

AUGUST, 2023

• Friendship Village of Kalamazoo • 1400 North Drake Road • Kalamazoo, MI 49006 • 269-381-0560



Transportation for Shopping, and Churches
Shopping ~ Mondays & Fridays at 9:00am; Wednesdays at 1:00pm (Grocery & Mall)
Churches ~ Sunday departures beginning at 9:00am
All bus pick-ups from the Village will depart from the Group Fitness Lounge Door
 Sign up for Church runs, medical, and other transportation requests at front desk.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES		1	2	3	4	5
149 – Apartment 149 AqC - Aquatic Courtyard ACP - Aquatic Pool AR –Terrace Activities Room B1 - B1 Lounge Bus - Bus Cafe - Café CafeC - Cafe Courtyard CC- Commons Conference Room CR –Terrace Craft Room FCL –Fitness Center Lounge GFS –Group Fitness Studio EC –Terrace Education Center K - The Kiva KAG –Kiva Art Gallery KL –Kiva Lounge L - Library VCC –Village Clubhouse Classroom VCK – The Village Clubhouse Keystone VW - The Village Woods		8:30 Aqua Balance, ACP 9:30 Better Balance, GFS 10:00 Bible Study, A1 11:00 Catholic Rosary, AR 11:30 Bold Moves for Parkinson's, GFS 1:00 Berry Brothers Blueberry Farm & Husted's Farm Market, Bus 1:00 Wii Bowling (team), GFS 1:15 Aqua Strength, ACP 1:30 Skip-Bo, B2 3:00 Creative Writing, CC 2:00 NIFS MoveU Kickoff Presentation, K 7:00 Scrabble, VCG 7:00 Riverside Connections Band, AqC	8:30 Men's Breakfast, Berries Pancake House, Bus 8:30 Aqua Interval, ACP 9:00 Morning Stretch, GFS 9:30 Interval, GFS 10:15 Mat Yoga, VCC 11:30 Chair Yoga, GFS 1:15 Seniors of Strength, GFS 3:30 Happy Hour, K 6:45 Bingo, GFS 7:00 Classic Movie Night, Shane, K	8:30 Aqua Balance, ACP 9:30-11:30 Golf Cart Rides by Appointment, GC 9:30 Better Balance, GFS 10:00 Offsite Trail Walk-Celery Flats, Bus 10:45 Joyful Living Through Mindfulness, B1 11:30 Bold Moves for Parkinson's, GFS 1:00 Learn Mahjong, B1 1:00 10 Minute Fixes for phones & tablets, FCL 1:15 Aqua Strength, ACP 1:30 Garden Homes Bi-Monthly Meeting, VCK 1:30 Group Voice Lessons with Jan, GFS 3:00 Ping Pong, GFS 3:00 St. Lukes Episcopal Communion Service, K 4:30 Wii Bowling (team), GFS 7:00 Sing Along With Nancy, K	8:30 Aqua Interval, ACP 9:00 Foot Clinic, Apt. 149 9:00 Morning Stretch, GFS 9:30 Advanced Fitness Class, GFS 1:00 2023 Academy Award Winning Foreign Film, EO, K 1:15 Seniors of Strength, GFS 2:00 Current Events, CC 2:00 Chair Volleyball, GFS 2:30 Open Bridge, Cafe 3:30 Garden Home First Friday & Weekly Social Hour, VCK 7:00 Premier Movie, The League, K 7:00 Scrabble, FCL	11:00 Wii Bowling (team), GFS 1:30 Hand and Foot Group, B1 2:00 Premier Movie, The League, K 6:45 Bingo, GFS
6	7	8	9	10	11	12
10:00 First United Methodist Church Service, K 2:00 Vespers with Mark Roberts, K 3:00 Dominoes, B1 3:00 Bob Andrew's Courtyard Jams, CafeC 3:15 Pottery & Ceramics, CR	8:30 Aqua Interval, ACP 9:00 Morning Stretch, GFS 9:30 Interval, GFS 11:00 Experience Rendevery! "Canada", GFS 1:00 Readers Theatre Practice, K 1:00 Needlers, B1 1:15 Seniors of Strength, GFS 2:00 Ice Cream Social, CafeC 2:15 Hand & Foot Game, B1 3:00 Quilters, CR 6:30 Drama Series & Discussion, C.B. Strike, K	8:30 Aqua Balance, ACP 9:00 Hearing Clinic, B1 9:30 Better Balance, GFS 10:00 Bible Study, A1 10:00 Residents Council, K 11:00 Catholic Rosary, AR 11:30 Bold Moves for Parkinson's, GFS 12:00 Eyeglass Clinic, FCL 1:00 Wii Bowling (team), GFS 1:15 Aqua Strength, ACP 1:30 Skip-Bo, B2 2:00 Friendship Village Readers