












# JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00 Cardio Ex. (HWC) 9:00 Words in Words (AR) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Show & Tell (AR) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>2</b> 9:00 Meijer (LB) 9:00 Balance Ex. (HWC) 9:00 Crossword (AR) 10:45 Catholic Service (CH) 11:15 Cardio/Strength (FC) 1:30 Bingo (AR) 2:00 Table Topics & Tea (HI) 2:30 Scripture Study (CH) 3:00 Bldg & Grnd Mtg (KH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	<b>3</b> 9:00 Stretch & Relax (HWC) 9:00 Wheel of Fortune (AR) 9:30 Cookie Bingo (AR) 10:30 Seated Stretch (AR) 1:00 Manicures (AR) 2:00 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Fun & Games (HI) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR) 	<b>4</b> 	<b>5</b> 9:00 Strength/Cond. (HWC) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 11:15 Beanbag Toss (AR) 6:00 Games (HI)	<b>6</b> 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Born on the 4th of July</i> 6:00 Cards (AR) 6:00 Games (HI)
<b>7</b> 11:00 Chapel Service (CH) 3:00 Cards & Games (HI) 6:00 Games (AR)	<b>8</b> <b>Secretary of State 10:00-3pm (KH)</b> 9:00 Cardio Ex. (HWC) 9:00 Words in Words (AR) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 2:00 Suncatcher w/Laura (HI) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>9</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:00 Crossword (AR) 10:45 Catholic Service (CH) 11:15 Cardio/Strength (FC) 1:30 Library for the Blind Presentation (AR) 2:30 Scripture Study (CH) 3:00 Bldg & Grnd Mtg (KH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	<b>10</b> 9:00 Stretch & Relax (HWC) 9:00 Wheel of Fortune (AR) 9:30 Make a Bracelet (AR) 10:30 Seated Stretch (AR) 1:00 Bingo w/ students (AR) 2:00 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Fun & Games (HI) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR)	<b>11</b> 9:00 Dance Fitness (HWC) 9:00 Word Games 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 Puzzler (AR) 11:30 Drumming Ex. (AR) 1:30 Hoop Shoot (AR) 2:00 Knit/Crochet (HI) 2:00 Bingo (HI) 4:00 Harbor Lights (CH) 4:00 Parkinson's Support Group (AR) 6:00 Euchre/Pinochle (KH)	<b>12</b> 9:00 Strength/Cond. (HWC) 10:00 Tiger Talk (AR)  1:30 BUNCO (AR) 6:00 Games (HI) 	<b>13</b> 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Hacksaw Ridge</i> 6:00 Cards (AR) 6:00 Games (HI)
<b>14</b> 11:00 Chapel Service (CH) 1:00 Ice Cream Social (AR) 3:00 Cards & Games (HI) 6:00 Games (AR)	<b>15</b> 9:00 Cardio Ex. (HWC) 9:00 Words in Words (AR) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 1:30 Ice Cream trip (AR) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>16</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:00 Crossword (AR) 10:45 Catholic Service (CH) 11:15 Cardio/Strength (FC) 1:30 SIL presentation (AR) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	<b>17</b> 9:00 Stretch & Relax (HWC) 9:00 Wheel of Fortune (AR) 9:30 Donut Bingo (AR) 10:30 Seated Stretch (AR) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Fun & Games (HI) 2:30 Bible Trivia/Games (CH) 3:30 Book Group (AR) 6:00 Bridge/Cards (AR) 	<b>18</b> 9:00 Dance Fitness (HWC) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (MR) 1:30 VVC Party (AR) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	<b>19</b> 9:00 Strength/Cond. (HWC) 9:00 Women's Coffee & Manicures (AR) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 11:15 Beanbag Toss (AR) 3:30 Riverbank (LB) 6:00 Games (AR) 6:00 Games (HI)	<b>20</b> 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>American Graffiti</i> 6:00 Cards (AR) 6:00 Games (HI) 

# JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 11:00 Chapel Service (CH) 3:00 Cards & Games (HI) 4:30 Resident Pot Luck (AR)  6:00 Games (AR)	<b>22</b> 9:00 Cardio Ex. (HWC) 9:00 Words in Words (AR) 9:30 Bingo (AR) 10:30 Seated Cardio (AR) 2:00 Coin Cross w/Laura(HI) 2:30 Religious Study (CH) 6:00 Quarter Bingo (AR) 6:00 Dominoes/Cards (HI) 	<b>23</b> 9:00 Mejier (LB) 9:00 Balance Ex. (HWC) 9:00 Crossword (AR) 10:45 Catholic Service (CH) 11:15 Cardio/Strength (FC) 1:30 Senior Scams (AR) 2:00 Table Topics & tea (HI) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	<b>24</b> 9:00 Stretch & Relax (HWC) 9:00 Wheel of Fortune (AR) 9:30 Bingo (AR) 10:30 Seated Stretch (AR)  11:30 Men's Lunch (LB) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Fun & Games (HI) 2:30 Bible Trivia/Games (KH) 6:00 Bridge/Cards (AR) 	<b>25</b> 9:00 Dance Fitness (HWC) 9:00 Word Games 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 11:00 Puzzler (AR) 11:30 Drumming Ex.(AR) 1:30 Hoops Shoot (AR) 2:00 Knit/Crochet (HI) 2:00 Paint a Flower (HI) 4:00 Harbor Lights (CH)	<b>26</b> 9:00 Strength/Cond.(HWC) 9:00 Women's Coffee & Manicures (AR) 9:00 DSO (LB) 10:00 Bridge Class (BH) 10:30 Seated Strength (AR) 11:15 Beanbag Toss (AR) 1:15 Bobby G (AR) 6:00 Games (AR) 6:00 Games (HI)	<b>27</b> 9:30 Bingo (AR) 1:15 AL Movie (AR) 1:30 IL Movie (CM) <i>Our Great National Parks</i> 6:00 Cards (AR) 6:00 Games (HI) 
<b>28</b> 11:00 Chapel Service (CH) 3:00 Cards & Games (HI) 6:00 Games (AR)	<b>29</b> 9:00 Cardio Ex. (HWC) 9:00 Words in Words (AR) 9:30 Bingo (AR) 10:00 Smokehouse (LB) 10:30 Seated Cardio (AR) 1:30 Memoir Writing (AR) 2:30 Religious Study (CH) 3:30 Cards (AR) 6:00 Dominoes/Cards (HI)	<b>30</b> 9:00 Kroger (LB) 9:00 Balance Ex. (HWC) 9:00 Crossword (AR) 10:45 Catholic Service (CH) 11:15 Cardio/Strength (FC) 1:30 Popcorn Bingo (AR) 2:00 Table Topics & tea (HI) 2:30 Scripture Study (CH) 6:00 Euchre/Pinochle (AR) 6:00 Games (HI)	<b>31</b> 9:00 Stretch & Relax (HWC) 9:00 Women's Coffee & Manicures (AR) 9:30 Cookie Bingo (AR) 10:30 Seated Stretch (AR) 11:30 Women's Lunch (LB) 1:30 Hand & Foot (AR) 1:30 Tai Chi (HWC) 2:30 Bible Trivia/Games (CH) 2:30 Fun & Games (HI) 3:30 Alzheimer Support(CH) 6:00 Bridge/Cards (AR)			
						<p style="text-align: right;"><b>KEY</b></p> AR-Activity Room BH-Barnett Hall CH-Chapel CM-Capman FC-Fitness Center HI-Harbor Inn Midrise Community Room HWC-Health & Wellness Center KH-Kirk Hall LB-Lobby MR-Marguerite's Restaurant

**ALL ACTIVITIES ARE SUBJECT TO CHANGE**