Friends Activity 20	9:30am Current Events 10:00am Parachutes 11:00 am Flower Club 1:30 pm Best Friends Activity 3:00 pm Word Games 6:30 pm Best Friends Activity 21
9:30am Current Events 10:00 am Hand Bells 11:00 am Bible Study 1:30 pm Best Friend's Activity 3:00 pm Movies Theater Style 6:30 pm Best Friends Activity 22	9:30am Current Events 10:00 am Chair Exercises 11:00 am Wii Bowling 1:30pm Best Friends Activity 3:00 pm Men's Coffee 6:30 pm Best Friends Activity 23	9:30am Current Events 10:00 am Day at the Spa 11:00 am Life Stories 1:30 pm Best Friends Activity 3:00 pm Ladies Tea with Music 6:30 pm Best Friends Activity 24	9:30 am Current Events 10:00 am Best Friends Activity 10:30 am Bingo for Prizes 1:30 pm Scenic Drive 3:00 pm Crafting: Scarf Stamping 6:30 pm Best Friends Activity 25	9:30am Current Events 10:00 am Balloon Volleyball 11:00 am Cooking in the Kitchen 2:00 pm Beat of the Drums 3:00 pm Bingo for Prizes 3:00 pm Men's Poker 6:30 pm Best Friends Activity 26	9:30 am Current Events 10:00 am Yoga 11:00 am Wii Bowling 1:30 pm Best Friends Activity 3:00 pm Name that Tune 6:30 pm Best Friends Activity 27	9:30am Current Events 10:00am Parachutes 11:00 am Flower Club 1:30 pm Best Friends Activity 3:00 pm Word Games 6:30 pm Best Friends Activity 28
9:30am Current Events 10:00 am Hand Bells 11:00 am Bible Study 1:30 pm Best Friend's Activity 3:00 pm Sports Club 6:30 pm Best Friends Activity 29	9:30am Current Events 10:00 am Chair Exercises 11:00 am Wii Bowling 1:30pm Best Friends Activity 3:00 pm Men's Coffee 6:30 pm Best Friends Activity 30	9:30am Current Events 10:00 am Day at the Spa 11:00 am Life Stories 1:30 pm Best Friends Activity 3:00 pm Ladies Tea with Music 6:30 pm Best Friends Activity 31	Somerby of Mobile 901 Somerby Drive • Mobile, Alabama 36695 Phone: (251)776-1455 Fax: (251) 662-2721 Good Times Line: (251) 662-2729			



Somerby Lifestyles - August 2010 - Assisted Living - The Inn

SUN	MON	TUE	WED	THU	FRI	SAT
9:30am Sunday Papers (I) 10:00 am Fitness Room (P) 11:00 am Sunday Services (Sp) 1:00 pm Crafting (So/Sp) 2:00 pm Puzzlers (I/So) 2:30 pm Music with Gerry (So) 3:30 pm Scrabble Club (So/I) 7:00 pm Gaither Hour (Sp)	9:45 am Catholic Communion (Sp) 10:00 am Exercising with Weights (P) 10:00am Knitting Class (So/I) 11:00 am Wii for Balance (P/So) 1:00 pm Bunco (So) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Domino's Club (So/I)	10:00 am Yoga(P/Sp) 11:00 am Wii Bowling (So/P) 10:45 am I Love Pets! (So/Sp) 11:00 am Balance Class (p) 1:00 pm Bridge (So/In) 1:15 pm Cooking Class (So/I) 3:30 pm Bingo for Bucks (So/I) 7:00 pm Rummikub Club (So/I)	10:00 Exercise with Weights (P) 10:30am Scenic Drive (So) 11:00 am Wii for Balance 1:00 pm Flower Club (So/Sp) 1:15 pm Neurobics (I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for prizes (So/I) 7:00 pm Movie Hour: "Keeping up with the Steins"	10:00am Synergy (Sp/I/P) 10:30 am Spa Time (So/Sp) 11:00 am Wii for Fun (So) 1:00 pm Moving to the music (P/I/So) 2:00 pm Town Hall Meeting 3:30pm Bingo for Bucks (so/I) 7:00 pm Scrabble Club	10:00 am Exercising with Weights (P) 11:00 am Hand Bells with Beverly (So/sp/I) 1:00 pm Tea & Current Events using the Internet (So/I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Scrapbooking (So/Sp)	9:30 am Flower Committee(So/Sp) 10:00 am Exercise 10:30am Budding Artist Class (Sp/I/So) 1:30pm Game Time (So/I) 3:30 pm Sports Club (So) 7:00 pm Sunset Walk (P)
