

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Independent Living Activity Calendar * - Livestreamed on 955 BR - Board Room BT1 - Bradford Terrace 1st Floor Lounge BT2 - Bradford Terrace 2nd Floor Activity Room BT4 - Bradford Terrace 4th Floor Activity Room CC - Creativity Center DR - Dining Room GC - Gazebo Courtyard H2 - Historic 2nd Floor Lounge L - Lobby LH - Lindsay Hall LT1 - Lake Terrace 1st Floor Card Room LT2- Lake Terrace 2nd Floor Library LT3 - Lake Terrace 3rd Floor Art Studio LTO - Lake Terrace 4th Floor Overlook LTL Lake Terrace 4th Floor Lounge MC - Main Courtyard MR - Meditation Room (Historic Terrace 3rd Floor) MT - Movie Theatre Contact Evan Riegler (eriegler@eastcastleplace.com/414-963-8408) with any questions.*						1 7:00 PM Movie Time "The Sheep Detectives" - MT
2	3 11:30 AM ROMEO's (Retired Old Men Eating Out) at Canela Cafe - Meet in Lobby 1:00 PM "Route 66, The 100th Anniversary of Mother Road" with Anthony Arno	4 1:00 PM The Interview Project with the Next Act Theatre - LH	5 4:00 PM Edelweiss Boat Trip (Dinner Service in 1884/Pub only, takeout/delivery available) 7:00 PM Movie Time "The Darkest Hour" - MT	6 1:00 PM Great Courses "Epigenetics: How Environment Changes Your Biology" - MT 2:30 PM Espresso with Evan - LH	7 11:00 AM Lunch at The Bridgewater Modern Grille 3:00 PM Eastcastle Players Cast Party/Information Session for Perspective Members - LH	8 7:00 PM Movie Time "Dreamgirls" - MT
9	10 1:00 PM "Entertainers with Milwaukee Ties" with Greg Jenks - LH	11 9:00 AM Trip to The Polls 1:00 PM ECP Choir Fall Pre-Planning Meeting - LH 2:00 PM Danielle Gedemer Recital - LH	12 7:00 PM Movie Time "Nonnas" - MT	13 1:00 PM Foreign Films "Louise yt the Shore" (2017, France) - MT	14 9:30 AM Milwaukee County War Memorial/Lunch at War Memorial Beer Garden	15 9:30 AM - 11:00 AM Charcol Drawing with Kathy Barnes (12 Limit) - Creatvity Center 7:00 PM Movie Time "The World's Fastest Indian" - MT
16 No Ecumenical Service	17 10:00 AM Kids Impact Community - Gazebo 2:00 PM John Klett - Fishing Has No Boundaries - LH	18 1:30 PM Harper Marten "The Art of Aging" - CC	19 2:30 PM Lattes with Lindsey - LH 4:00 PM Summer Sounds & Sips featuring Bill Stone - Courtyard 7:00 PM Movie Time "And So It Goes" - MT	20 1:00 PM Great Courses "Epigenetics: How Environment Changes Your Biology" - MT	21 9:00 AM Old World Wisconsin Outing and Lunch (Admission \$20)	22 7:00 PM Movie Time "Witness" - MT
23	24 2:00 PM Wellness Series - "Supporting the Journey: An Introductionto Palliative Care" with Dr. Munoz	25 2:00 PM "Cranes Over Wisconsin" by the International Crane Foundation - LH	26 7:00 PM Movie Time "Magic of Belle Isle" - MT	27 1:00 PM State of the Castle - LH*	28 10:00 AM Lannon Sunflower Farm/Lunch Cafe Agora (Admission \$7) 1:30 PM Dog Day - Patio Courtyard	29 7:00 PM Movie Time "Slapshot" - MT
30	31 2:30 PM August Birthday Party - 1884	August 2026				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026 Fitness Calendar						1 9:30 AM-Aqua Aerobics with Will- Pool 10:15 AM- Balance and Posture with Will- LH
2 NO GROUP CLASSES	3 8:00 AM Mind Body Flow with Kelci- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 11:00 AM Yoga with Anne- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC	4 8:00 AM Group Strength with Evan - FC 10:00 AM Tai Chi with Cathy - CC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	5 8:00 AM Mind Body Flow with Kelci- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Strong and Fit with Mary - FC	6 8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Kelci- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	7 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	8 9:30 AM-Aqua Aerobics with Will- Pool 10:15 AM- Balance and Posture with Will- LH
9 NO GROUP CLASSES	10 8:00 AM Mind Body Flow with Kelci- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 11:00 AM Yoga with Anne- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC	11 8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	12 8:00 AM Mind Body Flow with Kelci- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Strong and Fit with Mary - FC	13 8:00 AM Group Strength with Evan - FC 9:30 AM Pilates with Tamara - LH 10:15 AM Balance and Posture with Kelci- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	14 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC 2:30 PM Chair Volleyball - LH	15 9:30 AM-Aqua Aerobics with Will- Pool 10:15 AM- Balance and Posture with Will- LH
16 NO GROUP CLASSES	17 8:00 AM Mind Body Flow with Kelci- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 11:00 AM Yoga with Anne- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC	18 8:00 AM Group Strength with Evan - FC 10:00 AM Tai Chi with Cathy - CC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	19 8:00 AM Mind Body Flow with Kelci- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Strong and Fit with Mary - FC	20 8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Kelci- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	21 99:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 2:30 PM Chair Volleyball - LH 2:00 PM Afternoon Pick Me Up with Kelci (NO CLASS)	22 Will Off NO GROUP CLASSES
23 NO GROUP CLASSES	24 KELCI OFF 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC 8:00 AM Mind Body Flow with Kelci- CC (NO CLASS TODAY) 11:00 AM Yoga with Anne- LH (NO CLASS TODAY)	25 8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Evan - FC LOCATION CHANGE 2:00 PM Afternoon Pick Me Up with Evan - FC	26 8:00 AM Mind Body Flow with Kelci- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Strong and Fit with Mary - FC	27 8:00 AM Group Strength with Evan - FC 9:30 AM Pilates with Tamara - LH 10:15 AM Balance and Posture with Kelci- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	28 KELCI LAST DAY :(9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Kelci- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC 2:30 PM Chair Volleyball - LH	29 Will Off NO GROUP CLASSES
30 NO GROUP CLASSES	31 8:00 AM Mind Body Flow with Kelci- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Kelci- Pool 10:15 AM Stretch and Tone with Evan- LH 11:00 AM Yoga with Anne- LH 2:00 PM Afternoon Pick Me Up with Kelci- FC					

Key For Calendar: LH= Lindsay Hall; FC= Fitness Center, P = Pool, CC= Creativity Center