

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Key:
 August 2026 Sutherland Lifestyle Calendar						9:30am Seated Exercise (Hob) 1:30pm Pokeno (HH) 2:30pm Dime Blackjack Card Game (HH) 2:30pm Scrabble Board Game (DL) 3:30pm Cornhole Game on the Patio (AT) 6:00pm Movie: "Clash of the Titans" (BT)	AT = Atrium B = Bus BT = Bravo Theater CD = Cameron's Dining CR3 = Club Room, 3rd Fl. CS = Creation Station, 2nd Fl. DL = Drummond's Lounge DR = Drummond's Restaurant E = Excursion ES = Exercise Studio FG = Fitness Gym HH = Highlands Hall Hob = Hobby Shop HP3 = Highview Pub, 3rd Fl. SCon = Sutherland Conf. Room StAn = St. Andrew's Room
9:45am Worship: Catholic Communion Service (ES) 11:30am Sunday Gentle Exercise (ES) 1:00pm Bridge (DL) 1:00pm Canasta Card Game (DL) 2:00pm Movie: "The Jazz Singer" (BT)	9:30am Strength Exercise w/ Hand Weights (ES) 10:30am Fun Trivia w/Mike R. (BT) 1:00pm Pitch Card Game w/Mike (CR3) 1:30pm Monday Tai Chi (Video-Led) (ES) 2:00pm Bake a Cake: Cake4Kids (CS) 2:30pm Happy Hour & Pokeno Game (HP3) 4:00pm Resident Rosary Prayer (ES) 6:00pm Golf Simulator (StAn)	9:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 10:00am Weekly Shopping: Walgreens (B) 11:00am Walking Club (AT) 1:00pm Bible Study (CS) 1:00pm Dime Blackjack Card Game (HH) 2:00pm Line Dancing (ES) 3:00pm Pub Trivia (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Darts (StAn)	9:00am Men's Coffee Hour (CS) 9:30am Tai Chi w/ Joan (ES) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo (BT) 1:00pm Scrabble w/ Millie (DL) 2:30pm Entertainer: Joe Cockson (HH) 2:30pm Game Night (CS) 3:30pm Celebrate Birthdays: Root Beer Floats (HH) 5:00pm (\$) Supper Club: Goldbergs	9:30am Cardio Drumming (ES) 10:00am Mah Jongg (CR3) 11:00am Walking Club (AT) 1:00pm Dominoes (DL) 1:00pm Spoons (CD) 2:00pm Paint 'n Sip (CS) 3:00pm Learn How to Perfect an Old-Fashioned (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Golf (StAn)	9:00am Ladies Coffee: Summer Kitchen Cafe (HH) 9:30am Chair Yoga (ES) 1:00pm Audiology Services w/ Active Hearing (SCon) 1:00pm Bunco Dice Game w/Steve (DL) 1:00pm Pitch Card Game (CR3) 1:30pm Movie: "Clash of the Titans" (BT) 3:00pm Jeopardy (HH) 4:00pm Resident Rosary Prayer (ES) 6:30pm Billiards (CR3)	9:00am Outing: Air Show (Register) (OAB) 9:30am Seated Exercise (Hob) 1:30pm Pokeno (HH) 2:30pm Dime Blackjack Card Game (HH) 2:30pm Scrabble Board Game (DL) 3:30pm Cornhole Game on the Patio (AT) 6:00pm Movie: "Patriot Games" (BT) 6:30pm Shuffleboard (StAn)	Pub Hours: Sun. Closed Mon. 2:30-4:30 p.m. Tues. 2:30-4:30p.m. Wed. Closed Thu. 4:00-6:30 p.m. Fri. 4:00-6:30 p.m. Sat. 3:30-6:00 p.m.
