

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY BIRTHDAY Hugh Boylan 8/14 Muriel St.Pierre 8/15 Ann Halford 8/17 Doris Gershkoff 8/19 Jean Schrenkel 8/20 Phillip Foerster 8/22 Michael Shippee 8/24 Joann Shippee 8/31 Giovanna Morris 8/19						9:00 Seated Yoga w/Sharon O (CL) 11:00 Family Festival 11:00 Outdoor Putting (SC) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 1
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Marino Duo (A) 2	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Dollar Tree (ML) 11:00 Outdoor Bocce (SC) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 2:00 Poetry Reading (L) 2:00 STOP! Word game (AS) 3:00 Play Reading (L) 3	9:00 Fitness & Cardio (CL) 10:00 Seated Strength&Motion (CL) 11:00 Genealogy (A) 11:00 Wii Bowling (MR) 11:00 Southbury Library (ML) 1:00 Women's Billiards Practice (B) 1:00 Poker (CR) 3:00 Game On! Cards (AS) 3:00 Men's Billiards Practice (B) 3:30 Caregiver Support Group "Grief before Goodbyes" (ACR) 4	9:00 Chair Yoga w/Alisa (CL) 10:00 Scattergories (MR) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writer's Workshop (MR) 1:00 Shop Rite (ML) 2:00 Sit & Be Fit (CL) 2:00 Mexican Train Dominoes (AS) 5	9:00 Flex & Flow (CL) 10:00 Mindful Movements (CL) 11:00 Wii Bowling (MR) 11:00 Aqua Aerobics (CL) 1:00 Women's Billiards Practice (B) 1:00 Social Bridge (CR) 2:00 Valley Chordsmen (A) 3:00 Men's Billiards Practice (B) 3:00 Beer Tasting (P) 6	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 2:00 Bereavement Group (ACR) 3:00 Happy Hour (A) 3:15 Team Trivia (A) 7	11:00 Outdoor Putting (SC) 1:00 Baseball Hour (MR) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 8
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Swing Set Band (A) 9	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Outdoor Bocce (SC) 11:30 Walmart (ML) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 1:00 Fitness drumming (CL) 2:00 STOP! Word Game 3:00 Play Reading (L) 3:30 Catholic Liturgy and Holy Communion (A) 10	9:00 Fitness & Cardio (CL) 10:00 Seated Strength&Motion (CL) 11:00 Wii Bowling (MR) 11:00 Book Club (CR) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) 2:00 Mark Albertson Lecture (A) 3:00 Game On! Cards (AS) 3:00 Men's Billiards Practice (B) 3:00 Women's Sip & Share (WL) 11	10:00 Scattergories (MR) 11:00 Town Hall (A) 12:00 Aug. Bday Celebration (COM) 12:30 Mahjong (CR) 1:00 Writer's Workshop (MR) 1:00 LaBonne's Market (ML) 2:00 Sit & Be Fit (CL) 2:00 Mexican Train Dominoes (AS) 3:00 Bloom & Create (AS) 12	9:00 Flex & Flow CL 10:00 Mindful Movements (CL) 11:00 Wii Bowling (MR) 11:00 Aqua Aerobics (CL) 1:00 Father Maldonado Mass (MR) 1:00 Women's Billiards Practice (B) 1:00 Social Bridge (CR) 2:00 Backgammon **NEW** (AS) 3:00 Men's Billiards Practice (B) 13	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 1:30 Fired Up! Pottery (AS) 2:00 Bereavement Group (ACR) 3:00 Happy Hour (A) 3:15 Team Trivia (A) 14	9:00 Seated Yoga w/Sharon O (CL) 11:00 Outdoor Putting (SC) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 15
