


JULY 2016



Sun	Mon	Tues	Wed	Thu	Fri	Sat
					1 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 11:00 Crossword (AR) 11:30 Stretch & Flex (FC) 1:30 Bingo (AR) 2:30 Arthritis Exercise (FC)	2 10:00 Bingo (AR) 1:00 Wii Bowling (AR) 1:00 Cards (DR) 6:00 Movie (LB)
3 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB)	4  Friends & Family Visit	5 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:45 Bingo W/Vince (AR) 10:45 Catholic Comm (CH) 11:30 Stability Ball Beat (FC) 1:00 Walgreens (LB) 1:30 Wheel of Fortune (AR) 2:15 Crossword (AR) 2:30 Sit & Be Fit (FC) 6:00 Pinochle (AR)	6 9:00 Mandala Coloring(AR) 9:00 Tai Chi (FC) 10:00 Bingo w/ Neil (AR) 11:30 Stretch & Flex (FC) 1:30 Braingames (AR) 2:15 Sing along w/Sherri (AR) 2:30 FUNctional Fitness (FC) 3:00 Chapel Trivia (CH) 6:00 Leader Dog (AR) 6:00 Euchre (KH)	7 9:00 CVS/Banking (LB) 9:00 Mandala (AR) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Kroger (LB) 10:00 Crossword (DR) 11:00 Rosary (CH) 1:30 Balloon Hockey (AR) 2:30 Sit & Be Fit (FC) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR)	8 9:00 Circuit Training (FC) 9:30 Belle Isle (LB) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 11:00 Crossword (AR) 11:30 Stretch & Flex (FC) 1:30 Bingo (AR) 2:30 Arthritis Exercise (FC)	9 10:00 Bingo (AR) 11:00 Dollar Tree (LB) 1:00 Wii Bowling (AR) 1:00 Cards (DR) 6:00 Movie (LB)
10 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB)	11 9:00 Chair Bingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Chicks w/Sticks (AR) 10:45 Clinton River Cruise (LB) 11:30 Stretch & Flex (FC) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR)	12 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:45 Bingo W/Vince (AR) 10:45 Catholic Comm (CH) 11:30 Stability Ball Beat (FC) 12:00 Tappers Garden(LB) 1:30 Scattergorries (AR) 2:15 Crossword (AR) 2:30 Sit & Be Fit (FC) 6:00 Pinochle (AR)	13 9:00 Mandala Coloring(AR) 9:00 Tai Chi (FC) 10:00 Bingo w/ Neil (AR) 11:30 Stretch & Flex (FC) 1:30 Brain Games (AR) 2:15 Sing Along w/Sherri (AR) 2:30 FUNctional Fitness (FC) 3:00 Chapel Trivia (CH) 3:30 Book Group (CR) 6:00 Euchre (AR)	14 9:00 CVS/Banking (LB) 9:00 Mandala (AR) 9:00 Better Balance (FC) 10:00 Crossword (DR) 10:00 Men's Coffee Hour (AR) 10:00 Kroger (LB) 11:00 Rosary (CH) 1:30 Flower Project (AR) 2:30 Sit & Be Fit (FC) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR)	15 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 11:00 Crossword (AR) 11:30 Stretch & Flex (FC) 1:30 Bingo (AR) 2:30 Arthritis Exercise (FC)	16 10:00 Bingo (AR) 1:00 Wii Bowling (LB) 1:00 Cards (DR) 6:00 Movie (LB)

