















JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3					1 9:30 Bingo (AR) 1:00 Cards (AR) Your choice
2 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)	3 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Strength & Bal (HWC) 1:30 Reminisce (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)	4 10:45 Catholic Service(CH) 	5 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Wheel of Fortune (AR) 1:30 Hand & Foot (RT) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	6 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 1:30 Make a Bracelet (AR) 1:30 Bingo & Popcorn (HI) 1:30 Cardio&Coord (HWC) 3:00 Knit/Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	7 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour & Beer Tasting (AR) 	8 9:30 Bingo (AR) 1:00 Movie & Popcorn (CM) 
9 11:00 Chapel Service (CH) 1:00 Sundae Sunday (AR) 2:00 Scripture Study (CH)	10 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:00 Balance Screen(HWC) 10:30 Seated Exercise (AR) 1:30 Show & Tell (AR) 1:30 Strength & Bal (HWC) 2:30 Word Games (AR) 2:30 Inspirational Reading (CH) 3:30 Cards (AR) 6:00 Games (HI) 	11 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&ConversationAR 10:45 Catholic Service(CH) 11:30 Strength Circuit (FC) 1:00 Welcome Comm (RT) 1:30 Bingo (AR) 1:30 Chair Yoga (HWC) 2:30 Scripture Study (CH) 2:45 Food Truck (LB) 3:00 Bldg & Grnd Mtg (RT) 6:00 Euchre/Pinochle (HI) 	12 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (RT) 1:30 Yahtzee (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (AR) 3:00 Culinary Comm (RT) 6:00 Bridge/Cards (AR) 	13 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 10:30 Flowers Craft (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 1:00 Ukulele Lessons (AR) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 4:30 Riverbank Thtr (LB) 6:00 Euchre/Pinochle (AR) 6:00 Parkinson's Support Group (RT) 	14 9:00 Strength Ex. (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 IT Class (MR) 	15 9:30 Bingo (AR) 1:00 Movie & Popcorn (CM) 6:30 Game Night (HI)

JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 11:00 Chapel Service (CH) 2:00 Scripture Study (CH) 4:30 Resident Pot Luck (RT) 	17 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Tie Dye Shirts (AR) 1:30 Strength & Bal (HWC) 2:30 Inspirational Reading (CH) 3:30 Cards (AR) 6:00 Quarter Bingo (AR)	18 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&ConversationAR 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Women's Lunch (LB) 1:30 Bingo (AR) 1:30 Pickleball (HWC) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI)	19 9:00 Stretch & Relax (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 11:00 Balance Screen (AR) 1:30 Hand & Foot (RT) 1:30 Words in Words (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	20 60's Day Dress up 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 12:00 Birthday Dinner (RT) 1:30 Bday Entertain (CH) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	21 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 1:30 Happy Hour (AR) 1:30 Volleyball (AR)	22 9:30 Bingo (AR) 1:00 Movie & Popcorn (CM) 
23 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)	24 9:00 Cardio Ex. (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Reminisce (AR) 1:30 Strength & Bal (HWC) 2:30 Inspirational Reading (CH) 3:30 Cards (AR)	25 9:00 Aldi(LB) 9:00 Balance Ex. (HWC) 9:30 Coffee&ConversationAR 10:45 Catholic Service (CH) 11:30 Strength Circuit (FC) 11:30 Men's Lunch (LB) 1:30 Bingo (AR) 1:30 Pickleball (HWC) 2:30 Games (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (HI) 	26 9:00 Stretch & Relax (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & Foot (RT) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 3:30 Alzheimer's Support (RT) 6:00 Bridge/Cards (AR)	27 9:00 Move&Groove (HWC) 9:30 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drumming (AR) 11:30 Old Club Lunch (LB) 1:00 Ukulele Lessons (AR) 3:00 Knit & Crochet (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	28 9:00 Strength Ex. (HWC) 9:30 Women's Coffee Manicures (AR) 10:00 Bridge Class (HI) 10:30 Seated Exercise (AR) 12:00 Bass, Brews, BBQ (LB) 2:15 Bobby G (AR) 5:00 Fish Fry (RT)	29 9:30 Bingo (AR) 1:00 Movie & Popcorn (CM) 
30 11:00 Chapel Service (CH) 2:00 Scripture Study (CH)					KEY AR-Activity Room CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center LB-Lobby RT-Restaurant	
ALL ACTIVITIES ARE SUBJECT TO CHANGE						