

| Sunday                                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                                                                                                            | Key:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
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| <div><h1>August 2026</h1><h2>Fraser Lifestyle Calendar</h2></div>                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                     | <div>AT = Atrium<br/>B = Bus<br/>BT = Bravo Theater<br/>CD = Cameron's Dining<br/>CR3 = Club Room, 3rd Fl.<br/>CS = Creation Station, 2nd Fl.<br/>DL = Drummond's Lounge<br/>DR = Drummond's Restaurant<br/>E = Excursion<br/>ES = Exercise Studio<br/>FG = Fitness Gym<br/>HH = Highlands Hall<br/>Hob = Hobby Shop<br/>HP3 = Highview Pub, 3rd Fl.<br/>SCon = Sutherland Conf. Room<br/>StAn = St. Andrew's Room</div>                                                                                                                         |
| <div>9:45am Worship: Catholic Communion Service (ES)<br/>11:30am Sunday Gentle Exercise (ES)<br/>1:00pm Bridge (DL)<br/>1:00pm Canasta Card Game (DL)<br/>2:00pm Movie: "The Jazz Singer" (BT)<br/>3:30pm Ladies Coffee &amp; Laughs (Hob)</div>                                    | <div>8:30am YMCA (Register) (B)<br/>10:00am Chair Yoga w/ Suzy (Hob)<br/>10:30am Fun Trivia w/Mike R. (BT)<br/>1:00pm Pitch Card Game w/Mike (CR3)<br/>2:30pm Happy Hour &amp; Pokeno Game (HP3)<br/>3:30pm Bowling on the Big Screen (BT)<br/>4:00pm Resident Rosary Prayer (ES)<br/>6:30pm Shoot Pool (CR3)</div>                                                                                                 | <div>10:00am Exercise &amp; Stretch (Hob)<br/>10:00am Weekly Shopping: Walgreens (B)<br/>11:00am Walking Club (AT)<br/>1:00pm Bible Study (CS)<br/>1:00pm Dime Blackjack Card Game w/Bob &amp; Jack (HH)<br/>2:00pm Learn Line Dancing (Sit or Stand) (ES)<br/>3:00pm Pub Trivia (HP3)<br/>4:00pm Resident Rosary Prayer (ES)</div>                                              | <div>9:00am Men's Coffee Hour (CS)<br/>10:00am Tai Chi for Balance (Hob)<br/>10:50am Pet Therapy w/Melody &amp; Zoey (Hob)<br/>11:00am Rosary &amp; Communion w/Norm (ES)<br/>1:00pm Bingo (BT)<br/>1:00pm Scrabble w/ Millie (DL)<br/>2:30pm Entertainer: Joe Cockson (HH)<br/>3:30pm Celebrate Birthdays: Root Beer Floats (HH)<br/>5:00pm (\$) Supper Club: Goldbergs</div>       | <div>10:00am Cardio Drumming (Hob)<br/>10:30am Balloon Volleyball (CD)<br/>11:00am Walking Club (AT)<br/>1:00pm Dominoes (DL)<br/>1:00pm Spoons (CD)<br/>2:00pm Paint 'n Sip (CS)<br/>3:00pm Learn How to Perfect an Old-Fashioned (HP3)<br/>4:00pm Resident Rosary Prayer (ES)</div>                          | <div>8:30am YMCA (Register) (B)<br/>9:00am Ladies Coffee Outing: Summer Kitchen Cafe (HH)<br/>10:00am Chair Yoga (Hob)<br/>11:30am Ambassador Committee Meeting (SCon)<br/>1:00pm Bunco Dice Game w/Steve (DL)<br/>1:00pm Pitch Card Game (CR3)<br/>1:30pm Movie: "Clash of the Titans" (BT)<br/>3:00pm Jeopardy (HH)<br/>4:00pm Resident Rosary Prayer (ES)</div>           | <div>9:00am Outing: Air Show (Register) (OAB)<br/>9:30am Seated Exercise (Hob)<br/>10:30am Cribbage (Hob)<br/>2:30pm Dime Blackjack Card Game w/Bob &amp; Jack (HH)<br/>2:30pm Scrabble Board Game (DL)<br/>6:00pm Movie: "Patriot Games" (BT)<br/>6:30pm Shuffleboard (StAn)</div> | <div>Pub Hours:<div>Sun. Closed<br/>Mon. 2:30-4:30 p.m.<br/>Tues. 2:30-4:30p.m.<br/>Wed. Closed<br/>Thu. 4:00-6:30 p.m.<br/>Fri. 4:00-6:30 p.m.<br/>Sat. 3:30-6:00 p.m.</div></div> <div>Birthdays:<div>6th - Jay W.<br/>16th - Gwen R.<br/>21st - Jackie P.<br/>27th - Barbara A.<br/>31st - Ervin "Erv" K.</div></div> <div>National Days:<div>2nd - Ice Cream Sandwich Day<br/>3rd - Watermelon Day<br/>7th - Beer Day<br/>10th - S'mores Day<br/>15th - Julia Child's Birthday<br/>24th - Waffle Day<br/>25th - Banana Split Day</div></div> |
