







Activity Calendar

July

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Mass-Chapel 10:30 Activity Center Worship	2 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 10:30 Village Q&A Meeting 3:00 PATRIOTIC PROGRAM WITH THE SCV CHOIR 	3 8:30 Yoga 1:00 Movie: Remember the Titans 3:45 Water Walking	4 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 1:00 Hand & Foot Card Games- Stage 3-4 Ice-Cream Sundae Resident Social 9:00 Watch fireworks from Liberty Park over SCV Lake 	5 10:00 Coffee with MMJ 1:00 Art with Nathalie 1:00 Happy Stitchers- Club Rm. 3:45 Water Walking	6 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 6:30 Bingo	7 3:45 Water Walking 6:30 Night at the Races
8 9:00 Mass-Chapel 10:30 Activity Center Worship	9 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 10:30 Activity Committee Meeting	10 8:30 Yoga 10:30 History Club with George- (Mark Twain pt. 2) 1:00 Movie: My Best Friend's Wedding 3:45 Water Walking	11 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 11-1 Local Honey for Sale 1:00 Hand & Foot Card Games	12 10:30 Bible Study with Sam T. 1:00 Art with Nathalie 1:00 Happy Stitchers- Club Rm. 3:45 Water Walking	13 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> *3:00 Dart Games-Cyber 6:30 Bingo	14 3:45 Water Walking 6:30 Night at the Races
15 9:00 Mass-Chapel 10:30 Activity Center Worship	16 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 3:00 Guest Speaker: Peter Gilderson, Mississippi Author	17 8:30 Yoga 1:00 Movie: Saving Mr. Banks 3:45 Water Walking *5:00 LETO (Let's Eat Out!) Bus to Hokkaido Hibachi Grill in Madison	18 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 1:00 Hand & Foot Card Games	19 10:00 Nourish Your Noggin Presentation- Topic is Exercise 1:00 Art with Nathalie- Painting 1:00 Happy Stitchers- Club Rm. 3:45 Water Walking	20 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> *1:00 Bridge Tournament 6:30 Bingo	21 3:45 Water Walking 6:30 Night at the Races
22 9:00 Mass-Chapel 10:30 Activity Center Worship	23 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 1:00 Laugh Club (Funny videos on the big screen!)	24 8:30 Yoga  10:30 Tea with Sister D- Guest Speakers: Architects on the St. D Emergency Dept. Expansion 1:00 Movie: Life of Pi 3:45 Water Walking	25 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 1:00 Hand & Foot Card Games	26 10:30 Bible Study with Richard Thomas 1:00 Art with Nathalie- Drawing 1:00 Happy Stitchers- Club Rm. 3:45 Water Walking <u>4:00 Book Club- *Club Room</u> 	27 <i>No exercise today</i>  9:00- Noon HEALTH FAIR EXPO & FREE SCREENINGS 9:30 Water Aerobics 6:30 Bingo	28 3:45 Water Walking 6:30 Night at the Races
29 9:00 Mass-Chapel 10:30 Activity Center Worship	30 9:30 Water Aerobics 9:30 Strength Exercise (Shirley Video) <u>10:00 Aerobic Exercise*new time</u> 4:00 Chamber Concert with Elektrik Geriatrik 	31 8:30 Yoga 10:30 Astronomy Presentation with Joe B. 1:00 Movie: Miss Congeniality 3:45 Water Walking		*Bolded activity indicates sign-up required		

Please reference bulletin board for all religious services in the chapel
Activities subject to change. Please reference bulletin board daily.