

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Dudley Square Life Enrichment Calendar AUGUST 2026						1 10.30am: Lyndon House Morning Stretches 1 - 8pm: Evarose Gutmann renting the Clubhouse.
2 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC 2pm: Great Courses - "Evolution of American Federalism", CH 3.30pm: Afternoon Stretches in Lyndon House	*Carol Mead 3 10.30am: Lyndon House Exercise 2pm: Fitness group w/Gry, CH 4pm: Clubhouse Documentary "HAMILTON"	Larry transport 9am - 1pm 4 10.30am: Lyndon House Exercise 11am: Trip to Mike Linnig's Seafood Restaurant for lunch, sign up w/Gry 6.30pm: Men's Choir, CH	5 10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 4.30pm: Dudley Social Hour & dinner, CH	*Bob Montgomery Larry transport 9am - 1pm 6 10.30am: Lyndon House Exercise 11am: Fitness group w/Gry, CH 2pm: Tai-Chi w/Susan & Ann, CH 3pm: "Creating a Native Garden" a presentation by Stephen Brown, CH 4pm: Catch-up session "American Constitution, CH	*Al Cassidy & Barbara Miller 7 10.30am: Lyndon House Exercise 11am: Women's Brunch, CH, sign up by 8/5 3.30pm: Lyndon House documentary series: "The Private Lives of The Monarchs"	8 10.30am: Lyndon House Morning Stretches
9 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC 2pm: Great Courses - "Evolution of the Constitution of the United States", CH 3.30pm: Afternoon Stretches in Lyndon House	10 10am: Hand & Foot card game, CH 10.30am: Lyndon House Exercise 2pm: Fitness Group w/Gry, CH 4pm: Movie Night "The Sheep Detectives"	Larry transport 9am - 1pm 11 10am: Landscape Com Mtg, CH 10.30am: Lyndon House Exercise 2pm: Dudley Women's Deeper Discussions, CH 3.30pm: "Cookies for a Cause" Alzheimer's Walk-a-thon Kick-Off Event, CH 6.30pm: Men's Choir, CH	12 9am: Men's Breakfast, CH sign up w/Jim N 10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 2pm: "No Name" Book Club, CH 4.30pm: Social Hour & dinner, CH	Larry transport 9am - 1pm 13 10.30am: Lyndon House Exercise 10.30am: Dudley Book Club, CH 2pm: Tai-Chi w/Susan & Ann, CH 3pm: Scrabble Game, CH 4pm: Catch-up session "American Constitution, CH	14 10.30am: Lyndon House Exercise 2pm: Elizabeth Pace, ECH Director of Community Relations presentation "The Dudley Entrance Fee and Long-Term Care", Clubhouse. 3.30pm: Lyndon House documentary series: "The Private Lives of The Monarchs"	15 10.30am: Lyndon House Morning Stretches
16 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC 2pm: Great Courses - "Evolution of the Constitution of the United States", CH 3.30pm: Afternoon Stretches in Lyndon House	17 10.30am: Lyndon House Exercise 2pm: Fitness Group w/Gry, CH 4pm: Clubhouse Documentary "Kiss The Ground"	*Lynn March Larry transport 9am - 1pm 18 10.30am: Lyndon House Exercise 2.30pm: Coffee & Information Mtg w/ERS Servant Leadership Team, CH 6.30pm: Men's Choir, CH	19 10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 4.30pm: Social Hour & dinner, CH	Larry transport 9am - 1pm 20 10.30am: Lyndon House Exercise 11am: Fitness group w/Gry, CH 2pm: Tai-Chi w/Susan & Ann, CH 4pm: Catch-up session "American Constitution, CH 5.30pm: "An Art History of Mexico", art lecture at Carnegie Arts Center	21 10.30am: Lyndon House Exercise 2pm: Caregiver Support Group, CH 3.30pm: Lyndon House documentary series: "The Private Lives of The Monarchs"	22 10.30am: Lyndon House Morning Stretches
23 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC 2pm: Great Courses - "Evolution of the Constitution of the United States", CH 3.30pm: Afternoon Stretches in Lyndon House	24 10am: Hand & Foot card game, CH 10.30am: Lyndon House Exercise 2pm: Fitness Group w/Gry, CH 4pm: Movie Night "My Old Lady"	Larry transport 9am - 1pm 25 10.30am: Lyndon House Exercise 10.30am: Departure for the KY State Fair, sign up w/Gry 2pm: Dudley Women's Deeper Discussions, CH 6.30pm: Men's Choir, CH	*International Dog Day 26 10.30am: Lyndon House Exercise 1pm: Mah-Jongg Game, CH 4.30pm: Social Hour & dinner, CH	Larry transport 9am - 1pm 27 10.30am: Lyndon House Exercise 11am: Fitness group w/Gry, CH 2pm: Tai-Chi w/Susan & Ann, CH 4pm: Catch-up session "American Constitution, CH	28 10.30am: LH Exercise 2pm: Therapy Department presentation w/Brian Fogle, PTA 3.30pm: LH documentary series: "The Private Lives of The Monarchs" 4pm: Classic Movie w/Mike Abell: "The seven-year itch"	29 10.30am: Lyndon House Morning Stretches
*Wayne Rudloff 30 10.30am: Worship Service w/Rev Lisa & Deacon Harvey, SLC 2pm: Great Courses - "Evolution of the Constitution of the United States", CH 3.30pm: Afternoon Stretches in Lyndon House	31 10.30am: Lyndon House Exercise 2pm: Fitness Group w/Gry, CH 4pm: Clubhouse Documentary "The Cost of Convenience"					