Theatre Troupe Presents "A Couple of Random Holiday Radio Shows", K 3:00 Creative Writing, CC 4:00 Parkinson's Suppt. Grp., K 7:00 Scrabble, VCG	8:30 Ladies Breakfast, Long Island Cafe, Bus 8:30 Aqua Interval, ACP 9:00 Morning Stretch, GFS 9:30 Interval, GFS 10:00 From the Workbench with Brandon, K 10:15 Mat Yoga, VCC 11:30 Chair Yoga, GFS 1:00 Oshtemo Library Help, L 1:15 Seniors of Strength, GFS 2:30 NIFS MoveU Posture Workshop, K 3:00 Oshtemo Library Book Club, AR 3:30 Happy Hour, K 6:45 Bingo, GFS 7:00 Classic Movie Night, The In-Laws (1979), K	8:30 Aqua Balance, ACP 9:30-11:30 Golf Cart Rides by Appointment, GC 9:30 Better Balance, GFS 10:45 Joyful Living Through Mindfulness, B1 11:30 Bold Moves for Parkinson's, GFS 1:00 Learn Mahjong, B1 1:00 10 Minute Fixes for phones & tablets, FCL 1:15 Aqua Strength, ACP 1:30 Group Voice Lessons, GFS 2:00 Kalamazoo Saxophone Quartet, K 3:00 Ping Pong, GFS 4:30 Wii Bowling (team), GFS 6:30 Fine Films & Discussion, Blackberry, K	8:30 Aqua Interval, ACP 9:00 Morning Stretch, GFS 9:30 Advanced Fitness Class, GFS 10:00 Golf Cart Guided Woods Tour, GC 10:15 Snack 'N Chat, FCL 1:00 Plainwell Ice Cream, Bus 1:00 Men's Chorus Rehearsal, K 1:15 Seniors of Strength, GFS 2:00 Chair Volleyball, GFS 2:00 FVK Annual Fair Day, CafeC 2:00 Current Events, CC 2:30 Open Bridge, Cafe 4:30 Garden Home Social Hour, VCK 7:00 Premier Movie, Elvis, K	11:00 Wii Bowling (team), GFS 1:30 Hand and Foot Group, B1 2:00 Premier Movie, Elvis, K 6:45 Bingo, GFS

13	14	15	16	17	18	19
<p>10:00 First United Methodist Church Service, K</p> <p>2:00 Vespers with Mark Roberts, K</p> <p>3:00 Dominoes, B1</p> <p>3:00 Bob Andrew's Courtyard Jams, CafeC</p> <p>3:15 Pottery & Ceramics, CR</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:00 Monthly Birthday Party, K</p> <p>11:00 Experience Rendevel! "National Park Highlights" (US and Canada), GFS</p> <p>1:00 Needlers, B1</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Al Mahan Music Program, K</p> <p>2:15 Hand & Foot Game, B1</p> <p>6:30 Drama Series & Discussion, C.B. Strike, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:30 Better Balance, GFS</p> <p>10:00 Bible Study, A1</p> <p>11:00 Catholic Rosary, AR</p> <p>11:30 Out to Lunch Bunch, The Cove, Bus</p> <p>11:30 Bold Moves for Parkinson's, GFS</p> <p>1:00 Wii Bowling (team), GFS</p> <p>1:15 Aqua Strength, ACP</p> <p>2:30 & 3:00 NIFS MoveU Foot Health Workshops, GFS</p> <p>1:30 Skip-Bo, B2</p> <p>3:00 Creative Writing, CC</p> <p>7:00 Scrabble, VCG</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:15 Mat Yoga, VCC</p> <p>11:30 Chair Yoga, GFS</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Exploring Prejudices Group, AR</p> <p>2:00 Borgess Health Talks, Nutrition, K</p> <p>3:30 Happy Hour, K</p> <p>4:00 Outdoor Environment Committee, VCC</p> <p>6:45 Bingo, GFS</p> <p>7:00 Classic Movie Night, On Golden Pond, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:30-11:30 Golf Cart Rides, GC</p> <p>9:30 Better Balance, GFS</p> <p>10:45 Joyful Living Through Mindfulness, B1</p> <p>11:30 Bold Moves for Parkinson's, GFS</p> <p>1:00 Learn Mahjong, B1</p> <p>1:00 10 Minute Phone Fixes, FCL</p> <p>1:15 Aqua Strength, ACP</p> <p>1:30 Group Voice Lessons with Jan, GFS</p> <p>2:00 Charlotte Hubbard, Bee-yond the Bees Knees, K</p> <p>3:00 Ping Pong, GFS</p> <p>4:30 Wii Bowling (team), GFS</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Advanced