

SUN	MON	TUE	WED	THUR	FRI	SAT
An asterisk (*) indicates that sign up is required for that event. Sign up sheets can be found in the Activity Reservation Book outside of the Harwood Place Library.						10:00 Standing Abs Fitness (955) <b>1</b>
11:30 Chapel Service (CH) <b>2</b> 1:30 Gospel Chair Aerobics (955)	9:15 VIRTUAL Exercise (CH955) <b>3</b> 1:30 VIRTUAL Exercise (CH955)	<b>Independence Day</b> <b>4</b> 10:00 Sharing Our Spiritual Journey Women's Group (CH) 3:00 Knit & Crochet (PRP)	9:15 Exercise Class (CR) <b>5</b> 2:00 Red, White & Blue Social (PRP) 2:30 Bingo (AL/DR)	9:30 *Elite Hearing (WC) <b>6</b> 2:00 Entertainment: The Incomparable Hildegard (CR)	9:15 Seated Dumbbell (Community Room/CH955) <b>7</b> 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) <b>8</b> 1:30 Afternoon Movie: Dog, Rated PG13 (CR)
11:30 Chapel Service (CH) <b>9</b> 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) <b>10</b> 10:00 Mug Club (PRP) 1:30 Exercise Class (CR) 2:30 Bingo (AL/DR) 4:00 The Crown DVD (CR)	10:00 Sharing Our Spiritual Journey Women's Group (CH) <b>11</b> 10:30 Resident Advisory Council (AL/AR) 1:30 Fitness & Fun (AL/DR)	9:15 Exercise Class (CR) <b>12</b> 2:00 Ice Cream Social (PRP) 2:30 Bingo (AL/DR) 4:45 *Outing: Dinner at The Harbor House	9:00 *Tech Connect Clinic (COR) <b>13</b> 1:30 Fitness & Fun (AL/DR)	9:15 Exercise Class (CR) <b>14</b> 10:30 Group Games (CY) 11:00 Harwood Place Writing Group (CH) 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) <b>15</b> 1:30 Afternoon Movie: Ticket to Paradise, Rated PG13 (CR)
11:30 Chapel Service (CH) <b>16</b> 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) <b>17</b> 10:00 Mug Club (PRP) 1:30 Exercise Class (CR) 2:30 Bingo (AL/DR) 4:00 The Crown DVD (CR)	10:00 Sharing Our Spiritual Journey Women's Group (CH) <b>18</b> 1:30 Fitness & Fun (AL/DR)	9:15 Exercise Class (CR) <b>19</b> 10:30 Ecumenical Service (CH) 1:00 Joan J's Book Report (OR) 2:00 Farewell Social for Mamie & Amy (PRP) 2:30 Bingo (AL/DR)	9:30 *Outing: Mary Poppins at the Fireside Dinner Theater <b>20</b>	9:15 Exercise Class (CR) <b>21</b> 10:30 Group Games (CY) 11:00 Book Club with Maureen: A Long Petal of the Sea (CH) 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) <b>22</b> 1:30 Afternoon Movie: The Best Exotic Marigold Hotel, Rated PG13 (CR)
11:30 Chapel Service (CH) <b>23</b> 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) <b>24</b> 10:00 Mug Club (PRP) 1:30 Exercise Class (CR) 2:30 Bingo (AL/DR) 4:00 The Crown DVD (CR)	10:00 Lutheran Communion (CH) <b>25</b> 1:30 Fitness & Fun (AL/DR) 3:00 Cocktails in the Courtyard (PRP)	9:15 Exercise Class (CR) <b>26</b> 1:30 *Outing: Tour of Boerner Botanical Gardens 2:30 Bingo (AL/DR) 7:45 Outdoor Movie: Feel the Beat, Rated PG (CY)	1:30 Fitness & Fun (AL/DR) <b>27</b> 2:00 Birthday Treat (PRP)	9:15 Exercise Class (CR) <b>28</b> 10:30 Group Games (CY) 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) <b>29</b> 1:30 Afternoon Movie: The Second Best Exotic Marigold Hotel, Rated PG (CR)
11:30 Chapel Service (CH) <b>30</b> 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) <b>31</b> 10:00 Mug Club (PRP) 1:30 Exercise Class (CR) 2:30 Bingo (AL/DR) 4:00 The Crown DVD (CR)	<b>LOCATION KEY</b> AL/AR - Assisted Living Activity Room AL/DR - Assisted Living Dining Room 955 - CH955 The Vine CH - Chapel	CR - Community Room COR - Conference Room CY - Courtyard OR - Orchard Room PRP - Plank Road Pub WC - Wellness Center			

# July 2023

## Activity Calendar

