

Calendar of Activities

INDEPENDENT LIVING



SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY						
<div>Location Keys</div> <div>2nd Floor Table by Rm 210</div> <div>Assisted Living Family Room (2nd Floor)</div> <div>Assisted Living Theater (1st Floor)</div> <div>Bar/Lounge</div> <div>IL Dining Room</div> <div>Meet in Lobby</div> <div>Multipurpose Room (2nd Floor)</div> <div>Pool</div> <div>2nd Floor</div> <div>ALFR</div> <div>ALTH</div> <div>B/L</div> <div>ILDR</div> <div>ML</div> <div>MR</div> <div>P</div>		<div>Brain Power</div> <div>Exercise & Movement</div> <div>Expression</div> <div>Inner Strength</div> <div>Nourishment & Health</div> <div>Socialization</div> <div>Spirituality</div>	<div>Rock Steady Boxing</div> <div>A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor)</div> <div>Give Parkinson's Disease a good PUNCH and have fun while doing it!</div>	<div>Keep Your Mind Sharp!</div> <div>The Dakim® Brain Fitness System is available every day in the Computer Lab located on the 2nd Floor.</div> <div>See Kate to register!!</div>	<div>Dakim Brain Fitness</div> <div>Paris Olympics</div> <div>8:45 Ageless Grace [ILDR]</div> <div>9:45 Small Ball Exercises [MR]</div> <div>11:00 Devotionals [B/L]</div> <div>11:00 Open Swim (with a Buddy) [P]</div> <div>1:00 Catholic Mass (IL) [ILDR]</div> <div>2:00 25 Cent Bingo [ILDR]</div> <div>2-4 Hand Craft Group [2nd Floor]</div> <div>3:00 Wordscapes [B/L]</div> <div>6:00 Shoot Pool with a Neighbor</div>	<div>Paris Olympics</div> <div>8:00 Pool Class [P]</div> <div>8:30 Open Swim (with a Buddy) [P]</div> <div>9:45 Sit & Be Fit [MR]</div> <div>10:15 Friday Funnies (Jokes) with Kate! [MR]</div> <div>11:00 Resident Led Wii Bowling [MR]</div> <div>11:30 Lunch Outing: Steel Plow (RSVP Req'd) [ML]</div> <div>2:00 Happy Hour with Darlene Breuwet! [ML]</div> <div>6:00 Movie Night: Twister (HBO Max) [B/L]</div>	<div>8:30am - 12pm Open Swim w/ a Buddy!</div> <div>Paris Olympics</div> <div>Shapemaster</div> <div>8:00a Church Transportation [ML]</div> <div>1:00 Card Games</div> <div>2-4 Hand Craft Group [2nd Floor]</div> <div>2:00 Shoot Pool with a Neighbor!</div> <div>6:00 Kings in the Corner Card Game (Beginner Cards)</div>	<div>Paris Olympics</div> <div>8:00 Pool Class [P]</div> <div>8:30 Open Swim (with a Buddy) [P]</div> <div>9:00 Target Trip (RSVP) [ML]</div> <div>9:45 Sit & Be Fit [MR]</div> <div>11:00 Therapy Dogs Visit - QC CAN [B/L]</div> <div>11:30 Cooking with Kate: French Toast [ILDR]</div> <div>12:30 Rick Steves Travelogue: France's Loire, Chateau Country [B/L]</div> <div>2:00 Beginner Tai Chi [MR]</div> <div>2:15 Advanced Tai Chi [MR]</div> <div>2:45 Monday Mixers Social Hour: Lavender French 75 [B/L]</div>	<div>Paris Olympics</div> <div>9:00 Drums Alive [MR]</div> <div>9:30 Visit from the Library [B/L]</div> <div>9:45 Light & Lively [MR]</div> <div>10:30 Rosary [MR]</div> <div>11:00 Open Swim (with a Buddy) [P]</div> <div>1:00 Resident Led Tai Chi [MR]</div> <div>2:00 Balance Improv. Class [MR]</div> <div>2:00 Crafty Creations: Hat Wreaths</div> <div>2:45 Turn it up Tuesdays [B/L]</div> <div>6:00 Card Games</div>	<div>Paris Olympics</div> <div>8:00 Pool Class [P]</div> <div>8:30 Open Swim (w/Buddy) [P]</div> <div>9:45 Exercises + Balloon Volleyball [MR]</div> <div>10:00 Hy-Vee Outing (RSVP) [ML]</div> <div>10:45 Bible Study with Paul [MR]</div> <div>12:30 Jeopardy & Current Events! [B/L]</div> <div>2:00 Small Group Exercise (RSVP Req'd)</div> <div>2:00 Wii Bowling [MR]</div> <div>3:00 Food Forum [ILDR]</div> <div>6:00 Card Games</div>	<div>Paris Olympics</div> <div>8:45 