| CUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY -   | THUDSDAY   | EDIDAY   | CATUDDAY   |
|--|--|---|---|--|--|--|
| SUNDAY   | MONDAY   | IUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
| 31   | Auto 0 Culture   |   |   |  | 1  | 2  |
| 9:00 Meditation & QiGong: Workout DVD  | Arts & Culture   |   |   |  | 9:00 Interfaith Musings w/ Joe Agne  | 10-12 Billiards @ The Merion   |
| 11:00 Early Morning Movie:   | Health & Fitness   |   |   |  | 10:00 Symbria Wellness: Balance Booster  | 11:00 ■ Bingo and Prizes w/ Friends  |
| Seven Brides for Seven Brothers  | ■ Life Long Learning   |   |   |  | 12:30 NETFLIX / The Kominsky Method Season One / Episodes 1 & 2  | 11:00 Balance Booster Fitness DVD  |
| 1:30 Balance Booster: Fitness DVD  | ■ Music  |   |   |  | 1:00 The Hand & Foot Card Game   | 12:30 NETFLIX / The Queen's Gambit Season One / Episode 3  |
| 2:30 Merion Matinee: The Music Man   |  |   |   |  | 2:00 Aqua Aerobics w/ Nichola  | 1-3 Rummikub @ The Merion  |
| 5:00 Shiva Rea: Meditation DVD   | Social Activities  |   |   | 0005   | 4:00 Shabbat Services w/ Suzy F. & Carol G.  | 2:30 Museums of the World w/ D. Levie  |
| 7:00 The Music Institute of Chicago Ensemble                                   | Spiritual Wellness   |   |   | 2023   | 4:00 Happy Hour @ The Merion   | The Metropolitan Museum of Art, NYC  |
| 7:30 Sunday Night Movie: A River Runs Through It                               |  |   |   |  | 7:30 Friday Night Movie: The Lincoln Lawyer  | 7:30 Saturday Night Movie: Gone Baby Gone  |
| 3  | 4  | 5   | 6   | 7  | 8 CABARET NIGHT  | 9 NATIONAL WOMEN'S DAY   |
| 9:00 Meditation & QiGong: Workout DVD  | 10:30 Redefining Strength w/ Nichola                                       | 9:15 Integrated Movement for Mind & Body  | 9:30 Gentle Yoga w/ Leigh   | 9:30 Balance, Mobility & Wellness w/ Mike                                  | 9:00 Interfaith Musings w/ Joe Agne  | 10-12 Billiards @ The Merion   |
| •  | 12:00 Symbria Wellness: Agua Flow  | w/ Barbara  | 11:00 Merion Roundtable Discussion w/ Doug                                      | 11:00 BeMoved Dance w/ Heidi   | 10:00 Symbria Wellness:Balance Booster   | 11:00 Bingo and Prizes w/ Friends  |
| 11:00 Early Morning Movie: Laurel & Hardy                                      | 1:00 Poetry Corner @ The Merion  | 11:30 Symbria Wellness: Fitness Training 12:00 Merion Field Trip - The Botanic Garden | 12:00 NETFLIX / Grace and Frankie Season One / Episode 1                        | 1:00 Merion Bridge Club  | 12:30 NETFLIX/ The Kominsky Method   | , and the second |
| 1:30 Balance Booster: Fitness DVD  | with Greg S. & Irene E.  | 1:00 Mahjong @ The Merion   | 1:00 CHC: Blood Pressure Screening  | 1:30 Merion Field Trip: RAVINIA  | Season One / Episodes 3 & 4  | 11:00 Balance Booster Fitness DVD  |
|  | 1:00 Merion Bridge Club  | 1:00 Symbria Wellness: Aqua ABC'S   | 1:00 Fit & Functioning w/ Johnny  | '  | 1:00 The Hand & Foot Card Game   | 12:30 NETFLIX / The Queen's Gambit Season One / Episode 4  |
| 2:30 Merion Matinee: Animal House Funny Thing Happened on the Way to the Forum | 1:30 Symbria Wellness: Stretch & Flex                                      | (Abs, Back & Core)<br>2:30 ■ Symbria Wellness: Fitness Fusion                         | 1:00 ■ Canasta Club @ The Merion<br>3:00 ■ Open Forum @ The Merion              | 2:00 Tasty Thursdays @ The Merion  | 3:30-5:30 ■ Cabaret Night @ The Merion   | ·  |