Fitness Class, GFS</p> <p>11:00 Ladies Chorus Practice, K</p> <p>1:00 Men's Chorus Rehearsal, K</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Current Events, CC</p> <p>2:00 Chair Volleyball, GFS</p> <p>2:30 Open Bridge, Cafe</p> <p>4:30 Garden Home Social Hour, VCK</p> <p>7:00 Premier Movie, Are You There, God. It's Me, Margaret, K</p>	<p>9:00 Bank Street Farm Market, Bus</p> <p>11:00 Wii Bowling (team), GFS</p> <p>1:00 Book to Film Group, EC</p> <p>1:30 Hand and Foot Group, B1</p> <p>2:00 Premier Movie, Are You There, God. It's Me, Margaret, K</p> <p>6:45 Bingo, GFS</p>
20	21	22	23	24	25	26
<p>10:00 First United Methodist Church Service, K</p> <p>2:00 Vespers with Mark Roberts, K</p> <p>3:00 Dominoes, B1</p> <p>3:00 Bob Andrew's Courtyard Jams, CafeC</p> <p>3:15 Pottery & Ceramics, CR</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:00 Island Team Trivia, AR</p> <p>10:30 Veterans' Club, WCL</p> <p>11:00 Experience Rendevel! "Cruise the Caribbean", GFS</p> <p>1:00 Needlers, B1</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Town Hall Gathering, K</p> <p>2:15 Hand & Foot Game, B1</p> <p>3:00 Kahlua & Coffee Bar, KL</p> <p>3:30 Island Week Documentary Series, Island of the Sea Wolves, Episode 1, K</p> <p>6:30 Drama Series & Discussion, TBA, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:00 Hearing Clinic, B1</p> <p>9:30 Better Balance, GFS</p> <p>10:00 Bible Study, A1</p> <p>10:00 Wake Up World, Jeffrey Getting, Michigan's New Gun Legislation, K</p> <p>11:00 Catholic Rosary, AR</p> <p>11:30 Bold Moves for Parkinson's, GFS</p> <p>1:00 WMU Tour, Bus</p> <p>1:00 Wii Bowling (team), GFS</p> <p>1:15 Aqua Strength, ACP</p> <p>1:30 Skip-Bo, B2</p> <p>2:00 Beach Pool Party!, ACP</p> <p>3:00 Creative Writing, CC</p> <p>3:30 Island Week Documentary Series, Island of the Sea Wolves, Episode 2, K</p> <p>7:00 Island Movie Musical, South Pacific, K</p> <p>7:00 Scrabble, VCG</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Foot Clinic, Apt. 149</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:00 Island Images Guided Painting Class, AR</p> <p>10:00 Catholic Mass, K</p> <p>10:15 Mat Yoga, VCC</p> <p>11:30 Chair Yoga, GFS</p> <p>1:00 Culinary Connections, K</p> <p>1:15 Seniors of Strength, GFS</p> <p>3:00 It's 5 O'Clock Somewhere Happy Hour featuring Music by Don Middlebrook, AquC, K</p> <p>3:00 Woods Committee, VCC</p> <p>6:45 Bingo, GFS</p> <p>7:00 Classic Movie Night, Cast Away, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:30-11:30 Golf Cart Rides, GC</p> <p>9:30 Better Balance, GFS</p> <p>10:15 Kitchen Band Practice, K</p> <p>10:45 Joyful Living Through Mindfulness, B1</p> <p>11:00 Experience Rendevel! "A Day at a Resort", AR</p> <p>11:30 Bold Moves / Parkinson's, GFS</p> <p>1:00 Learn Mahjong, B1</p> <p>1:00 10 Minute Phone Fixes, FCL</p> <p>1:15 Aqua Strength, ACP</p> <p>1:30 Voice Lessons w/Jan, GFS</p> <p>3:00 Ping Pong, GFS</p> <p>3:30 Island Week Documentary Series, Island of the Sea Wolves, Episode 3, K</p> <p>4:30 Dinner Outing, The Rock at Big Fish Lake, Bus</p> <p>4:30 Wii Bowling (team), GFS</p> <p>6:30 Book To Film Group Movie, Water For Elephants, K</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Advanced Fitness Class, GFS</p> <p>10:00 Breakfast on the Beach Smoothie Bar & Lawn Games, AqC</p> <p>10:00 Guided Woods Walk, VW</p> <p>10:15 Snack 'N Chat, FCL</p> <p>11:00 Ladies Chorus Practice, K</p> <p>1:00 Men's Chorus Rehearsal, K</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Ultra Beachtime Chair Volleyball, K</p> <p>2:00 Current Events, CC</p> <p>2:30 Open Bridge, Cafe</p> <p>4:30 Garden Home Social Hour, VCK</p> <p>7:00 Premier Movie, Barb & Star Go to Vista Del Mar, K</p>	<p>11:00 Wii Bowling (team), GFS</p> <p>1:00 Bob Birkenmeyer Memorial Service, K</p> <p>1:30 Hand and Foot Group, B1</p> <p>6:45 Bingo, GFS</p> <p>7:00 Premier Movie, Barb & Star Go to Vista Del Mar, K</p>
