

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2019

## Sugar Hill Retirement Community Activity & Trip Calendar



Did you do your Dakim session today?

1	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 1:00pm – Dr. Hammond 2:00pm – Social Committee 5:00pm – Pub Night 6:30pm- Bridge Group	2	8:00am – Perkins Cove & Marginal Way Trip 10:00am – Social Hour 10:30am – Billiards	3								
4	8:00am – Recycling 9:00am – Blood Pressure Checks 9:00am – Pedicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Billiards 6:30pm- Bridge Group	5	8:00am – Weeks State Park tour & Mt. Grandview Lunch Trip 9:00am – House Committee 10:00am – Shopping In Wolfeboro 11:00am – OTSHG Exercise 2:00pm – TV series “Big Dreams Small Spaces”	6	9:00 am – Massage with Vincent 10:00am – Social Hour 10:30am – Billiards 1:30pm – Thai Scholar Student Visits	7	9:00am – Shopping In Wolfeboro 9:30am – SHRC BOD 10:00am – Ping Pong 11:00am – OTSHG Exercise 2:00pm – Ted Scheu poetry presentation 6:30pm- Bridge Group	8	8:30am – Portland City and Lighthouse Tour 10:00am – Social Hour 10:30am – Billiards	9	10	
11	9:00am – Manicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Billiards 6:30pm- Bridge Group	12	9:00am – Men’s Breakfast 10:00am – Stock Club 10:00am – Shopping In Wolfeboro 11:00am - Dermatology Visit 11:00am – OTSHG Exercise 2:00pm – TV series “Big Dreams Small Spaces”	13	10:00am – Social Hour 10:30am – Billiards 1:30pm – Thai Scholar Student Visits 4:00pm – Bocce Social	14	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 1:00pm – Rev. Gina Visit 5:00pm – Lobster Bake 6:30pm- Bridge Group	15	10:00am – Social Hour 10:30am – Billiards 1:00pm – Bob McCarthy Music Concert in the Maple Room	16	17	
18	8:00am – Recycling 9:00am – Pedicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Billiards 6:30pm- Bridge Group	19	9:30am – Resident’s Meeting 11:00am – OTSHG Exercise 2:00pm – TV series “Big Dreams Small Spaces”	20	10:00am – Social Hour 10:30am – Billiards 2:00pm – Movie Premiere “All the President’s Men” 3:00pm – Bingo	21	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 5:00pm – Music & Dining at Castle in the Clouds 6:30pm- Bridge Group	22	8:30am – Cannon Mountain Tramway & Woodstock Brewery Trip 10:00am – Social Hour 10:30am – Billiards	23	24	
25	9:00am – Manicures w/ Kristina in Spa Room 10:00am – Social Hour 10:30am – Billiards 6:30pm- Bridge Group	26	9:00am – Ladies Breakfast 10:00am – Stock Club 10:00am – Shopping In Wolfeboro 11:00am – OTSHG Exercise 2:00pm – TV series “Big Dreams Small Spaces”	27	10:00am – Social Hour 10:30am – Billiards 2:00pm – Movie Premiere “Spitfire” 1:00pm – Ice Cream Social 4:00pm – Dining out at Italian Farm House	28	9:00am – Shopping In Wolfeboro 10:00am – Ping Pong 11:00am – OTSHG Exercise 1:00pm – Dr. Hammond 6:30pm- Bridge Group	29	9:30am – Chef Forum 10:00am – Social Hour 10:30am – Billiards 12:00pm – Granite State Whale Watch Trip	30	31	Location Key BLUE – Off Campus RED – Media Room GREEN – Maple Room BLACK – Sugar House PURPLE – Lilac Room Brown – Coffee Shop Pink – Spa Room

If you have questions or need additional information on any of the activities or events listed, please call Christina at 569-8485 Thank you.