| nappened on the way to the Lorum   | 2:30 Canvas Creations w/ Charlotta   | 3:00 History in Perspective w/ Eugene F.  | 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio                               | 3:00 Let's Talk: Interesting Conversations w/ Greg S.                      | w/ S. Aaron, J. Garcia, & A. Tatum   | 1-3 Rummikub @ The Merion  |
| 5:00 Shiva Rea: Meditation DVD   | 4:00 Happy Hour @ The Merion   | "Hollywood Goes to War"   | 7:00 Scrabble Group @ The Merion  | 4:00 Happy Hour @ The Merion   | 5:00 Winner Winner Chicken Dinner!   | 2:30 Art Alive Programming w/ D. Levie Presents: "Women of the Blue Rider"   |
| 7:30 Sunday Night Movie: The Legends of the Fall                               | 7:30 Monday Night Movie: The Intouchables                                  | 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: RONIN                          | 7:30 Wednesday Night Movie: A Raisin in the Sun                                 | 7:30 Thursday Night Movie: The Hangover                                    | 7:30 Friday Night Movie: CABARET   | 7:30 Saturday Night Movie: YENTL   |
|  |  |   |   |  |  |  |
| 10   | 11   | 12  | 13  | 14   | 15   | 16   |
| 9:00 Meditation & QiGong: Workout DVD  | 10:30 Redefining Strength w/ Nichola                                       | 9:15 Integrated Movement for Mind & Body w/ Barbara                                   | 9:30 ■ Gentle Yoga w/ Leigh 12:00 ■ NETFLIX / Grace and Frankie                 | 11:00 BeMoved Dance w/ Heidi   | 9:00 Interfaith Musings w/ Joe Agne  | 10-12 Billiards @ The Merion   |
| 11:00 Early Morning Movie: The Stooge  | 12:00 Symbria Wellness: Aqua Flow  | 11:30 Symbria Wellness: Fitness Training  | Season One / Episode 2  | 12:00 It's Popping Thursday @ The Merion                                   | 10:00 Symbria Wellness: Balance Booster  | 8:30-1 Merion Field Trip: Evanston's Farmers' Market   |
| 1:30 Balance Booster Fitness DVD   | 1:00 Current Events w/ Howard Voeks  | 11:30 Merion Field Trip: Stacked & Folded Restaurant<br>Graeter's Ice Cream Shoppe    | 1:00 Merion Field Trip: The First Lady Architectural Boat Tour                  | 1:00 Merion Bridge Club  | 12:30 NETFLIX / The Kominsky Method<br>Season One / Episodes 5 & 6   |  |
|  | 1:00 Merion Bridge Club  | 12:30 PRIME VIDEO / Theodore Roosevelt  | Northman Beer Cider Garden w/ H. Hirsch   | 1:00 Mindful Movement & Breathe w/ Barbara                                 | 1:00 The Hand & Foot Card Game   | 11:00 Balance Booster Fitness DVD  |
| 2:30 Merion Matinee: The Philadelphia Story                                    | 1:30 Symbria Wellness: Stretch & Flex                                      | "The Great Adventure" Season One / Episode 1 1:00 Mahjong @ The Merion                | 1:00 CHC: Blood Pressure Screening  | 1:30 Merion Field Trip: RAVINIA  | 4:00 Shabbat Services w/ Suzy F. & Carol G.  | 12:30 NETFLIX / The Queen's Gambit Season One / Episode 5  |
| 5:00 Shiva Rea: Meditation DVD   | 4:00 Happy Hour @ The Merion   | 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core)                                  | 1:00 ■ Fit & Functioning w/ Johnny<br>1:00 ■ Canasta Club @ The Merion          | 2:00 Tasty Thursdays @ The Merion  | 4:00 Happy Hour @ The Merion   | 1-3 Rummikub @ The Merion  |