27	28	29	30	31	AUGUST SPECIAL EVENTS	AUGUST OUTINGS
<p>10:00 First United Methodist Church Service, K</p> <p>1:30 InterPlay, GFS</p> <p>2:00 Vespers with Mark Roberts, K</p> <p>3:00 Dominoes, B1</p> <p>3:00 Bob Andrew's Courtyard Jams, CafeC</p> <p>3:15 Pottery & Ceramics, CR</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:30 Low Vision Support Group, CC</p> <p>11:00 Experience Rendevel! "Canada Maple Season", GFS</p> <p>1:00 Needlers, B1</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:00 Frank Sinatra Tribute Show with Billy McAllister., K</p> <p>2:15 Hand & Foot Game, B1</p> <p>3:30 TED Talks with Ken, K</p> <p>6:30 Drama Series & Discussion, TBA, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:30 Tanger Outlet Mall & Lunch at 5 Lakes Brew Pub, Bus</p> <p>9:30 Better Balance, GFS</p> <p>10:00 Bible Study, A1</p> <p>11:00 Catholic Rosary, AR</p> <p>11:30 Bold Moves for Parkinson's, GFS</p> <p>12:00 Caremerge Lunch and Learn, CC</p> <p>1:00 Wii Bowling (team), GFS</p> <p>1:15 Aqua Strength, ACP</p> <p>1:30 Skip-Bo, B2</p> <p>3:00 Creative Writing, CC</p> <p>7:00 Scrabble, VCG</p>	<p>8:30 Aqua Interval, ACP</p> <p>9:00 Morning Stretch, GFS</p> <p>9:30 Interval, GFS</p> <p>10:15 Mat Yoga, VCC</p> <p>11:30 Chair Yoga, GFS</p> <p>1:15 Seniors of Strength, GFS</p> <p>2:30 NIFS MoveU Hand Health Workshop, K</p> <p>3:30 Happy Hour, K</p> <p>6:45 Bingo, GFS</p> <p>7:00 Classic Movie Night, The Little Fugitive, K</p>	<p>8:30 Aqua Balance, ACP</p> <p>9:30-11:30 Golf Cart Rides, GC</p> <p>9:30 Better Balance, GFS</p> <p>10:15 Kitchen Band Practice, K</p> <p>10:45 Joyful Living Through Mindfulness, B1</p> <p>11:30 Bold Moves for Parkinson's, GFS</p> <p>12:30 Mooville Creamery, Bus</p> <p>1:00 Learn Mahjong, B1</p> <p>1:00 10 Minute Phone Fixes, FCL</p> <p>1:15 Aqua Strength, ACP</p> <p>1:30 Group Voice Lessons with Jan, GFS</p> <p>3:00 Ping Pong, GFS</p> <p>4:30 Wii Bowling, GFS</p>	<p>8/1 at 7pm Riverside Connections Band</p> <p>8/7 at 2pm Ice Cream Social</p> <p>8/8 at 2pm Readers Theatre Radio Show Performance</p> <p>8/10 at 2pm Kalamazoo Saxophone Quartet</p> <p>8/11 at 2pm FVK Fair Day</p> <p>8/14 at 2pm Al Mahan</p> <p>8/17 at 2pm Charlotte Hubbard Bee Presentation</p> <p>8/21-25 Island Week Events (see separate poster for details)</p> <p>8/23 at 3:30pm Don Millebrook, Trop-Rock Happy Hour</p> <p>8/28 at 2pm Billy McAllister</p>	<p>8/1 at 1pm Berry Brothers Blueberry Farm & Husted's Farm Stand</p> <p>8/2 at 8:30am Men's Breakfast at Berries Pancake House</p> <p>8/3 at 10am Trail Walk-Celery Flats</p> <p>8/9 at 8:30am Ladies Breakfast, Long Island Café</p> <p>8/11 at 1pm Plainwell Ice Cream</p> <p>8/15 at 11:30 Lunch at The Cove</p> <p>8/19 at 9:00am Banks Street Farm Market, Kalamazoo</p> <p>8/22 at 1pm WMU Tour</p> <p>8/24 at 4:30pm Dinner at The Rock on Big Fish Lake</p> <p>8/29 at 9:30am Tanger Outlet Mall</p> <p>8/31 at 12:30pm Mooville Dairy Farm, Nashville, MI</p>