							Birthdays:
9:00am Outing: Air Show (Register) (OAB) 9:45am Worship: Catholic Communion Service (ES) 11:30am Sunday Gentle Exercise (ES) 1:00pm Bridge (DL) 1:00pm Canasta Card Game (DL) 2:00pm Movie: "Annie" (BT)	9:30am Strength Exercise w/ Hand Weights (ES) 10:30am Fun Trivia w/Mike R. (BT) 10:30am Monday Mass (ES) 1:00pm Pitch Card Game w/Mike (CR3) 1:30pm Monday Tai Chi (Video-Led) (ES) 2:00pm Bake a Cake: Cake4Kids (CS) 2:30pm Happy Hour & Pokeno Game (HP3) 4:00pm Resident Rosary Prayer (ES) 6:00pm Golf Simulator (StAn)	9:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 10:30am Weekly Shopping: Fareway (B) 1:00pm Bible Study (CS) 1:00pm Dime Blackjack Card Game (HH) 1:00pm Monthly Book Club (HH) 1:30pm Sing-Along w/Chaplain Mary (CS) 2:00pm Line Dancing (ES) 4:00pm Resident Rosary Prayer (ES)	8:30am YMCA (Register) (B) 9:00am Men's Coffee Hour (CS) 9:30am Tai Chi w/ Joan (ES) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo (BT) 1:00pm Bingo Bonanza (HH) 1:00pm Scrabble w/ Millie (DL) 2:00pm Bible Study w/Pastor Jerry (SCon) 2:30pm Game Night (CS) 3:30pm Music w/ Larry Marik (HH)	9:30am Cardio Drumming (ES) 10:00am Mah Jongg (CR3) 11:00am Walking Club (AT) 1:00pm Dominoes (DL) 1:00pm Spoons (CD) 2:00pm Lifelong Learning (Mike Talk): C.S. Lewis on Suffering & Death (BT) 3:00pm Smoothies (HH) 4:00pm Resident Rosary Prayer (ES)	8:30am YMCA (Register) (B) 9:30am Chair Yoga (ES) 10:00am Ladies Coffee (HH) 1:00pm Bunco Dice Game w/Steve (DL) 1:00pm Pitch Card Game (CR3) 1:30pm Movie: "The Great Escape" (BT) 3:00pm Neighborhood Feud (HH) 4:00pm Resident Rosary Prayer (ES) 6:30pm Billiards (CR3)	9:30am Seated Exercise (Hob) 1:30pm Pokeno (HH) 2:30pm Dime Blackjack Card Game (HH) 2:30pm Scrabble Board Game (DL) 3:30pm Cornhole Game on the Patio (AT) 6:00pm Movie: "Eight Below" (BT) 6:30pm Shuffleboard (StAn)	National Days: 2nd - Ice Cream Sandwich Day 3rd - Watermelon Day 7th - Beer Day 10th - S'mores Day 15th - Julia Child's Birthday 24th - Waffle Day 25th - Banana Split Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Key:
9:45am Worship: Catholic Communion Service (ES) 11:30am Sunday Gentle Exercise (ES) 1:00pm Bridge (DL) 1:00pm Canasta Card Game (DL) 2:00pm Movie: "Guys & Dolls" (BT) 2:30pm Melodrama: "Showdown at Sundown" (MSP) 4:00pm Let's Play Darts (StAn)16	8:30am YMCA (Register) (B) 9:30am Strength Exercise w/ Hand Weights (ES) 10:30am Fun Trivia w/Mike R. (BT) 11:00am Film Committee (SCon) 1:00pm Pitch Card Game w/Mike (CR3) 1:30pm Monday Tai Chi (Video-Led) (ES) 2:00pm Bake a Cake: Cake4Kids (CS) 2:30pm Happy Hour & Pokeno Game (HP3) 4:00pm Resident Rosary Prayer (ES) 6:00pm Golf Simulator (StAn)17	9:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 10:30am Weekly Shopping: Hy-Vee (B) 11:00am Walking Club (AT) 1:00pm Bible Study (CS) 1:00pm Dime Blackjack Card Game (HH) 2:00pm Line Dancing (ES) 2:00pm Resurrection Church Bible Study (CS) 3:00pm Pub Trivia (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Darts (StAn)18	8:30am YMCA (Register) (B) 9:00am Men's Coffee Hour (CS) 9:15am 🚌 Concert Outing: Offutt Air Force Band @ SumTur (E) 9:30am Tai Chi w/ Joan (ES) 10:30am Exercise Equipment Demo w/Innovate (FG) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo (BT) 1:00pm Scrabble w/ Millie (DL) 2:30pm Game Night (CS) 5:00pm Supper Club: Cascio's (C)19	9:30am Cardio Drumming (ES) 10:00am Mah Jongg (CR3) 11:00am Walking Club (AT) 1:00pm Dominoes (DL) 1:00pm Spoons (CD) 2:00pm Paint 'n Sip (CS) 4:00pm Resident Rosary Prayer (ES)20	8:30am YMCA (Register) (B) 9:00am Men's Coffee Outing: Wheatfields (B) 9:30am Chair Yoga (ES) 10:00am Ladies Coffee (HH) 11:30am Ambassador Committee Meeting (SCon) 1:00pm Bunco Dice Game w/Steve (DL) 1:00pm Pitch Card Game (CR3) 1:30pm Movie: "Butch Cassidy and the Sundance Kid" (BT) 4:00pm Resident Rosary Prayer (ES) 6:30pm Billiards (CR3)21	9:30am Seated Excercise (Hob) 1:30pm Pokeno (HH) 2:30pm Dime Blackjack Card Game (HH) 2:30pm Scrabble Board Game (DL) 3:30pm Cornhole Game on the Patio (AT) 6:00pm Movie: "Nothing But Trouble" (BT)22	AT = Atrium B = Bus BT = Bravo Theater CD = Cameron's Dining CR3 = Club Room, 3rd Fl. CS = Creation Station, 2nd Fl. DL = Drummond's Lounge DR = Drummond's Restaurant E = Excursion ES = Exercise Studio FG = Fitness Gym HH = Highlands Hall Hob = Hobby Shop HP3 = Highview Pub, 3rd Fl. SCon = Sutherland Conf. Room StAn = St. Andrew's Room
9:45am Worship: Catholic Communion Service (ES) 11:30am Sunday Gentle Exercise (ES) 1:00pm Bridge (DL) 1:00pm Canasta Card Game (DL) 2:00pm Movie: "Chicago" (BT) 2:30pm Melodrama: "Witch of Waverly Wood" 4:00pm Shuffleboard (StAn)23	8:30am YMCA (Register) (B) 9:30am Strength Exercise w/ Hand Weights (ES) 10:30am Fun Trivia w/Mike R. (BT) 10:30am Monday Mass (ES) 1:00pm Pitch Card Game w/Mike (CR3) 1:30pm Monday Tai Chi (Video-Led) (ES) 2:00pm Bake a Cake: Cake4Kids (CS) 2:30pm Happy Hour & Pokeno Game (HP3) 4:00pm Resident Rosary Prayer (ES) 6:00pm Golf Simulator (StAn)24	9:30am Exercise Bands w/Chris (ES) 10:00am Mah Jongg (CR3) 11:00am Walking Club (AT) 1:00pm Bible Study (CS) 1:00pm Dime Blackjack Card Game (HH) 2:00pm Line Dancing (ES) 3:00pm Pub Trivia (HP3) 4:00pm Resident Rosary Prayer (ES) 6:30pm Darts (StAn)25	8:30am YMCA (Register) (B) 9:00am Men's Coffee Hour (CS) 9:30am Tai Chi w/ Joan (ES) 10:00am Community Meeting (HH) 11:00am Rosary & Communion w/Norm (ES) 1:00pm Bingo (BT) 1:00pm Scrabble w/ Millie (DL) 2:00pm Bible Study w/Pastor Jerry (SCon) 2:30pm Game Night (CS)26	9:30am Cardio Drumming (ES) 10:00am Mah Jongg (CR3) 11:00am Walking Club (AT) 1:00pm Dominoes (DL) 1:00pm Spoons (CD) 1:00pm WarHorse Casino (Register) (B) 3:00pm Shuffleboard & Soda (StAn) 4:00pm Resident Rosary Prayer (ES) 6:30pm Let's Play Golf (StAn)27	8:30am YMCA (Register) (B) 9:30am Chair Yoga (ES) 10:00am Ladies Coffee (HH) 11:30am Ambassador Committee Meeting (SCon) 1:00pm Bunco Dice Game w/Steve (DL) 1:00pm Pitch Card Game (CR3) 1:30pm Movie: "Just Like Heaven" (BT) 2:00pm 🎵 BY REQUEST: Music w/Lindsey & Mike (HH) 4:00pm Resident Rosary Prayer (ES) 6:30pm Billiards (CR3)28	9:30am Seated Excercise (Hob) 1:30pm Pokeno (HH) 2:30pm Dime Blackjack Card Game (HH) 2:30pm Scrabble Board Game (DL) 3:30pm Cornhole Game on the Patio (AT) 6:00pm Movie: "Moulin Rouge!" (BT)29	Pub Hours: Sun. Closed Mon. 2:30-4:30 p.m. Tues. 2:30-4:30p.m. Wed. Closed Thu. 4:00-6:30 p.m. Fri. 4:00-6:30 p.m. Sat. 3:30-6:00 p.m.
9:45am Worship: Catholic Communion Service (ES) 11:30am Sunday Gentle Exercise (ES) 1:00pm Bridge (DL) 1:00pm Canasta Card Game (DL) 2:00pm Movie: "Oklahoma!" (BT)30	8:30am YMCA (Register) (B) 9:30am Strength Exercise w/ Hand Weights (ES) 10:30am Fun Trivia w/Mike R. (BT) 1:00pm Pitch Card Game w/Mike (CR3) 1:30pm Monday Tai Chi (Video-Led) (ES) 2:00pm Bake a Cake: Cake4Kids (CS) 2:30pm Happy Hour & Pokeno Game (HP3) 4:00pm Resident Rosary Prayer (ES) 6:00pm Golf Simulator (StAn)31						Birthdays: 1st - Carl M. 19th - Nancy L. 19th - Yvonne B. 20th - Rose W.
							National Days: 2nd - Ice Cream Sandwich Day 3rd - Watermelon Day 7th - Beer Day 10th - S'mores Day 15th - Julia Child's Birthday 24th - Waffle Day 25th - Banana Split Day