| 7:00 The Music Institute of Chicago Ensemble                                   | 7:30 The Chen Family String Quartet  | 2:30 Symbria Wellness: Fitness Fusion   | 4:00 Happy Hour @ The Merion  | 4:00 Happy Hour & Live Music w/ S. Aaron                                   | 7:00 T.E. & Company Presents: Open Rehearsal / Song & Dance  | 2:30 Super Bingo & Prizes w/ Johnny  |
| 7:30 Sunday Night Movie: TROY  | 7:30 Monday Night Movie: PAVAROTTI   | 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: JACK REACHER                   | 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: EXTRAORDINARY      | 7:30 Thursday Night Movie: Night at the Museum "Battle of the Smithsonian" | 7:30 Friday Night Movie: SALT  | 7:30 Saturday Night Movie: WANTED  |
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| 17   | 18   | 19  | <b>20</b> NATIONAL LEMONADE DAY   | 21   | 22   | 23   |
| 9:00 Meditation & QiGong: Workout DVD  | 10:30 Redefining Strength w/ Nichola                                       | 9:15 Integrated Movement for Mind & Body w/ Barbara                                   | 9:30 ■ Gentle Yoga w/ Leigh 11:00 ■ Merion Roundtable Discussion w/ Doug Asbury | 9:00 OnSite Dermatology Visit  | 9:00 Interfaith Musings w/ Joe Agne  | 10-12 Billiards @ The Merion   |
| 11:00 Early Morning Movie:   | 12:00 Symbria Wellness: Aqua Flow 1:00 Poetry Corner @ The Merion          | 11:30 Symbria Wellness: Fitness Training  | 12:00 NETFLIX / Grace and Frankie   | 9:00 Merion Men's Club Breakfast   | 10:00 Symbria Wellness: Balance Booster 11:30 Merion Short Story Discussion  | 11:00 Bingo and Prizes w/ Friends  |
| Under the Yum-Yum Tree   | with Greg S. & Irene E.  | 1:00 Mahjong @ The Merion   | Season One / Episode 3  1:00 CHC: Blood Pressure Screening                      | 11:00 Jane Fonda Walkout Fitness DVD                                       | "Eveline" by James Joyce w/ C. Garner  | 11:00 Balance Booster Fitness DVD  |
| 1:30 Balance Booster: Fitness DVD  | 1:00 Merion Bridge Club  | 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core)                                  | 1:00 Fit & Functioning w/ Johnny  | 1:00 Merion Bridge Club  1:00 Merion Book Club Meet Up                     | 12:30 NETFLIX/ The Kominsky Method   | 12:30 NETFLIX / The Queen's Gambit   |
| 2:30 Merion Matinee: JUMANJI   | 1:30 Symbria Wellness: Stretch & Flex                                      | 2:30 Symbria Wellness: Fitness Fusion   | 1:00 Canasta Club @ The Merion  | 1:30 Merion Field Trip - RAVINIA   | Season One / Episodes 7 & 8  | Season One / Episode 6   |
| 5:00 Shiva Rea: Meditation DVD   | 2:30 Custom Home Care Presents:  Dementia 101 / The Basics of Brain Health | 3:00 History in Perspective w/ Eugene F   | 3:00 ■ Open Forum @ The Merion 5:00 ■ Merion Field Trip: Jazzin @ The Shedd     | 2:00 Tasty Thursdays @ The Merion  | 1:00 The Hand & Foot Card Game  2:30 Magic Show w/ Greg Whalen   | 1-3 Rummikub @ The Merion  |
| 7:30 Sunday Night Movie:   | 4:00 Happy Hour @ The Merion   | "France in Sixty Minutes" Part Three  | 4:00 Happy Hour @ The Merion  | 4:00 Happy Hour @ The Merion   | 4:00 Happy Hour @ The Merion   | 2:30 Music Appreciation Lecture w/ Kurt Presents: Elvis Presley  |
