

# Calendar of Activities

# ASSISTED LIVING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div> Brain Power</div><div> Exercise &amp; Movement</div><div> Expression</div><div> Inner Strength</div><div> Nourishment &amp; Health</div><div> Socialization</div><div> Spirituality</div></div></div>	<div><div><div>Improve symptoms of Parkinson's during Holistic Fitness every Tuesday at 11 am in the Fitness Center!</div></div></div>	<div><div><div>Have fun and get fit with Zumba Gold! Held in the Fitness Center at 2 pm every other Thursday!</div></div></div>	<div><div><div>Dakim Brain Fitness- A 30 minute session to improve your memory and cognitive functioning! See Julie to get signed up!</div></div></div>	<div><div><div>9:30  NewsCurrents [C]</div><div>11:00  Exercise with Summit [FC]</div><div>1:00  Senior Star Shufflers Seated Tap Dance [GR]</div><div>2:00  Creative Flow! [GR]</div><div>3:00  The Village Voices Choral Group [TH]</div><div>5:30  Films about France: An American in Paris-The Musical (2018) [TH]</div></div></div>	<div><div><div>10:00  Legendary Singers: Ricky Nelson [TH]</div><div>11:00  Gentle Movement [FC]</div><div>12:00  Shopping Shuttles: Tuttle Mall/ Walmart/Sawmill Stores/Banks [1Lobby]</div><div>1:00  Caregiver Support Group [CH]</div><div>1:00  Investment Club with Bill Loveland [GR]</div><div>2:30  "Go for Gold" Happy Hour [C]</div><div>5:30  Night at the Movies: On Golden Pond (1981) [TH]</div></div></div>	<div><div><div>10:00  Coffee and Chat: Christopher Columbus Controversy [C]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>1:00  Keeping it Reel Film Club [TH]</div><div>1:15  Movie Matinee: Race (2016) [TH]</div><div>5:30  Chess/Checkers in the Cafe [C]</div></div></div>
<div><div><div>10:15  St Brigid of Kildare Service [CH]</div><div>10:30  Indian Run United Methodist Livestream Worship Service [TH]</div><div>1:00  American Trivia Game [C]</div><div>1:15  Prince of Peace Lutheran Livestream Worship Service [TH]</div><div>2:00  Bingo [GR]</div><div>3:00  Reflection and Prayer [GR]</div><div>5:30  Players' Choice Card Games [C]</div></div></div>	<div><div><div>—  Presentation: Rescue of Charles Lindbergh by Colonel Bruce Ware [TH]</div><div>11:00  Energize with Enliven [FC]</div><div>1:00  Documentary: Testament-The Story of Moses Ep. 3 [TH]</div><div>1:30  Senior Star Olympics [IL DR]</div><div>2:30  Monday Milkshakes [C]</div><div>3:00  Senior Star Showstoppers Drama Club [TH]</div><div>5:30  Classic Films: Love in the Afternoon (1957) [TH]</div></div></div>	<div><div><div>9:30  Superfood Faves with Chef Tammy: Paillassons de Courgettes [1DR]</div><div>10:00  Dakim Learning Session</div><div>11:00  Holistic Fitness [FC]</div><div>1:00  Chair Volleyball [FC]</div><div>2:00  Rock Steady Boxing</div><div>2:15  Shopping Trip to Kroger or Giant Eagle \$</div><div>3:30  Musical Memories [C]</div><div>5:30  Nadia Comaneci: A Perfect 10 in Gymnastics History [C]</div></div></div>	<div><div><div>9:00  Rock Steady Boxing [FC]</div><div>10:00  History with Rich: Great American Trials [TH]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>2:00  Bingo! [GR]</div><div>3:00  Whimsy Workshop: Stained Glass Style Art [GR]</div><div>3:30  Jewelry Making [GR]</div><div>5:30  Destination France: The Louvre [C]</div><div>7:00  Summer Concert Series: Craig Ridgeway [KC]</div></div></div>	<div><div><div>9:30  NewsCurrents [C]</div><div>11:00  Exercise with Summit [FC]</div><div>1:00  Senior Star Shufflers Seated Tap Dance [GR]</div><div>2:00  Creative Flow! [GR]</div><div>2:30  Zumba Gold [FC]</div><div>4:00  Summerfest: Family Carnival &amp; Picnic [KC]</div><div>5:30  Films about France: Les Miserables (2012) [TH]</div></div></div>	<div><div><div>10:00  Legendary Singers: Diana Ross [TH]</div><div>11:00  Gentle Movement [FC]</div><div>12:00  Shopping Shuttles: Tuttle Mall/ Walmart/Sawmill Stores/Banks [1Lobby]</div><div>1:00  Caregiver Support Group [CH]</div><div>2:30  Monthly Birthday Celebration Happy Hour sponsored by Cap City [C]</div><div>5:30  Night at the Movies: The Theory of Everything (2014) [TH]</div></div></div>	<div><div><div>10:00  Coffee and Chat: Insurrection of Paris [C]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>1:00  Keeping it Reel Film Club</div><div>1:15  Movie Matinee: The Boys in the Boat (2023)</div><div>1:20  Abbey Theatre Outing: Alice by Heart \$</div><div>5:30  Chess/Checkers in the Cafe</div></div></div>
