

August 2025

Sutherland Apartments Lifestyle Calendar

Hillcrest

Highlands

OF GRETN

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (HH) 11:00 iPhone 101 Class (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 Shoot Pool (CR3)	10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident-Led (DL) 4:00 Beverages in the Pub (HP3)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL)	8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Black Jack Card Game-Bring Dimes (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Walking Club Includes Pets 6:30 Game Night (HH)	9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (HP3) 1:00 Baking for Birthdays (HS1) 1:00 Dominoes (DL) 3:00 Celebrate Birthdays (HH) 4:00 Resident Rosary Prayer (ES) 4:30 Beverages In D.R. (DR) 6:30 Let's Play Golf (SAR)	8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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 Let's Shoot Pool (CR3)	10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident-Led (DL) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL)	8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Monthly Book Club (HH) 2:00 Jewelry Making (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (DL)	9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (HP3) 1:00 Dominoes (DL) 1:00 Lifelong Learning (Veterans): 50 Mile March w/ Navy Veteran John Jones (BT) 2:30 UNO Card Game (DL) 3:00 LCR Dice Game (HS1) 3:00 Ross Dress/Bath & Body Works (B) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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) 6:30 Let's Shoot Pool (CR3)	10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HS1) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) 4:00 Let's Play Darts (SAR)	8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:00 Trip to the DOG PARK (B) 9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 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) 6:30 Let's Play Darts (SAR)	8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:00 Smoothies (DR) 6:30 Game Night (HH)	9:30 Drumming w/ Music (ES) 10:00 Mah Jongg (HP3) 1:00 Dominoes (DL) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 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) 6:30 Let's Play Golf (SAR)	10:30 Cribbage - Resident-Led (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) 4:00 Shuffleboard - Resident-Led (SAR)	8:30 YMCA Water Aerobics (B) 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game-3rd (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3)	9:30 Exercise Bands (ES) 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Bunco (HH) 2:00 Lemonade & the TP Game (HS1) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR)	8:30 YMCA Water Aerobics (B) 9:00 Men's Coffee Talk/Fire Men Visit (CS2) 9:30 Tai Chi for Balance (ES) 10:00 Community Meeting (HH) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 11:45 Lighthouse Restaurant-Register (B) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Learn Line Dancing (ES) 3:30 Walking Club (AT) 6:30 Game Night (HH)	9:30 Drumming w/ Music (ES) 9:59 Mah Jongg (HP3) 10:00 ENTERTAINER BILL CHRASTIL (HH) 11:30 End of Summer Bash (HH) 1:00 Dominoes (DL) 2:00 Bake N Take (CS2) 2:00 War Horse Casino (B) 3:00 Shuffleboard & Soda (SAR) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR)	8:30 YMCA Water Aerobics (B) 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (HH) 11:00 Life Loop Training on Devices 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 (DL) 1:30 Pokeno Game - Like Bingo-Resident Led (HH) 2:30 Bridge Card Game - Resident Led (DL) 4:00 Beverages in the Pub (HP3)
9:30 Movement Exercise - Resident-Led (ES) 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL)			<div>BIRTHDAYS:  Carl M. - 1st Nancy L. - 19th Rose W. - 20th Jackie P. - 21st</div>			



## Location Key

B = Bus/Van  
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  
AT = Atrium  
SAR = St. Andrew's Rm, 2nd Fl  
CS2 = Creation Station, 2nd Fl  
VP2 = Veterans Point, 2nd Fl  
HP3 = Highview Pub, 3rd Fl  
CR3 = Club Room, 3rd Fl  
CC3 = Celtic Corner, 3rd Fl  
SL2 = Sutherland Library, 2nd Fl  
V = Veranda  
FL = Fraser Library

### 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.



## THE HIGHLANDS LIFESTYLE EXPERIENCE

### Monthly Calendar of Events & Activities

# August 2025

