July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast ³
				9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout
				10:30am Chair Yoga	10:00am "Food for thought" Discussion	10:00am Bingo!
				with Dena		11:15am "Senior
				11:30am Balloon Volleyball	10:30am Catholic Mass with Father Ken Hendrick (Chapel)	Shape" Strength & Stretch
				12:00pm Lunch	11:00am Praying the Rosary with Rosalie	12:00pm Lunch
				2:00pm Balance with John	Chisesi (Chapel)	1:30pm Rummikub (3rd fl. Game Table)
				3:00pm First of the month celebration: Ice	11:15am Strength Training with John	1:30pm Afternoon
				cream floats and popsicles!	12:00pm Lunch	NuStep Workout
				4:00pm Pbs	3:00pm Cardio Drumming with Carly	3:30pm Happy Hour (4th fl.
				Documentary	4:00pm PBS Series	Activity Rm)
				5:30pm Dinner	5:30pm Dinner	5:30pm Dinner
					7:00pm Movie Night	•

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	Amanda's Birthday !!	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	7:30am Breakfast 9:30am NuStep	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout
10:00am Silver Thinkers Learn &	<u>10:15am</u> Brain	10:00am Trivia	Workout	9:30am Daily Chronicle Discussion	10:00pm "What's Your Story?" Discussion	10:00am Bingo!
Recall	Games and Trivia: Scattergories (4th fl	11:00am Episcopal	10:00am Bingo	Group 10:30am Chair Yoga	10:30am Catholic Mass	11:15am "Senior Shape" Strength
11:15am Tai Chi with David Ross	activity room)	Morning prayer service (Chapel)	11:15am Strength	with Dena	with (Chapel)	and Stretch
12:00pm Lunch	11:15am Strength Training with John	12:00pm Lunch	Training with John 12:00pm Lunch	11:30am Lunch Outing to Frankie and	11:00am Praying the Rosary with Rosalie Chisesi	12:00pm Lunch
1:30pm Bridge	12:00pm Lunch	2:00pm Balance with John	2:30pm Balloon Volleyball	Johnny's 12:00pm Lunch	11:15am Strength	1:30pm Rummikub (3rd fl. Game Table)
1:30pm "NuStep" Afternoon Workout	2:00pm Pinochle (3rd fl game table)	2:30 Wellness speaker	4:00 The Crown season 2 start	2:00pm Balance with John	Training with John 12:00pm Lunch	1:30pm Afternoon NuStep Workout
2:30pm Tabletop Tennis	3:00pm Great	4:00pm World	5:30pm Dinner	3:30 "Throwback	3:00pm Cardio Drumming with Carly	3:30pm Happy
3:00pm Bogart on Movies	Course Discussion with IL	Religions with Amanda	7:00pm Movie night	Thursday" Movie 5:30pm Dinner	5:30pm Dinner	Hour
5:30pm Dinner	3:30 Monday Movie					5:30pm Dinner
	<u>5:30pm</u> Dinner	5:30pm Dinner				7:00 Saints vs Cardinals