JULY 2016



Sun	Mon	Tues	Wed	Thu	Fri	Sat
17 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 5:00 Resident Potluck (AR) 6:30 Movie (LB)	18 9:00 Chair Bingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Craft w/Anita (AR) 10:00 Chicks w/Sticks (AR) 11:00 Stretch & Flex (FC) 1:30 Wheel of Fortune (AR) 2:15 Crossword (AR) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR)	19 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:30 Meijer (LB) 9:45 Bingo W/Vince (AR) 10:45 Catholic Comm (CH) 11:30 Stability Ball Beat (FC) 1:30 Paint a Birdhouse (AR) 2:15 Floor Hockey (AR) 2:30 Sit & Be Fit (FC) 6:00 Bridge (AR)	20 9:00 Mandala Coloring(AR) 9:00 Tai Chi (FC) 10:00 Bingo w/Youth Group(AR) 11:30 M&W Lunch (LB) 11:30 Stretch & Flex (FC) 1:30 Painting Birdhouses (AR) 2:15 Sing Along w/Sherri (AR) 2:30 Functional Fitness (FC) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR)	21 9:00 CVS/Banking (LB) 9:00 Mandala (AR) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Kroger (LB) 11:00 Rosary (CH) 12:00 Birthday Dinner (DR) 1:30 Birthday Entertain(CH) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR)	22 GORGEOUS GRANDMA DAY 9:00 Circuit Training (FC) 9:00 M.C. Farmers Mkt (LB) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 11:00 Crossword (AR) 11:30 Stretch & Flex (FC) 1:30 Bingo (AR)	23 10:00 Bingo (AR) 11:00 Dollar Tree (LB) 1:00 Wii Bowling (AR) 1:00 Cards (DR) 6:00 Movie (LB)
24 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 11:00 Parade (LB) 6:30 Movie (LB)	25 9:00 ChairBingo (AR) 9:00 FUNctional Fitness (FC) 10:00 Chicks w/Sticks (AR) 11:30 Stretch & Flex (FC) 1:30 Show & Tell (AR) 2:30 Arthritis Exercise (FC) 3:00 Bible Study (CH) 6:00 Bridge (AR)	26 9:00 Coffee & Coloring (AR) 9:00 Better Balance (FC) 9:00 Eastern Market (LB) 9:45 Bingo W/Vince (AR) 10:45 Catholic Comm (CH) 11:30 Stability Ball Beat (FC) 1:30 Brain Games(AR) 2:15 Crossword (AR) 2:30 Sit & Be Fit (FC) 6:00 Pinochle (AR)	27 9:00 Mandala Coloring(AR) 9:00 Tai Chi (FC) 9:30 Mall Trip (LB) 10:00 Bingo w/ Neil (AR) 11:30 Stretch & Flex (FC) 1:30 Yahtzee (AR) 2:15 Sing along w/Sherri (AR) 2:30 FUNctional Fitness (FC) 3:00 Chapel Trivia (CH) 6:00 Euchre (AR)	28 9:00 CVS/Banking (LB) 9:00 Yoga/Mandala (AR) 9:00 Better Balance (FC) 10:00 Men's Coffee Hour (AR) 10:00 Kroger (LB) 10:00 Crossword (DR) 11:00 Rosary (CH) 1:30 Wheel of Fortune (AR) 2:15 Left, Right, Center (AR) 2:30 Sit & Be Fit (FC) 3:00 Inspirational Read (CH) 4:00 Harbor Lights (CH) 6:00 Pinochle/Bridge (AR)	29 9:00 Circuit Training (FC) 9:30 Manicures (AR) 9:30 Women's Coffee Hr (AR) 11:00 Crossword (AR) 11:30 Stretch & Flex (FC) 1:30 Bingo (AR) 2:30 Arthritis Exercise (FC) 2:45 Happy Hour (AR)	30 10:00 Bingo (AR) 1:00 Wii Bowling (AR) 1:00 Cards (DR) 6:00 Movie (LB)
31 9:45 Presbyterian Church (LB) 11:00 Sunday Worship (CH) 6:30 Movie (LB)						



AR=Activity Room
 CH=Chapel
 FC=Fitness Center
 DR=Dining Room
 KH=Kirk Hall
 LB=Lobby
 Lib=Library
 CR=Conference Room

All Events Subject to Change.

Please be sure to Sign-Up for all excursions in lobby.