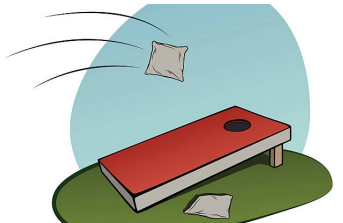


JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
al					1 Red, White & Blue Day 9:00 Exercise on own(HWC) 9:30 Women's Coffee & Manicures (AR) 10:30 Seated Exercise (AR) 1:30 4th of July Party(AR) 	2 9:30 Bingo (AR) 1:30 Cards (AR) 
3 11:00 Chapel Service (CH)	4 HAPPY 4TH OF JULY!  6:00 Cards (AR)	5 9:00 Be ABLE (HWC) 9:30 Wheel of Fortune(AR) 10:30 Seated Exercise (AR) 11:00 Catholic Service (CH) 1:30 VFW Bingo (AR) 1:30 Cardio Ex. (HWC) 2:30 Devotional/Bible (CH) 3:00 Bldg & Grnds Mtg (RT) 6:00 Euchre/Pinochle (AR) 	6 9:00 Kroger (LB) 9:00 Be CALM (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & FootCards(AR) 2:30 BibleTrivia/Games (CH) 3:00 Culinary Committe(RT) 6:00 Bridge/Cards (AR) 	7 9:00 Move&Groove (HWC) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drum Fit (AR) 1:30 Paint a Sunflower(AR) 1:30 Core Ex. (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	8 Pet-a-Pet 9:00 Power Hour (HWC) 9:30 Women's Coffee & Manicures (AR) 10:00 Belle Isle Picnic (LB) 10:30 Seated Exercise (AR) 1:30 Cards & Happy Hr(AR) 	9 9:30 Bingo (AR) 1:30 Cards (AR) 
10 11:00 Chapel Service (CH)	11 9:00 Cardio Express(HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Mon. Smoothies (AR) 2:30 VVC Games (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	12 9:00 Kroger (LB) 9:00 Be ABLE (HWC) 9:30 Words in Words (AR) 10:30 Seated Exercise (AR) 11:00 Women's Lunch (LB) 1:30 Bingo (AR) 1:30 Cardio Exer. (HWC) 2:30 Devotional/Bible (CH) 6:00 Euchre/Pinochle (AR)	13 National Rock Day 9:00 Be CALM (HWC) 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Hand & FootCards(RT) 1:30 Paint a Rock (AR) 2:30 BibleTrivia/Games (CH) 6:00 Bridge/Cards (AR) 	14 9:00 Move&Groove (HWC) 10:00 Men's Coffee (AR) 10:00 Garden Club (AR) 11:00 Rosary (CH) 11:30 Drum Fit (AR) 1:30 Bracelet Craft (AR) 1:30 Core Exercise (HWC) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 6:00 Beatles Tribute (HI)	15 9:00 Power Hour (HWC) 9:30 Women's Coffee & Manicures (AR) 10:30 Seated Exercise (AR) 1:30 Staff v Residents VVC Beanbag Toss 	16 9:30 Bingo (AR) 1:30 Cards (AR)

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 11:00 Chapel Service (CH) 4:00 Resident Potluck (RT) 	18 9:00 Cardio Express(HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Crossword (AR) 2:30 VVC Games (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR)	19 9:00 Kroger (LB) 9:00 Exercise on own 9:30 Make Popsicles (AR) 10:30 Seated Exercise (AR) 11:00 Men's Lunch (LB) 2:30 Devotional/Bible (CH) 6:00 Euchre/Pinochle (AR) 	20 9:00 Exercise on own 9:30 Donut Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Lighthouse (RT) 2:30 Bible Trivia/Games (CH) 3:00 Book Club (RT) 6:00 Bridge/Cards (AR)	21 9:00 Exercise on own 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 12:00 Birthday Dinner (RT) 1:00 Entertainment (CH) 2:00 Ribbon Cutting (HI) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR) 	22 Ice Cream Day 9:00 Exercise on own 9:30 Women's Coffee & Manicures (AR) 10:30 Seated Exercise (AR) 1:30 Ice Cream Social(AR) 	23 9:30 Bingo (AR) 1:30 Cards (AR) 6:30 Games (Bistro)
24 11:00 Chapel Service (CH)	25 9:00 Cardio Express(HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 1:30 Mon. Smoothie (AR) 2:30 VVC Games (AR) 2:30 Inspirational Reading (CH) 6:00 Cards (AR) 	26 9:00 Walmart(LB) 9:00 Be ABLE (HWC) 9:30 Make Popsicles (AR) 10:30 Seated Exercise (AR) 1:30 Bingo (AR) 1:30 Cardio Ex. (HWC) 2:30 Devotional/Bible (CH) 6:00 Euchre/Pinochle (AR)	27 9:00 Be CALM (HWC) 9:30 Bingo (AR) 10:30 Seated Exercise (AR) 10:30 Tiger's Game (LB) 1:30 Hand & Foot Cards(AR) 2:30 Bible Trivia/Games (CH) 6:00 Bridge/Cards (AR)	28 9:00 Move&Groove (HWC) 10:00 Men's Coffee (AR) 11:00 Rosary (CH) 11:30 Drum Fit (AR) 1:30 Craft (AR) 1:30 Core Ex. (HWC) 2:00 Tray Craft (Bistro) 4:00 Harbor Lights (CH) 6:00 Euchre/Pinochle (AR)	29 9:00 Exercise on own(HWC) 9:00 Boat Ride (LB) 9:30 Women's Coffee (AR) 10:30 Seated Exercise (AR) 1:30 Happy Hour & Games (AR)	30 9:30 Bingo (AR) 1:30 Cards (AR) 
31					KEY AR-Activity Room CH-Chapel FC-Fitness Center HI-Harbor Inn HWC-Health & Wellness Center LB-Lobby RT-Restaurant ALL ACTIVITIES ARE SUBJECT TO CHANGE	