| <div>9:00am Outing: Air Show (Register) (OAB)<br/>9:45am Worship: Catholic Communion Service (ES)<br/>11:30am Sunday Gentle Exercise (ES)<br/>1:00pm Bridge (DL)<br/>1:00pm Canasta Card Game (DL)<br/>2:00pm Movie: "Annie" (BT)<br/>3:30pm Ladies Coffee &amp; Laughs (Hob)</div> | <div>10:00am Chair Yoga w/ Suzy (Hob)<br/>10:30am Fun Trivia w/Mike R. (BT)<br/>10:30am Monday Mass (ES)<br/>1:00pm Pitch Card Game w/Mike (CR3)<br/>1:30pm Presentation by Jacey: Hot Topic (BT)<br/>2:30pm Happy Hour &amp; Pokeno Game (HP3)<br/>3:30pm Bowling on the Big Screen (BT)<br/>3:30pm Pet Therapy w/Sandy &amp; Darby (Hob)<br/>4:00pm Resident Rosary Prayer (ES)<br/>6:30pm Shoot Pool (CR3)</div> | <div>10:00am Exercise &amp; Stretch (Hob)<br/>10:00am Weekly Shopping: Fareway (B)<br/>1:00pm Bible Study (CS)<br/>1:00pm Dime Blackjack Card Game w/Bob &amp; Jack (HH)<br/>1:00pm Monthly Book Club (HH)<br/>1:30pm Sing-Along w/Chaplain Mary (CS)<br/>2:00pm Learn Line Dancing (Sit or Stand) (ES)<br/>3:00pm Pub Trivia (HP3)<br/>4:00pm Resident Rosary Prayer (ES)</div> | <div>8:30am YMCA (Register) (B)<br/>9:00am Men's Coffee Hour (CS)<br/>10:00am Tai Chi for Balance (Hob)<br/>10:50am Pet Therapy w/Melody &amp; Zoey (Hob)<br/>11:00am Rosary &amp; Communion w/Norm (ES)<br/>1:00pm Bingo (BT)<br/>1:00pm Scrabble w/ Millie (DL)<br/>2:00pm Bible Study w/Pastor Jerry (SCon)<br/>2:30pm Game Night (CS)<br/>3:30pm Music w/ Larry Marik (HH)</div> | <div>10:00am Cardio Drumming (Hob)<br/>10:30am Balloon Volleyball (CD)<br/>11:00am Walking Club (AT)<br/>1:00pm Dominoes (DL)<br/>1:00pm Spoons (CD)<br/>2:00pm Lifelong Learning (Mike Talk): C.S. Lewis on Suffering &amp; Death (BT)<br/>3:00pm Smoothies (HH)<br/>4:00pm Resident Rosary Prayer (ES)</div> | <div>8:30am YMCA (Register) (B)<br/>10:00am Chair Yoga (Hob)<br/>10:00am Ladies Coffee (HH)<br/>11:30am Ambassador Committee Meeting (SCon)<br/>1:00pm Bunco Dice Game w/Steve (DL)<br/>1:00pm Pitch Card Game (CR3)<br/>1:30pm Movie: "The Great Escape" (BT)<br/>3:00pm Neighborhood Feud (HH)<br/>4:00pm Resident Rosary Prayer (ES)<br/>6:30pm UNO Card Game (Hob)</div> | <div>9:30am Seated Exercise (Hob)<br/>10:30am Cribbage (Hob)<br/>2:30pm Dime Blackjack Card Game w/Bob &amp; Jack (HH)<br/>2:30pm Scrabble Board Game (DL)<br/>6:00pm Movie: "Eight Below" (BT)<br/>6:30pm Shuffleboard (StAn)</div>                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

| Sunday                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                                                                                                                                | Tuesday                                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                                                       | Saturday                                                                                                                                                                                                                                                                       | Key:                                                                                                                                                                                                                                                                                                                                                                                           |
