August 2025

Fraser Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident-Led (DL)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Water's Edge Volunteers (HS1) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	10:00 Exercise Bands (HS1) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 3:00 Jewelry Making (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Music Trivia (CD)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (HH)	10:00 Music & Movement (HS1) 1:00 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (HH) 10:30 Pickleball Tournament- On the Court 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:30 UNO Card Game (HS1)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident-Led (DL) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Pet Therapy w/Sandy & Darby (HS1) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	10:00 Exercise Bands (HS1) 1:00 Monthly Book Club (HH) 2:00 Jewelry Making (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (DL)	10:00 Music & Movement (HS1) 1:00 Dominoes (DL) 1:00 Lifelong Learning (Veterans): 50 Mile March w/ Navy Veteran John Jones (BT) 3:00 LCR Dice Game (HS1) 3:00 Ross Dress/Bath & Body Works (B) 4:00 Resident Rosary Prayer (ES)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (HH) 11:00 iPhone 101 Class (BT) 1:00 LCR Dice Game (DL) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HS1) 2:30 Bridge Card Game - Resident Led (DL) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) 10:00 Weights Exercise (HS1) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:00 Trip to the DOG PARK (B) 10:00 Exercise Bands (HS1) 11:00 Christian Service- w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 1:00 Black Jack - Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES)	9:00 Men's Coffee Talk-Fire Men Visit (CS2) 10:00 Chair Yoga (HS1) 10:30 Bridge Card Game- 3rd Floor (CR3) 10:30 Community Meeting (HS1) 11:00 Pet Therapy w/Melody & Zoey (HS1) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:00 Smoothies (DR) 6:30 Game Night (HH)	10:00 Music & Movement (HS1) 1:00 Dominoes (DL) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Resident Rosary Prayer (ES) 6:30 Trivia (CD)	9:30 Yoga & Cardio (HS1) 10:00 Ladies Coffee & Laughs (HH) 11:00 Life Loop Training on Devices (BT) 1:00 LCR Dice Game (HH) 1:00 Pitch Card Game-3rd Floor (CR3) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES)	10:30 Cribbage - Resident-Led (HS1) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL)
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Location Key

B = Bus/Van

P = Patio

HH = Highlands Hall

FG = Fitness Gym

ES = Exercise Studio

SS&S = Serenity Salon & Spa

BT = Bravo Theatre

DR = Drummond's Restaurant

DL = Drummond's Lounge

MC = Memory Care

HS1 = Hobby Shop, 1st Fl

AT = Atrium

SAR = St. Andrew's Rm, 2nd Fl

CS2 = Creation Station, 2nd Fl

FL1 = Fraser Library, 1st Fl

CR3 = Club Room, 3rd Fl

CD = Cameron's Dining

FL = Fraser Library

V = Veranda



THE HIGHLANDS LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

August 2025

Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.

