

Laurel Crest, Independent Living Activity Calendar



August 21—August 27

Sunday, August 21st

| | | |
|---------|--|----------|
| 10:00AM | Trenholm Rd. United Methodist Church | Ch 6 |
| 11:00AM | First Baptist Church | Ch 9 |
| 4:00 PM | Evening Worship | 3RR |
| 5:30PM | Evening Worship with Chaplain Mike Sears | (Ch1390) |

Monday, August 22nd

| | | |
|----------|----------------------|--------------------------------|
| 8:30AM | Resident Breakfast | Dining Room |
| 10:00 AM | OTAGO (Resident Led) | Fitness Center |
| 10:45AM | Exercise Video | Fitness Center |
| Noon | No Lunch!! | |
| 1:30PM | No Bridge | Living Room |
| 5:00PM | Cocktails | Lobby |
| 5:30PM | Anniversary Dinner | Dining Room |
| 7:00PM | Canasta | 4th Floor Parlor, Riverside |

Tuesday, August 23rd

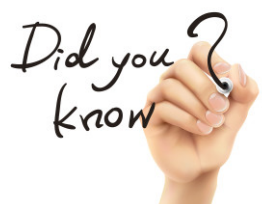
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|----------|---------------------------------------|-------------------|
| 10:30 AM | TheraBand with Sandra (Stretch Class) | Fitness Center |
| 11:00AM | Bible Study with Chaplain Mike | Living Room |
| 2:00PM | LC Chimes | Three Rivers Rm |
| 3:00PM | LC Choir | Three Rivers Rm |
| 7:00PM | Mini Series- <i>Virgin River</i> | Living Room |
| 7:00PM | Moon (Domino Game) | 4th Fl Parlor Riv |

Wednesday, August 24th

| | | |
|----------|-------------------------------------|----------------|
| 9:00AM | Grocery Trip | Lobby |
| 10:00 AM | OTAGO (Resident Led) | Fitness Center |
| 10:45AM | Exercise Video | Fitness Center |
| 12:30PM | Spa Nails-Sign Up at the Front Desk | CV4 |
| 1:00PM | Walgreen's | Lobby |
| 2:30PM | What's the Deal? | Living Room |

Thursday, August 25th

| | | |
|---------|---|--------------------------------|
| 9-2PM | Podiatrist Visits-must sign up by 8/23 | Room #413 |
| 10:30AM | TheraBand with Sandra | Fitness Center |
| 2:30PM | Chair Cardio with Debbie | Fitness Center |
| 3:30PM | Vintage Stamp Collage Picture Frame Craft | Living Room |
| 7:00PM | Moon (Domino Game) | 4th Floor Parlor, Riverside |
| 7:00PM | Movie Night hosted by Gerry & Judy | Living Room |



August is Happiness Happens Month—The holiday is sponsored by the [Secret Society of Happy People](https://sohp.com/). You can find them online at <https://sohp.com/> They have a fantastic list of possible ways to celebrate the month. For example, join the [Happiness Happens Month 31 Day Challenge](#). You can find their list on Facebook by searching "Happiness Happens Month 31 Day Challenge" You might want to start your week off by listening to Pharrell Williams song "Happy" on Monday morning!



LAUREL CREST

**Calendar
Questions/Info:
Contact
Debbie at
803.849.4138**

Friday, August 26th

| | | |
|----------|----------------------|-------------------|
| 9:00AM | Men's Prayer Group | Living Room |
| 10:00 AM | OTAGO (Resident Led) | Fitness Center |
| 10:45AM | Exercise Video | Fitness Center |
| 2:00PM | BINGO | Living Room |
| 4:00PM | Happy Hour | Living Room |
| 7:00PM | Canasta | 4th Fl Parlor Riv |
| 7:00PM | Canasta | 2nd Fl Parlor Riv |

What's Ahead:

- ◆ **Monday is the Annual Laurel Crest Anniversary Dinner! While formal attire is recommended you do not have to have a tux or evening gown. DO dress well as photos will be taken in the living room in advance of dinner. Cocktails will be served at 5:00 p.m. in the lobby. Dinner will begin at 5:30 p.m. Pianist Dionne Proseur will provide the entertainment. There will be no lunch on Monday. The resident breakfast will be that morning at 8:30 a.m.**
- ◆ You are invited to attend a performance and presentation by international pianist Andy Armstrong at Still Hopes. Andy is the director of three Chamber music programs and Artistic Director of Columbia Museum of Art's Chamber Music on Main series in South Carolina. It is this series that Armstrong will detail. The CMA concert series will feature international artists and varied instrumentalists. The performance is set for August 30, 6:45 p.m. at Still Hopes. For more information contact Robin Dean at 803-799-7404. A sign up sheet will be at the front desk.
- ◆ Podiatrist visits are set for August 25th. Residents will be seen on a first come, first served basis in room #413. If you have not been seen by Active Feet on their last visit, you will need to let Debbie know and fill out a consent form. Give her a call with any question: 803-926-5274.
- ◆ Residents are reminded that medical transportation must be scheduled on Monday, Tuesday or Thursday. Laurel Crest vehicles are used for recreation transportation on other days. As a courtesy, please check your upcoming appointments and have them entered in the transportation log at least 48 hours in advance.

Happiest of Birthdays to:

Happy Henry—8/1

Judith Bunge—8/4

Rick Handel-8/11

John Spurgeon—8/13

Patsy Seals—8/23

Bob McCloskey—8/24

George Hallman—8/26

Libba Hawkinson—8/28

Binky Tindall— 8/28

The Laurel Crest Gift Shop is seeking lightly/gently used donations.

Remember that pair of shoes you wore once?

They want to dance again!

Help keep our ever changing selection of gift items stocked. The Gift Shop is located adjacent to the 4th floor lobby elevator. Open Monday through Friday from 10a.m. until noon.

Residents, please note:

We will not be able to provide any Friday transportation until further notice. Thank you in advance for your understanding.