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| <b>9:45am</b> Worship: Catholic Communion Service (ES)<br><b>11:30am</b> Sunday Gentle Exercise (ES)<br><b>1:00pm</b> Bridge (DL)<br><b>1:00pm</b> Canasta Card Game (DL)<br><b>2:00pm</b> Movie: "Guys & Dolls" (BT)<br><b>3:30pm</b> Ladies Coffee & Laughs (Hob) | <b>10:00am</b> Art Project w/Laura (Register) (CS)<br><b>10:00am</b> Chair Yoga w/Suzy (Hob)<br><b>10:30am</b> Fun Trivia w/Mike R. (BT)<br><b>11:00am</b> Film Committee (SCon)<br><b>1:00pm</b> Pitch Card Game w/Mike (CR3)<br><b>2:30pm</b> Happy Hour & Pokeno Game (HP3)<br><b>4:00pm</b> Resident Rosary Prayer (ES)                                                                           | <b>10:00am</b> Fraser Community Meeting (Hob)<br><b>10:00am</b> Weekly Shopping: Hy-Vee (B)<br><b>1:00pm</b> Bible Study (CS)<br><b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack (HH)<br><b>2:00pm</b> Learn Line Dancing (Sit or Stand) (ES)<br><b>2:00pm</b> Resurrection Church Bible Study (CS)<br><b>4:00pm</b> Resident Rosary Prayer (ES)    | <b>9:00am</b> Men's Coffee Hour (CS)<br><b>9:15am</b> 🚌 Concert Outing: Offutt Air Force Band @ SumTur (E)<br><b>10:00am</b> Tai Chi for Balance (Hob)<br><b>10:30am</b> Exercise Equipment Demo w/Innovate (FG)<br><b>11:00am</b> Rosary & Communion w/Norm (ES)<br><b>1:00pm</b> Bingo (BT)<br><b>1:00pm</b> Scrabble w/ Millie (DL)<br><b>2:30pm</b> Game Night (CS)<br><b>5:00pm</b> Supper Club: Cascio's | <b>10:00am</b> Cardio Drumming (Hob)<br><b>10:30am</b> Balloon Volleyball (CD)<br><b>11:00am</b> Walking Club (AT)<br><b>1:00pm</b> Dominoes (DL)<br><b>1:00pm</b> Spoons (CD)<br><b>2:00pm</b> Paint 'n Sip (CS)<br><b>4:00pm</b> Resident Rosary Prayer (ES)                                                          | <b>9:00am</b> Men's Coffee Outing: Wheatfields (B)<br><b>10:00am</b> Chair Yoga (Hob)<br><b>10:00am</b> Ladies Coffee (HH)<br><b>1:00pm</b> Bunco Dice Game w/Steve (DL)<br><b>1:00pm</b> Pitch Card Game (CR3)<br><b>1:30pm</b> Movie: "Butch Cassidy and the Sundance Kid" (BT)<br><b>4:00pm</b> Resident Rosary Prayer (ES)               | <b>9:30am</b> Seated Excercise (Hob)<br><b>10:30am</b> Cribbage (Hob)<br><b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack (HH)<br><b>2:30pm</b> Scrabble Board Game (DL)<br><b>3:30pm</b> Croquet Game on the Patio (AT)<br><b>6:00pm</b> Movie: "Nothing But Trouble" (BT) | AT = Atrium<br>B = Bus<br>BT = Bravo Theater<br>CD = Cameron's Dining<br>CR3 = Club Room, 3rd Fl.<br>CS = Creation Station, 2nd Fl.<br>DL = Drummond's Lounge<br>DR = Drummond's Restaurant<br>E = Excursion<br>ES = Exercise Studio<br>FG = Fitness Gym<br>HH = Highlands Hall<br>Hob = Hobby Shop<br>HP3 = Highview Pub, 3rd Fl.<br>SCon = Sutherland Conf. Room<br>StAn = St. Andrew's Room |