Ageless Grace [ILDR]</div> <div>9:45 Small Ball Exercises [MR]</div> <div>11:00 25 Cent Bingo [ILDR]</div> <div>11:00 Open Swim (with a Buddy) [P]</div> <div>1:30 France Themed Happy Hour with Ron Lubbers [ILDR]</div> <div>2-4 Hand Craft Group [2nd Floor]</div> <div>3:00 Wordscapes [B/L]</div> <div>6:00 Shoot Pool with a Neighbor</div>	<div>Paris Olympics</div> <div>8:00 Pool Class [P]</div> <div>8:30 Open Swim (w/Buddy) [P]</div> <div>9:45 Sit & Be Fit [MR]</div> <div>10:15 Friday Funnies (Jokes) with Kate! [MR]</div> <div>11:00 Resident Led Wii Bowling [MR]</div> <div>12:45 Whitey's Ice-cream Outing (RSVP Req'd) [ML]</div> <div>2:00 Happy Hour [ML]</div> <div>6:00 Movie Night: The Boys in The Boat (Prime) [B/L]</div>	<div>8:30am - 12pm Open Swim w/ a Buddy!</div> <div>Dakim Brain Fitness</div> <div>Paris Olympics</div> <div>Shapemaster</div> <div>10:00 Resident Led - One Mile Walking Tape [MR]</div> <div>1:00 Card Games</div> <div>1:00 Dominoes with Friends!</div> <div>2:00 Shoot Pool with a Neighbor!</div>
<div>8:30am - 12pm Open Swim w/ a Buddy!</div> <div>Paris Olympics</div> <div>Shapemaster</div> <div>8:00a Church Transportation [ML]</div> <div>1:00 Card Games</div> <div>2-4 Hand Craft Group [2nd Floor]</div> <div>2:00 Shoot Pool with a Neighbor!</div> <div>6:00 Kings in the Corner Card Game (Beginner Cards)</div>		<div>8:00 RL Pool Class [P]</div> <div>8:30 Open Swim (w/Buddy) [P]</div> <div>9:00 Target Trip (RSVP) [ML]</div> <div>9:45 Sit & Be Fit [MR]</div> <div>10:30 French with Jeannine [B/L]</div> <div>11:30 Cooking with Kate: Cheesy French Pinwheels [ILDR]</div> <div>2:00 Story & Picture Sharing: School/ Education [B/L]</div> <div>2:45 Monday Mixers Social Hour: NA Summer Sangria [B/L]</div>	<div>9:45 Light & Lively [MR]</div> <div>10:30 Rosary [MR]</div> <div>11:00 Open Swim (with a Buddy) [P]</div> <div>11:00 Walgreen's Outing (RSVP) [ML]</div> <div>12:30 Program Suggestions & Ambassador Meeting [B/L]</div> <div>1:00 Resident Led Tai Chi [MR]</div> <div>2:00 Paint, Color & Sip: Eiffel Tower</div> <div>2:45 Turn it up Tuesdays [B/L]</div> <div>6:00 Card Games</div>	<div>8:00 RL Pool Class [P]</div> <div>8:30 Open Swim (w/Buddy) [P]</div> <div>9:45 Exercises + Balloon Volleyball [MR]</div> <div>10:00 Hy-Vee Outing (RSVP) [ML]</div> <div>12:30 Jeopardy & Finish the Song! [B/L]</div> <div>2:00 Wii Bowling [MR]</div> <div>2:30 French Wine Tasting & Cheese Social [B/L]</div> <div>6:00 Card Games</div>	<div>9:00 Self Care Day: Nail Painting, Tea & Relaxing Music</div> <div>9:45 Small Ball Exercises [MR]</div> <div>11:00 Devotionals [B/L]</div> <div>11:00 Open Swim (with a Buddy) [P]</div> <div>1:00 Catholic Mass (AL) [ALFR]</div> <div>2:00 25 Cent Bingo [ILDR]</div> <div>2-4 Hand Craft Group [2nd Floor]</div> <div>3:00 Wordscapes [B/L]</div> <div>6:00 Shoot Pool with a Neighbor</div>	<div>8:00 RL Pool Class [P]</div> <div>8:30 Open Swim (w/Buddy) [P]</div> <div>9:45 Sit & Be Fit [MR]</div> <div>10:15 Friday Funnies (Jokes) with Kate! [MR]</div> <div>11:00 Resident Led Wii Bowling [MR]</div> <div>11:30 Movie Matinee + Pizza Party (\$4.00 - RSVP Req'd) [ML]</div> <div>2:00 August Birthday Party & Happy Hour with Jordan Daniels! [ML]</div> <div>6:00 Movie Night: La La Land (Netflix) [B/L]</div>	<div>8:30am - 12pm Open Swim w/ a Buddy!</div> <div>Dakim Brain Fitness</div> <div>Shapemaster</div> <div>10:00 Resident Led - One Mile Walking Tape [MR]</div> <div>1:00 Card Games</div> <div>1:00 Dominoes with Friends!</div> <div>2:00 Shoot Pool with a Neighbor!</div>						
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