9:30am Sunday Papers (I) 10:00 am Fitness Room (P) 11:00 am Sunday Services (Sp) 1:00 pm Crafting (So/Sp) 2:00 pm Puzzlers (I/So) 2:30 pm Music with Gerry (So) 3:30 pm Scrabble Club (So/I) 7:00 pm Gaither Hour (Sp)	9:45am Catholic Communion (Sp) 10:00 am Exercising with Weights (P) 10:00am Knitting Class (So/I) 11:00 am Wii for Balance (P/So) 1:00 pm Bunco (So) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Domino's Club (So/I)	10:00 am Yoga(P/Sp) 10:45 am I Love Pets! (So/Sp) 11:00 am Wii Bowling (So/P) 11:00 am Balance Class (p) 1:00 pm Bridge (So/In) 1:15 pm Cooking Class (So/I) 3:30 pm Bingo for Bucks (So/I) 7:00 pm Rummikub Club (So/I)	10:00 Exercise with Weights (P) 10:30am Scenic Drive (So) 11:00 am Wii for Balance 1:00 pm Flower Club (So/Sp) 1:15 pm Neurobics (I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for prizes (So/I) 7:00 pm Movie Hour: "Annie"	10:00am Synergy (Sp/I/P) 10:30 am Spa Time (So/Sp) 11:00 am Wii for Fun (So) 1:00 pm Moving to the Music(P/I/So) 3:30pm Bingo for Bucks (so/I) 7:00 pm Scrabble Club (So/I)	10:00 am Exercising with Weights (P) 11:00 am Hand Bells with Beverly(So/sp/I) 1:00 pm Tea & Current Events using the Internet (So/I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Scrapbooking (So/Sp)	9:30 am Flower Committee (So/Sp) 10:00 am Exercise 10:30am Budding Artist Class (Sp/I/So) 1:30pm Game Time (So/I) 3:30 pm Sports Club (So) 7:00 pm Sunset Walk (P)
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9:30am Sunday Papers (I) 10:00 am Fitness Room (P) 11:00 am Sunday Services (Sp) 1:00 pm Crafting (So/Sp) 2:00 pm Puzzlers (I/So) 2:30 pm Music with Gerry (So) 3:30 pm Scrabble Club (So/I) 7:00 pm Gaither Hour (Sp)	9:45am Catholic Communion (Sp) 10:00 am Exercising with Weights (P) 10:00am Knitting Class (So/I) 11:00 am Wii for Balance (P/So) 1:00 pm Bunco (So) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Domino's Club (So/I)	10:00 am Yoga(P/Sp) 10:45 am I Love Pets! (So/Sp) 11:00 am Wii Bowling (So/P) 11:00 am Balance Class (p) 1:00 pm Bridge (So/In) 1:15 pm Cooking Class (So/I) 3:30 pm Bingo for Bucks (So/I) 7:00 pm Rummikub Club (So/I)	10:00 Exercise with Weights (P) 10:30am Scenic Drive (So) 11:00 am Wii for Balance 1:00 pm Flower Committee (So/sp) 1:15 pm Neurobics (I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for prizes (So/I) 7:00 pm Movie Hour: "Unconditional Love"	10:00am Synergy (Sp/I/P) 10:30 am Spa Time (So/Sp) 11:00 am Wii for Fun (So) 1:00 pm Conductorcise Speaker (so/I) 2:00 pm Conductorcise Event 7:00 pm Scrabble Club	10:00 am Exercising with Weights (P) 11:00 am Hand Bells with Beverly(So/sp/I) 1:00 pm Tea & Current Events using the Internet (So/I) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Scrapbooking (So/Sp)	9:30 am Flower Committee(So/Sp) 10:00 am Exercise 10:30am Budding Artist Class (Sp/I/So) 1:30pm Game Time (So/I) 3:00 pm Hawaiian Luau 7:00 pm Sunset Walk (P)
9:30am Sunday Papers (I) 10:00 am Fitness Room (P) 11:00 am Sunday Services (Sp) 1:00 pm Crafting (So/Sp) 2:00 pm Puzzlers (I/So) 2:30 pm Music with Gerry (So) 3:30 pm Scrabble Club (So/I) 7:00 pm Gaither Hour (Sp)	9:45am Catholic Communion (Sp) 10:00 am Exercising with Weights (P) 10:00am Knitting Class (So/I) 11:00 am Wii for Balance (P/So) 1:00 pm Bunco (So) 2:00 pm Water Exercise (P) 3:30 pm Bingo for Points (So/I) 7:00 pm Domino's Club (So/I)	10:00 am Yoga(P/Sp) 11:00 am Wii Bowling (So/P) 11:00 am Balance Class (p) 1:00 pm Bridge (So/In) 1:15 pm Cooking Class (So/I) 3:30 pm Bingo for Bucks (So/I) 7:00 pm Rummikub Club (So/I)	Somerby of Mobile 901 Somerby Drive • Mobile, Alabama 36695 Phone: (251)776-1455 Fax: (251) 662-2721 Good Times Line: (251) 662-2729			KEY So = Social P = Physical I = Intellectual Sp = Spiritual