| <b>9:45am</b> Worship: Catholic Communion Service (ES)<br><b>11:30am</b> Sunday Gentle Exercise (ES)<br><b>1:00pm</b> Bridge (DL)<br><b>1:00pm</b> Canasta Card Game (DL)<br><b>2:00pm</b> Movie: "Chicago" (BT)<br><b>3:30pm</b> Ladies Coffee & Laughs (Hob)      | <b>10:00am</b> Chair Yoga w/Suzy (Hob)<br><b>10:30am</b> Fun Trivia w/Mike R. (BT)<br><b>10:30am</b> Monday Mass (ES)<br><b>1:00pm</b> Pitch Card Game w/Mike (CR3)<br><b>2:30pm</b> Happy Hour & Pokeno Game (HP3)<br><b>3:30pm</b> Bowling on the Big Screen (BT)<br><b>3:30pm</b> Pet Therapy w/Sandy & Darby (Hob)<br><b>4:00pm</b> Resident Rosary Prayer (ES)<br><b>6:30pm</b> Shoot Pool (CR3) | <b>10:00am</b> Exercise & Stretch (Hob)<br><b>10:30am</b> Jewelry Making (Hob)<br><b>11:00am</b> Walking Club (AT)<br><b>1:00pm</b> Bible Study (CS)<br><b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack (HH)<br><b>2:00pm</b> Learn Line Dancing (Sit or Stand) (ES)<br><b>3:00pm</b> Pub Trivia (HP3)<br><b>4:00pm</b> Resident Rosary Prayer (ES) | <b>8:30am</b> YMCA (Register) (B)<br><b>9:00am</b> Men's Coffee Hour (CS)<br><b>10:00am</b> Tai Chi for Balance<br><b>10:50am</b> Pet Therapy w/Melody & Zoey (Hob)<br><b>11:00am</b> Rosary & Communion w/Norm (ES)<br><b>1:00pm</b> Bingo (BT)<br><b>1:00pm</b> Scrabble w/ Millie (DL)<br><b>2:00pm</b> Bible Study w/Pastor Jerry (SCon)<br><b>2:30pm</b> Game Night (CS)                                  | <b>10:00am</b> Cardio Drumming (Hob)<br><b>10:30am</b> Balloon Volleyball (CD)<br><b>11:00am</b> Walking Club (AT)<br><b>1:00pm</b> Dominoes (DL)<br><b>1:00pm</b> Spoons (CD)<br><b>1:00pm</b> WarHorse Casino (Register) (B)<br><b>3:00pm</b> Shuffleboard & Soda (StAn)<br><b>4:00pm</b> Resident Rosary Prayer (ES) | <b>10:00am</b> Chair Yoga (Hob)<br><b>10:00am</b> Ladies Coffee (HH)<br><b>11:00am</b> LifeLoop Training (HH)<br><b>1:00pm</b> Bunco Dice Game w/Steve (DL)<br><b>1:00pm</b> Pitch Card Game (CR3)<br><b>1:30pm</b> Movie: "Just Like Heaven" (BT)<br><b>2:00pm</b> Music w/Lindsey & Mike (HH)<br><b>4:00pm</b> Resident Rosary Prayer (ES) | <b>9:30am</b> Seated Excercise (Hob)<br><b>10:30am</b> Cribbage (Hob)<br><b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack (HH)<br><b>2:30pm</b> Scrabble Board Game (DL)<br><b>6:00pm</b> Movie: "Moulin Rouge!" (BT)                                                       | <b>Pub Hours:</b><br><br>Sun. Closed<br>Mon. 2:30-4:30 p.m.<br>Tues. 2:30-4:30p.m.<br>Wed. Closed<br>Thu. 4:00-6:30 p.m.<br>Fri. 4:00-6:30 p.m.<br>Sat. 3:30-6:00 p.m.                                                                                                                                                                                                                         |
| <b>9:45am</b> Worship: Catholic Communion Service (ES)<br><b>11:30am</b> Sunday Gentle Exercise (ES)<br><b>1:00pm</b> Bridge (DL)<br><b>1:00pm</b> Canasta Card Game (DL)<br><b>2:00pm</b> Movie: "Oklahoma!" (BT)<br><b>3:30pm</b> Ladies Coffee & Laughs (Hob)    | <b>8:30am</b> YMCA (Register) (B)<br><b>10:00am</b> Chair Yoga w/Suzy (Hob)<br><b>10:30am</b> Fun Trivia w/Mike R. (BT)<br><b>1:00pm</b> Pitch Card Game w/Mike (CR3)<br><b>2:30pm</b> Happy Hour & Pokeno Game (HP3)<br><b>3:30pm</b> Bowling on the Big Screen (BT)<br><b>4:00pm</b> Resident Rosary Prayer (ES)<br><b>6:30pm</b> Shoot Pool (CR3)                                                  |                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                | <b>Birthdays:</b><br><br>6th - Jay W.<br>16th - Gwen R.<br>21st - Jackie P.<br>27th - Barbara A.<br>31st - Ervin "Erv" K.                                                                                                                                                                                                                                                                      |
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