<div><div><div>10:15  St Brigid of Kildare Service [CH]</div><div>10:30  Indian Run United Methodist Livestream Worship Service [TH]</div><div>1:00  I Should Have Known That! Trivia Game [C]</div><div>1:15  Prince of Peace Lutheran Livestream Worship Service [TH]</div><div>2:00  Bingo [GR]</div><div>3:00  Reflection and Prayer [GR]</div><div>5:30  Players' Choice Card Games [C]</div></div></div>	<div><div><div>10:00  Ambassador Meeting [GR]</div><div>11:00  Energize with Enliven [FC]</div><div>11:30  Food Committee [PD]</div><div>1:00  Documentary: The Lives of Amish [TH]</div><div>1:30  Senior Star Olympics [IL DR]</div><div>2:30  Monday Milkshakes [C]</div><div>3:00  Senior Star Showstoppers Drama Club [TH]</div><div>5:30  Classic Films: Cat on a Hot Tin Roof (1958) [TH]</div></div></div>	<div><div><div>11:00  Holistic Fitness [FC]</div><div>11:30  Lunch Outing to PF Chang's \$</div><div>2:00  Rock Steady Boxing</div><div>2:15  Shopping Trip to Kroger or Giant Eagle \$</div><div>5:30  Carl Lewis: The Untold Story of An Olympic Icon</div></div></div>	<div><div><div>9:00  Rock Steady Boxing [FC]</div><div>10:00  History with Rich: Great American Trials [TH]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>2:00  Bingo! [GR]</div><div>3:30  Cafe Trivia [C]</div><div>5:30  Destination France: Palace of Versailles [C]</div></div></div>	<div><div><div>9:30  NewsCurrents [C]</div><div>11:00  Exercise with Summit [FC]</div><div>1:00  Senior Star Shufflers Seated Tap Dance [GR]</div><div>2:00  Creative Flow! [GR]</div><div>3:00  The Village Voices Choral Group [TH]</div><div>5:30  Films about France: The Last Time I Saw Paris (1954)</div></div></div>	<div><div><div>10:00  Legendary Singers: James Brown [TH]</div><div>11:00  Gentle Movement [FC]</div><div>12:00  Shopping Shuttles: Tuttle Mall/ Walmart/Sawmill Stores/Banks [1Lobby]</div><div>1:00  Armchair Travels: France [C]</div><div>1:00  Caregiver Support Group [CH]</div><div>2:30  Happy Hour</div><div>5:30  Night at the Movies: Clue (1985) [TH]</div></div></div>	<div><div><div>10:00  Coffee and Chat: Wizard of Oz Opens [C]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>1:00  Keeping it Reel Film Club</div><div>1:15  Movie Matinee: The Wizard of Oz (1939) [TH]</div><div>5:30  Chess/Checkers in the Cafe</div></div></div>
<div><div><div>10:15  St Brigid of Kildare Service [CH]</div><div>10:30  Indian Run United Methodist Livestream Worship Service [TH]</div><div>1:00  American Trivia Game [C]</div><div>1:15  Prince of Peace Lutheran Livestream Worship Service [TH]</div><div>2:00  Bingo [GR]</div><div>3:00  Reflection and Prayer [GR]</div><div>5:30  Players' Choice Card Games [C]</div></div></div>	<div><div><div>10:00  Activity Planning Meeting [GR]</div><div>11:00  Energize with Enliven [FC]</div><div>1:00  Documentary: Marie Antoinette [TH]</div><div>1:30  Senior Star Olympics [IL DR]</div><div>2:30  Monday Milkshakes [C]</div><div>3:00  Senior Star Showstoppers Drama Club [TH]</div><div>5:30  Classic Films: Bringing Up Baby (1938) [TH]</div></div></div>	<div><div><div>11:00  Holistic Fitness [FC]</div><div>1:00  Chair Volleyball [FC]</div><div>2:00  Rock Steady Boxing</div><div>2:15  Shopping Trip to Kroger or Giant Eagle \$</div><div>3:00  Shapemaster Learning Session [FC]</div><div>3:30  Musical Memories [C]</div><div>5:30  Jackie Joyner-Kersee: Journey to Greatness [C]</div></div></div>	<div><div><div>9:00  Rock Steady Boxing [FC]</div><div>10:00  History with Rich: Great American Trials [TH]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>2:00  Bingo! [GR]</div><div>3:00  Whimsy Workshop: Pressed Flower Art [GR]</div><div>3:30  Jewelry Making [GR]</div><div>5:30  Destination France: Loire Valley [C]</div></div></div>	<div><div><div>9:30  NewsCurrents [C]</div><div>11:00  Exercise with Summit [FC]</div><div>1:00  Senior Star Shufflers Seated Tap Dance [GR]</div><div>2:00  Creative Flow! [GR]</div><div>2:30  Zumba Gold [FC]</div><div>3:00  The Village Voices Choral Group [TH]</div><div>5:30  Films about France: Funny Face (1957) [TH]</div><div>6:20  Abbey Theatre Outing: An Umbrella on a Rainy, Rainy Day \$</div></div></div>	<div><div><div>10:00  Legendary Singers: Florence Ballard [TH]</div><div>11:00  Gentle Movement [FC]</div><div>12:00  Shopping Shuttles: Tuttle Mall/ Walmart/Sawmill Stores/Banks [1Lobby]</div><div>1:00  Caregiver Support Group [CH]</div><div>1:00  Estate Planning presented by Bill Loveland, Esq. [TH]</div><div>2:00  Taste of France: Wine &amp; Cheese [C]</div><div>2:30  Happy Hour with Wade Jones [C]</div><div>5:30  Night at the Movies: Decision at Sundown (1957) [TH]</div></div></div>	<div><div><div>10:00  Coffee and Chat: Insurrection of Paris [C]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>1:00  Keeping it Reel Film Club</div><div>1:15  Movie Matinee: The Long Game (2023) [TH]</div><div>5:30  Chess/Checkers in the Cafe [C]</div></div></div>
<div><div><div>10:15  St Brigid of Kildare Service [CH]</div><div>10:30  Indian Run United Methodist Livestream Worship Service [TH]</div><div>1:00  I Should Have Known That! Trivia Game [C]</div><div>1:15  Prince of Peace Lutheran Livestream Worship Service [TH]</div><div>2:00  Bingo [GR]</div><div>3:00  Reflection and Prayer [GR]</div><div>5:30  Players' Choice Card Games [C]</div></div></div>	<div><div><div>11:00  Energize with Enliven [FC]</div><div>1:00  Documentary: Testament-The Story of Moses Ep. 1</div><div>1:30  Senior Star Olympics [IL DR]</div><div>2:30  Monday Milkshakes [C]</div><div>3:00  Senior Star Showstoppers Drama Club [TH]</div><div>5:30  Classic Films: The Maltese Falcon (1941) [TH]</div><div>7:00  Senior Star Olympics Closing Ceremony [IL DR]</div></div></div>	<div><div><div>11:00  Holistic Fitness [FC]</div><div>11:30  Lunch Outing to Beer Barrel \$</div><div>2:00  Rock Steady Boxing</div><div>2:15  Shopping Trip to Kroger or Giant Eagle \$</div><div>4:00  Themed Dinner: Olympic Celebration [1DR]</div><div>5:30  Muhammad Ali: "The Greatest"</div></div></div>	<div><div><div>9:00  Rock Steady Boxing [FC]</div><div>10:00  History with Rich: Great American Trials [TH]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>2:00  Bingo! [GR]</div><div>3:30  Cafe Trivia [C]</div><div>5:30  Destination France: Cathedrale Notre-Dame [C]</div></div></div>	<div><div><div>9:30  NewsCurrents [C]</div><div>11:00  Exercise with Summit [FC]</div><div>1:30  Resident Feedback Meeting/ Town Hall</div><div>3:00  The Village Voices Choral Group [TH]</div><div>5:30  Films about France: Anastasia (1956) [TH]</div></div></div>	<div><div><div>10:00  Legendary Singers: Sam Cooke [C]</div><div>11:00  Gentle Movement [FC]</div><div>12:00  New Resident Luncheon [PD]</div><div>12:00  Shopping Shuttles: Tuttle Mall/ Walmart/Sawmill Stores/Banks [1Lobby]</div><div>1:00  Caregiver Support Group [CH]</div><div>2:30  Happy Hour with Betty Douglas</div><div>5:30  Night at the Movies: Annie Get Your Gun (1950) [TH]</div></div></div>	<div><div><div>10:00  Coffee and Chat: Disappearance of Jimmy Hoffa [C]</div><div>11:00  Stretch &amp; Strengthen [FC]</div><div>1:00  Keeping it Reel Film Club</div><div>1:15  Movie Matinee: Top Gun: Maverick (2022) [TH]</div><div>3:30  Shapemaster/ Nu-step Exercise [FC]</div><div>5:30  Chess/Checkers in the Cafe</div></div></div>