

SUN	MON	TUE	WED	THUR	FRI	SAT
	9:15 Video Exercise (Community Room/955) 1 10:00 RA: LC Meeting (OR) 10:00 Mug Club (PRP) 1:00 *Groceries 4:00 TV Series: Medal of Honor (CR)	1:00 <i>In & Out Clinic (HC)</i> 2 2:00 RA: Knit & Crochet (VR)	8:30 *Caregiver Support (COR) 3 9:15 Yoga for Stretch and Strength Group Exercise Class (CR) 10:30 Good News Group (OR) 2:00 Fourth of July Happy Hour Social (PRP)	Independence Day 4	9:15 Video Exercise (Community Room/955) 5 12:00 <i>Massage Therapy (1st Floor Wellness Clinic)</i> 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 6 10:15 Vine Video: Chair Exercise (955)
10:00 Vine Video: Gospel Chair Aerobics (955) 7 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Video Exercise (Community Room/955) 8 10:00 <i>DSC Meeting (OR)</i> 10:00 Mug Club (PRP) 1:00 *Groceries 4:00 TV Series: Medal of Honor (CR)	10:00 Bible Study (CH) 9 11:00 *Outing: Mo's Irish Pub 11:00 Plam Group (OR) 1:00 <i>In & Out Clinic (HC)</i>	9:15 Yoga for Stretch and Strength Group Exercise Class (CR) 10 2:00 Musical Entertainment with Musical Moments (CR)	9:00 *Tech Connect Clinic (COR) 11 9:00 Musical Movement Exercise (CR) 10:30 RA: Reader's Theater (OR) 1:00 <i>In & Out Clinic (HC)</i> 2:00 Garden Party Open House (Garden)	9:15 Video Exercise (Community Room/955) 12 11:00 RA: Harwood Place Writing Group (CH) 1:00 *Groceries 2:00 Bastille Days Social (PRP) 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 13 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: The Peanut Butter Falcon (Rated PG-13) (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 14 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Video Exercise (Community Room/955) 15 10:00 Mug Club (PRP) 1:00 *Groceries 4:00 TV Series: Medal of Honor (CR)	Ashura 16 10:00 Bible Study (CH) 1:00 <i>In & Out Clinic (HC)</i>	8:30 *Caregiver Support (COR) 17 9:15 Yoga for Stretch and Strength Group Exercise Class (CR) 10:30 Ecumenical Service (CH) 1:00 RA: Joan J's Book Report (RR) 2:00 Musical Entertainment with Seagull and Friends (CR)	9:00 Musical Movement Exercise (CR) 18 1:00 <i>In & Out Clinic (HC)</i> 2:00 *The Arts of Aging Spring Art Workshop (CR) 7:00 *Outing: Sunset Playhouse	9:15 Video Exercise (Community Room/955) 19 12:00 <i>Massage Therapy (1st Floor Wellness Clinic)</i> 1:00 *Groceries 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 20 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: Wonder (Rated PG) (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 21 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Video Exercise (Community Room/955) 22 10:00 Mug Club (PRP) 10:00 <i>RAC Meeting (OR)</i> 1:00 *Groceries 4:00 TV Series: Medal of Honor (CR)	1:00 <i>In & Out Clinic (HC)</i> 23 1:30 Book Club (CH)	9:15 Yoga for Stretch and Strength Group Exercise Class (CR) 24 2:45 *Outing: Hoyt Park	9:00 *Tech Connect Clinic (COR) 25 9:00 Musical Movement Exercise (CR) 10:30 UU Circle (OR) 1:00 <i>In & Out Clinic (HC)</i> 2:00 Bowling! (CR) 2:30 Smart Living Group (OR)	9:15 Video Exercise (Community Room/955) 26 1:00 *Groceries 2:00 Birthday Treat (PRP) 3:00 Catholic Mass (CH)	9:00 Vine Video: Chair Exercise (955) 27 10:15 Vine Video: Chair Exercise (955) 1:30 Afternoon Movie: It Could Happen to You (Rated PG) (CR)
10:00 Vine Video: Gospel Chair Aerobics (955) 28 11:30 Chapel Service (CH) 1:30 Vine Video: Gospel Chair Aerobics (955)	9:15 Video Exercise (Community Room/955) 29 10:00 Mug Club (PRP) 1:00 *Groceries 4:00 TV Series: Our Planet (CR)	10:00 Lutheran Communion (CH) 30 1:00 <i>In & Out Clinic (HC)</i> 2:00 50 Cent Bingo (CR)	9:15 Video Exercise (Community Room/955) 31 2:00 First Impressions Acting Event (CR)	LOCATION KEY 955 - CH955 The Vine CH - Chapel CR - Community Room COR - Conference Room HC - Health Center OR - Orchard Room PRP - Plank Road Pub RR - Recreation Room	VR - Villa Room	

July 2024

Activity Calendar