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Amadi Azikiwe (A) 16	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Outdoor Bocce (SC) 11:00 Palace Theater Tour & Lunch (ML) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 1:00 Fitness Drumming (CL) 2:00 Poetry Reading (L) 2:00 STOP! Word game (AS) 3:00 Play Reading (L) 17	9:00 Fitness & Cardio (CL) 10:00 Seated Strength&Motion (CL) 11:00 Wii Bowling (MR) 11:00 Genealogy (A) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) 2:00 Lecture: Dr Hunt (A) 2:30 Hearing Screening (CR) 3:00 Game On! Cards (AS) 3:00 Men's Billiards Practice (B) 18	9:00 Chair Yoga w/Alisa (CL) 10:00 Scattergories (MR) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Writer's Workshop (MR) 1:00 Shop Rite (ML) 2:00 Sit & Be Fit (CL) 2:00 Mexican Train Dominos (AS) 3:00 Paint & Sip 19	9:00 Flex & Flow (CL) 10:00 Mindful Movments (CL) 11:00 Wii Bowling (MR) 11:00 Aqua Aerobics (CL) 1:00 Women's Billiards Practice (B) 1:00 Social Bridge (CR) 2:00 Bills Feel Good Music (A) 3:00 Men's Billiards Practice (B) 3:00 Supper Club: Blue Fig Garden(ML) 20	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 2:00 Bereavement Group (ACR) 3:00 Happy Hour (A) 3:15 Team Trivia (A) 21	11:00 Outdoor Putting (SC) 11:30 Aquila's Nest Vinyards 2:00 George's This & That Music(A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 22
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 All Gershwin Rhapsody In Blue(A) 23	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Outdoor Bocce (SC) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 2:00 Jewish Study w/Chaplain Ron (MR) 3:00 My Dearest Friend: The Letters of Abigail & John Adams (A) 3:00 Playreading (L) 24	9:00 Fitness & Cardio (CL) 10:00 Seated Strength & Motion (CL) 11:00 Wii Bowling (MR) 11:00 PRIZE BINGO (A) 1:00 Women's Billiard Practice (B) 1:00 Poker (CR) 3:00 Game On! Cards (AS) 3:00 Men's Billiards Practice (B) 3:00 Audubon Center Lecture (A) 25	9:00 Chair Yoga w/Alisa (CL) 10:00 Scattergories (MR) 11:00 Ted Talks (A) 12:30 Mahjong (CR) 1:00 Mexican Train Dominoes (AS) 1:00 Writer's Workshop (MR) 1:00 Shop Rite (ML) 2:00 Sit & Be Fit (CL) 3:00 Caregiver support Group (ACI) 26	9:00 Flex & Flow (CL) 10:00 Mindful Movements (CL) 11:00 Wii Bowling (MR) 11:00 Pray the Rosary (CR) 11:00 Aqua Aerobics (CL) 1:00 Women's Billiards Practice (B) 1:00 Social Bridge (CR) 2:00 Lia Levitt (A) 3:00 Men's Billiards Practice (B) 27	9:00 Ukulele w/Susan Peak [Advanced Class] (AS) 10:00 Ukulele w/Susan Peak [Beginner Class] (AS) 10:00 Strength & Tone (CL) 11:00 Hot Topics /Current Events(A) 11:00 Stop N Shop (ML) 2:00 Bereavement Group (ACR) 3:00 Happy Hour (A) 3:00 Team Trivia (A) 28	9:00 Seated Yoga w/Sharon (CL) 11:00 Outdoor Putting (SC) 2:00 George's This & That Music (A) 3:00 Rummikub (CR) 4:30 Sacred Heart PM Mass (ML) 29
8:30 Sacred Heart Mass (ML) 9:30 St James Service (ML) 10:30 St. Thomas Mass (ML) 11:30 Brunch (D) 3:00 Melanie Chirignan (A) 30	9:30 Tai Chi for Balance (CL) 10:30 Crossword Club (AS) 11:00 Outdoor Bocce (SC) 1:00 Stitch This! (MR) 1:00 Social Bridge (C) 2:00 STOP! Word game (AS) 3:00 Play Reading (L) 3:30 Catholic Liturgy & Holy Communion(A) 31	Independent Living AUGUST 2026				SC-Sports Center/Putting Green AS- Art Studio A- Auditorium B- Billiard Room CR- Card Room C-Cinema CL - (Pool/Gym) COM - Commons (2nd Floor) D - Dining Room L - Library P- Pub Bar MR- Meeting Room

