



Live here
Live well.

AUGUST 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

- Resident Led
- Team Led
- Vendor Led

LOCATION OF ACTIVITIES

CR-COMMUNITY ROOM
4th floor Exercise Room
2ND FLOOR GYM
2ND FLOOR MEDIA ROOM

LOCATION OF ACTIVITIES

2ND FLOOR MASSAGE ROOM
2ND FLOOR BILLARD ROOM
POOL PATIO

ALL UNDERLINED A ACTIVITIES REQUIRE SIGN UP

BOOK OF THE MONTH
SOUND OF GLASS
by:Karen White

1

National Mahjong Day

GAMES WITH FRIENDS

office closed

2

10:00am-4th floor
Balls, Bands, Balance
3:00pm-CR 5:00pm-GYM
Rummikub Zumba
5:00pm-4th floor
YOGA

11:30am-Pool
Aqua Aerobics
1:00pm-MR
Matinee Movie
3:00pm-CR 6:45pm-CR
Early Game Day Game Night
7:00pm-MR
Bible Study

10:00am-4th floor
Balls, Bands, Balance
12:00pm-Pop-Up-Lunch
Olive Garden
1:00PM-CR
SNACKS W/ LOYAL TRUST BANK
4:00pm-CR 5:00pm-4th floor
Cookies YOGA
7:00pm-MR Life Matters

10:00am- Day Trip
Georgia Aquarium
10:00am-2:00pm-MR
Massage Relax w/Lisa
1:00pm-CR 6:45pm-CR
Seniocrise Play Game Night
Practice

8:30am-MR
Morning Devotions
10:00am-4th floor
Balls, Bands, Balance
6:00pm-MR
Movie/Popcorn

8

1:00pm-CR
Pampering Session w/
Mary Kay Consultant
Lori

COFFEE & CONVERSATION

office closed

9

10:00am-4th floor
Balls, Bands, Balance
1:00pm-Book Club Meeting
3:00pm-CR 5:00pm-GYM
Rummikub Zumba
5:00pm-4th floor
YOGA

11:30am-Pool
Aqua Aerobics
12:00pm-MR
Mind & Meditation
3:00pm-CR 6:45pm-CR
Early Game Day Game Night

10:00am-4th floor
Balls, Bands, Balance
12:00pm-Pop-Up-Lunch
Pearl Lian
4:00pm-Cornhole/Games
Popsicles/Ice Cream Bars
5:00pm-4th floor
YOGA

1:00pm-CR
Seniocrise Play
Practice
5:30pm-CR
Line Dance
6:45pm-CR
Game Night

8:30am-MR
Morning Devotions
10:00am-4th floor
Balls, Bands, Balance
3:00pm-Patio
Parfaits on The Patio
5:00pm-CR 6:00pm-MR
\$\$Bingo\$\$ Movie/Popcorn

15

POOL TIME WITH
NEIGHBORS

office closed

16

10:00am-4th floor
Balls, Bands, Balance
3:00pm-CR 5:00pm-GYM
Rummikub Zumba
5:00pm-4th floor
YOGA

11:30am-Pool
Aqua Aerobics
1:00pm-MR
Matinee Movie
2:00pm-CR
Happy Hour w/Center Well
6:45pm-CR 7:00pm-MR
Game Night Bible Study

10:00am-4th floor
Balls, Bands, Balance
12:00pm-Pop-Up-Lunch
Real Tacos
5:30pm-CR
Trivia & Social Hour
5:00pm-4th floor
YOGA

11:00am-3:00pm-MR
Massage Relax w/Lisa
1:00pm-CR 5:00pm-CR
Seniocrise Play Leah Wells
Practice Senior Advocate
5:30pm-CR 6:45pm-CR
Line Dance Game Night

8:30am-MR
Morning Devotions
10:00am-4th floor
Balls, Bands, Balance
1:00pm-CR
Amada Senior Care
6:00pm-MR
Movie/Popcorn

6:00pm-CR/POOL
SUNCHELLA POOL PARTY
&
August Birthday
Celebration

POOL TIME WITH
NEIGHBORS

30

10:00am-4th floor
Balls, Bands, Balance
3:00pm-CR 5:00pm-GYM
Rummikub Zumba
5:00pm-4th floor
YOGA

11:30am-Pool
Aqua Aerobics
3:00PM-IAWN
PET APPRECIATION DAY
1:00pm-MR
Matinee Movie
4:00pm-Cornhole/Games
Popsicles/Ice Cream Bars

10:00am-4th floor
Balls, Bands, Balance
12:00pm-Pop-Up-Lunch
Rose & Olives
4:00pm-CR 5:00pm-4th floor
Cookies YOGA

1:00pm-CR
Seniocrise Play
Practice
4:00pm-POOL
POOL VOLLEYBALL
5:30pm-CR 6:45pm-CR
Line Dance Game Night

8:30am-MR
Morning Devotions
10:00am-4th floor
Balls, Bands, Balance
6:00pm-MR
Movie/Popcorn

10:00am-CR
Annabelle
Breakfast & Connection

annabelleonmainlc@greystar.com

GREYSTAR





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Live well.

SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident Led Team Led Vendor Led		10:00am-1 Walking Club 1:00pm-MR Matine Movie Series 6:45pm-CR 7:00pm-MR Game Night Bible Study	10:00am-4th floor 2 Balls, Bands, & Balance 12:00pm-Pop-Up-Lunch Marlow's Tavern 5:00PM-4TH FLOOR 6:00pm-CR Soical Hour YOGA	1:00pm-CR-4th floor 3 Seniorcise Play Practice 5:30pm-4th floor Line Dancing 6:45pm-CR Game Night	8:30am-MR 4 Morning Devotions W/Amelia 10:00am-4th floor Balls, Bands, & Balance 3:00pm- CR 6:00pm MR Games w/friends Movie Night	5:00pm-Lawn/CR Sunset Happy Hour Potluck/Appetizer's
6 Duluth Farmers Market Town Green 2:00pm-5:00pm	7 10:00am-4th floor Balls, Bands, & Balance 3:00pm-CR 5:00PM-4TH Rummikub FLOOR YOGA Labor Day Office Closed	8 10:00am-Walking Club 1:00pm-MR Matine Movie Series 3:00pm- LAWN CORNHOLE/SNACKS 6:45pm-CR Game Night	9 10:00am-4th floor Balls, Bands, & Balance 12:00pm-Pop- Up-Lunch Biba's Italian 4:00pm-CR Cookies & Games 5:00pm-2nd floor GYM ZUMBA	10 1:00pm-CR-4th floor Seniorcise Play Practice 5:30pm-4th floor Line Dancing 6:45pm-CR Game Night	11 8:30am-MR Morning Devotions W/Amelia 10:00am-4th floor Balls, Bands, & Balance 5:00pm-CR 6:00pm MR \$BINGO\$ Movie Night	12 1:00pm-CR Muffins, Mimosa and Community Tour
13 Games time with Frineds	14 10:00am-4th floor Balls, Bands, & Balance 1:00PM-CR-Book Club 3:00pm-CR Rummikub 5:00PM-4TH FLOOR 5:00pm-2nd floor GYM YOGA ZUMBA	15 10:00am-Walking Club 1:00pm-MR Matine Movie Series 3:00pm- LAWN CORNHOLE/SNACKS 6:45pm-CR 7:00pm-MR Game Night Bible Study	16 10:00am-4th floor Balls, Bands, & Balance 12:00pm-Pop-Up-Lunch Red Lobster 5:00PM-4TH FLOOR 6:00pm-CR Social Hour/Special Guest Entertainment YOGA	17 1:00pm-CR Seniorcise Play Practice 2:00pm-CR Lunch & Learn w/MDC Healthcare 5:30pm-4th floor 6:45pm-CR Line Dancing Game Night	18 8:30am-MR Morning Devotions W/Amelia 10:00am-4th floor Balls, Bands, & Balance 3:00pm-CR Injury Prevention Ergonomic Class 6:00pm MR Movie Night	19 6:00pm- LAWN Golden Hour Gathering
20 Duluth Farmers Market Town Green 2:00pm-5:00pm	21 10:00am-4th floor Balls, Bands, & Balance 3:00pm-CR Rummikub 5:00pm-2nd floor GYM ZUMBA 5:00PM-4TH FLOOR YOGA	22 10:00am-Walking Club 1:00pm-MR Matine Movie Series 3:00pm- LAWN CORNHOLE/SNACKS 6:45pm-CR Game Night	23 10:00am-4th floor Balls, Bands, & Balance Pop-Up-Lunch CUE BBQ 5:00PM-4TH FLOOR 4:00pm-CR Cookies & Games YOGA	24 1:00pm-CR Seniorcise Play Practice 5:30pm-4th floor Line Dancing 6:00pm-CR Comfort Keepers 6:45pm-CR Game Night	25 8:30am-MR Morning Devotions W/Amelia 10:00am-4th floor Balls, Bands, & Balance 6:00pm MR Movie Night	26 1:00pm-LAWN REMATCH!!! CORNHOLE WITH EVERLEIGH DULUTH
27 Coffee and Conversation	28 10:00am-4th floor Balls, Bands, & Balance 3:00pm-CR Rummikub 5:00pm-2nd floor GYM ZUMBA 5:00PM-4TH FLOOR YOGA	29 10:00am-Walking Club 1:00pm-MR Matine Movie Series 6:45pm-CR 7:00pm-MR Game Night Bible Study	30 10:00am-4th floor Balls, Bands, & Balance 12:00:Pop-Up-Lunch Chabi Thai 5:00PM-4TH FLOOR 6:00pm-CR Soical Hour YOGA	LOCATION OF ACTIVITIES CR-Community Room MR-Media Room CR-4th floor Exercise Room 2nd floor Gym Lawn		Book of the Month: TO KILL A MOCKINBIRD