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast
9:30am NuStep Workout	10:00am Morning	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30 NuStep Workout 9:30am Daily Chronicle Discussion Group	9:30am NuStep Workout
10:00am Silver Thinkers Learn &	Game: Scattergories	9:30am Daily Chronicle	9:30am Daily Chronicle	9:30am Daily Chronicle Discussion Group	10:00am Tell Your story Discussion	10:00am Bingo!
Recall 11:15am Tai Chi with	11:15am Exercise with John	Discussion Group 10:00am Trivia	Discussion Group 10:00am Bingo	10:00am Morning stretch	10:30am Catholic Mass	11:15am "Senior Shape" Strength &
David Ross	12:00pm Lunch	11:00am Episcopal Eucharist (Chapel)	11:15am Strength Training with John	10:30am Chair Yoga	11:00am Praying the Rosary with Rosalie	Stretch
12:00pm Lunch 1:30pm Bridge (3 rd fl.	2:00pm Pinochle	11:15am Table Games	12:00pm Lunch	12:00pm Lunch	Chisesi	12:00pm Lunch 1:30pm Rummikub
Game Table) 1:30pm "NuStep"	2:30 Scrapbooking or Newspaper	12:00pm Lunch	2:30pm Floor and Table Games:	•	11:15am Strength Training with John	(3rd fl. Game Table)
Afternoon Workout	sorting or paper plate art	2:00pm Balance with John	Bowling or making necklaces	2:00pm Balance with John	12:00pm Lunch	1:30pm Afternoon NuStep Workout
2:30pm "Gentle Chair Yoga and Dance" (4 th fl. Activity Room)	3:00pm Great Courses Discussion	3:00pm Religions of the world with Amanda	4:00pm The corwn	3:00pm Show and Tell	3:00pm Cardio Drumming with Carly	3:30pm Happy Hour (4th fl. Activity Rm)
3:00pm Classical Music Series	Group with IL (Media Room)	4:00pm Netflix series	season 2	5:30pm Dinner	4:00pm Netflix Series 5:30pm Dinner	5:30pm Dinner
5:30pm Dinner	4:00pm Documentary	5:30pm Dinner	5:30pm Dinner		7:00pm Movie Night	
	5:30pm Dinner		7:00pm Movie Night			
	7:00pm Movie Night					
					White area as a second (FOA) OCE	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout 10:00am Morning	9:30am NuStep workout	9:30am NuStep Workout	10:00am "What's Your Story?" Discussion	9:30am NuStep Workout
10:00am Silver Thinkers Learn & Recall	9:30am Daily Chronicle Discussion Group	stretch 10:15 Trivia	9:30am Bingo Prizes	10:30am Chair Yoga with Dena	10:30am Catholic Mass with Father Herb Kiff, Jr. from Mater	10:00am Bingo! 11:15am "Senior
11:15am Tai Chi with David Ross	10:00am Brian Games and Trivia	11:15am Rick Steve's Tours of Europe	10:00am Bingo	11:30am Lunch to The American	Dolorosa Catholic Church (Chapel)	Shape" Strength & Stretch
12:00pm Lunch	11:15am Strength Training with John	11:00am Episcopal Eucharist with Trinity Priest (Chapel)	11:15am Strength Training with John	Sector WWII museum	11:00am Praying the Rosary with Rosalie	12:00pm Lunch
1:30pm Bridge	Training with John	10:00mm l ab	12:00pm Lunch	12:00pm Lunch	Chisesi	1:30pm Rummikub
1:30pm Afternoon NuStep	12:00pm Lunch 2:00pm Pinochle	12:00pm Lunch 2:00pm Balance with John	2:30pm Plum Street Snowballs	2:00pm Balance with John	11:15am Strength Training with John	(3rd fl. Game Table) 1:30pm Afternoon
2:30pm Table Top tennis 3:00pm Afternoon	2:15: afternoon stretch	3:00pm Religions of the world with	4:00 Ken Burns Baseball	3:30pm Paint in a bag	12:00pm Lunch 3:30 Fun Movie Friday	NuStep Workout 3:30pm Happy Hour
Matinee 5:30pm Dinner	2:30pm Table tennis (ping pong) or Necklace making	Amanda 5:30pm Dinner	5:30pm Dinner 7:00 Movie Night	5:30pm Dinner	5:30pm Dinner	with Joe Barbra- July Birthday celebration (4th fl.
7:00 Saints Vs San Francisco	3:00pm Great Course Discussion with IL					Activity Rm) 5:30pm Dinner
	5:30pm Dinner 7:00 Movie night					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast	7:30am Breakfast ²⁹	7:30am Breakfast 30	7:30am Breakfast ³¹
9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	9:30am NuStep Workout	10:00am "What's Your Story?" Discussion	9:30am NuStep Workout
10:00am Silver Thinkers Learn & Recall	10:00amScattergories11:15am Strength	10:00am Morning Stretch 10:15am Trivia	10:00am Bingo 11:15am Strength Training with John	10:30am Chair Yoga with Dena 11:30 exercise with	10:30am Catholic Mass with Father Herb Kiff, Jr. from Mater Dolorosa Catholic Church (Chapel)	10:00am Bingo! 11:15am "Senior Shape" Strength & Stretch
11:15am "Tai Chi" Exercise with David Ross	Training with John 12:00pm Lunch 2:30: Resident	11:00 Episcopal Eucharist with Dean duPlantier from	12:00pm Lunch 2:30pm Floor/ Table Games: Balloon	Amanda 12:00pm Lunch 2:00pm Balance	11:00am Praying the Rosary with Rosalie Chisesi	12:00pm Lunch 1:30pm Rummikub
1:30pm Lunch 1:30pm Bridge 1:30pm "NuStep" Afternoon Workout	Council Meeting 3:00pm Great Course Discussion with IL	Christ Cathedral 11:15am Rick Steve's tour of Europe	4:00pm The Crown season 2 5:30pm Dinner	with John 3:00pm: Throwback Thursday Movie 5:30pm Dinner	11:15am Strength Training with John12:00pm Lunch3:30 Fun Movie Friday	(3rd fl. Game Table) 1:30pm Afternoon NuStep Workout
2:30pm Gentle Chair Yoga and Dance	5:30pm Dinner 7:00pm Movie Night	12:00pm Lunch 2:00pm Balance with John	7:00pm Movie Night		5:30pm Dinner	3:30pm Happy Hour (4th fl. Activity Rm) 5:30pm Dinner
3:30pm Mix and Mingle Ice Cream Social" 5:30pm Dinner		4:00 Netflix Series 5:30pm Dinner				

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