| Thoroughly Modern Millie   | 7:30 Monday Night Movie: Amazing Grace                                     | 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: AMERICAN SNIPER                | 7:00 Scrabble Group @ The Merion 7:30 Wednesday Night Movie: Senior Moment      | 7:30 Thursday Night Movie: Annie Hall                                      | 7:30 Friday Night Movie: THE HELP  | 7:30 Saturday Night Movie: Hotel Rwanda  |
| 24   | 25   | 26  | 27  | 28   |  | 30   |
|  |  |   |   |  | 29 LOBSTER NIGHT   |  |
| 9:00 Meditation & QiGong: Workout DVD  | 10:30 ■ Redefining Strength w/ Nichola 12:00 ■ Symbria Wellness: Aqua Flow | 9:15 Integrated Movement for Mind & Body w/ Barbara                                   | 9:30 Gentle Yoga w/ Leigh  12:00 NETFLIX / Grace and Frankie                    | 9:30 Balance, Mobility & Wellness w/ Mike                                  | 9:00 Interfaith Musings w/ Joe Agne 10:00 Symbria Wellness: Balance Booster  | 10-12 Billiards @ The Merion   |
| 11:00 Early Morning Movie: Show Boat   | 1:00 Current Events w/ Howard Voeks  | 11:30 Symbria Wellness: Fitness Training 12:30 PRIME VIDEO / Theodore Roosevelt       | Season One / Episode 4  | 11:00 BeMoved Dance w/ Heidi   | 12:30 NETFLIX/ The Kominsky Method   | 11:00 Bingo and Prizes w/ Friends  |
| 1:30 Balance Booster Fitness DVD   | 1:00 Merion Bridge Club  | "The Man in the Arena"  | 1:00 CHC: Blood Pressure Screening  | 12:30 PRIME VIDEO / A Kind of Madness                                      | Season Two / Episodes 1 & 2  | 11:00 Balance Booster Fitness DVD  |
| 2:30 Merion Matinee:  Murder on the Orient Express                             | 1:30 Symbria Wellness: Stretch & Flex                                      | Season One / Episode 2<br>1:00 ■ Mahjong @ The Merion                                 | 1:00 ■ Fit & Functioning w/ Johnny<br>1:00 ■ Canasta Club @ The Merion          | 1:00 Merion Bridge Club  | 1:00 The Hand & Foot Card Game   | 12:30 NETFLIX / The Queen's Gambit Season One / Episode 7  |
| 5:00 Shiva Rea: Meditation DVD   | 2:30 Symbria Wellness Presents: Sensing Change                             | 1:00 Symbria Wellness: Aqua ABC'S (Abs, Back & Core)                                  | 4:00 August Resident Birthday Celebration                                       | 2:00 Tasty Thursdays @ The Merion  | 2:30 Flapping Friday w/ Tammy  | ·  |
| 7:30 Viva Viols: Fest Five   | Understanding Sensory w/ Herman  | 2:30 Symbria Wellness: Fitness Fusion 3:00 Let's Talk: Interesting Conversations      | 4:00 Happy Hour & Live Music w/ Jerry Tiberi Trio                               | 4:00 Happy Hour @ The Merion   | 4:00 Happy Hour & Live Music w/ A. Tatum   | 1-3 Rummikub @ The Merion  |
| w/ Linda Chessick & Venus Fu   | 4:00 Happy Hour @ The Merion   | w/ Greg S.  | 7:00 Scrabble Group @ The Merion  | 7:15 Merion Movie Showcase Presents: The Thursday Murder Club              | 5:00 Lobster Night @ The Merion  | 2:30 Music Appreciation Lecture w/ Kurt Presents: Elton John   |
| 7:30 Sunday Night Movie: Car Wash  | 7:30 Monday Night Movie: GERONIMO "An American Legend"                     | 4:00 Happy Hour @ The Merion 7:30 Tuesday Night Movie: PLATOON                        | 7:30 Wednesday Night Movie: August: Osage County                                | 7:30 Thursday Night Movie: The Heat  | 7:30 Friday Night Movie: The Silence of the Lambs  | 7:30 Saturday Night Movie: Shutter Island  |
|  |  | , ,   | AUGUST, OSBUE COULTY  | , ,  | The state of the s |  |