

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) 1
11:30 Chapel Service (CH) 2 1:30 Gospel Chair Aerobics (955)	9:15 VIRTUAL Exercise (CH955) 3 10:00 LC Meeting (OR) 1:00 *Groceries 1:30 VIRTUAL Exercise (CH955)	Independence Day 10:00 Sharing Our Spiritual Journey Women's Group (CH) 4 3:00 Knit & Crochet (PRP)	8:30 *Caregiver Support (COR) 5 9:15 Exercise Class (CR) 2:00 Red, White & Blue Social (PRP)	9:15 NIA Exercise (CR) 6 9:30 *Elite Hearing (WC) 10:30 Good News Group (OR) 1:00 In & Out Clinic (HC) 2:00 Entertainment: The Incomparable Hildegard (CR)	9:15 Seated Dumbbell (Community Room/CH955) 7 1:00 *Groceries 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) 8 1:30 Afternoon Movie: Dog, Rated PG13 (CR)
11:30 Chapel Service (CH) 9 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 10 10:00 DSC Meeting (OR) 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Exercise Class (CR) 4:00 The Crown DVD (CR)	10:00 Sharing Our Spiritual Journey Women's Group (CH) 11 11:00 Balance Class (CR) 11:00 Plam Group (OR) 1:00 In & Out Clinic (HC)	9:15 Exercise Class (CR) 12 2:00 Ice Cream Social (PRP) 4:45 *Outing: Dinner at The Harbor House	9:00 *Tech Connect Clinic (COR) 13 9:15 NIA Exercise (CR) 1:00 In & Out Clinic (HC) 2:00 50 Cent Bingo (CR)	9:15 Exercise Class (CR) 14 10:30 Group Games (CY) 11:00 Harwood Place Writing Group (CH) 1:00 *Groceries 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) 15 1:30 Afternoon Movie: Ticket to Paradise, Rated PG13 (CR)
11:30 Chapel Service (CH) 16 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 17 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Exercise Class (CR) 4:00 The Crown DVD (CR)	10:00 Sharing Our Spiritual Journey Women's Group (CH) 18 11:00 Balance Class (CR) 1:00 In & Out Clinic (HC)	8:30 *Caregiver Support (COR) 19 9:15 Exercise Class (CR) 10:30 Ecumenical Service (CH) 1:00 Joan J's Book Report (OR) 2:00 Farewell Social for Mamie & Amy (PRP)	9:15 NIA Exercise (CR) 20 9:30 *Outing: Mary Poppins at the Fireside Dinner Theater 1:00 In & Out Clinic (HC)	9:15 Exercise Class (CR) 21 10:30 Group Games (CY) 11:00 Book Club with Maureen: A Long Petal of the Sea (CH) 1:00 *Groceries 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) 22 1:30 Afternoon Movie: The Best Exotic Marigold Hotel, Rated PG13 (CR)
11:30 Chapel Service (CH) 23 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 24 10:00 Mug Club (PRP) 10:00 RAC Meeting (OR) 1:00 *Groceries 1:30 Exercise Class (CR) 4:00 The Crown DVD (CR)	10:00 Lutheran Communion (CH) 25 11:00 Balance Class (CR) 1:00 In & Out Clinic (HC) 3:00 Cocktails in the Courtyard (PRP)	9:15 Exercise Class (CR) 26 1:30 *Outing: Tour of Boerner Botanical Gardens 7:45 Outdoor Movie: Feel the Beat, Rated PG (CY)	9:15 NIA Exercise (CR) 27 10:30 UU Circle Meeting (OR) 1:00 In & Out Clinic (HC) 2:00 Birthday Treat (PRP) 2:30 Smart Living Group (OR)	9:15 Exercise Class (CR) 28 10:30 Group Games (CY) 1:00 *Groceries 1:30 Exercise Class (CR) 3:00 Catholic Mass (CH)	10:00 Standing Abs Fitness (955) 29 1:30 Afternoon Movie: The Second Best Exotic Marigold Hotel, Rated PG (CR)
11:30 Chapel Service (CH) 30 1:30 Gospel Chair Aerobics (955)	9:15 Exercise Class (CR) 31 10:00 Mug Club (PRP) 1:00 *Groceries 1:30 Exercise Class (CR) 4:00 The Crown DVD (CR)	LOCATION KEY 955 - CH955 The Vine CH - Chapel CR - Community Room COR - Conference Room CY - Courtyard HC - Health Center	OR - Orchard Room PRP - Plank Road Pub WC - Wellness Center			

July 2023

Activity Calendar

