

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



### Legend

(AR) Activity Room  
(FR) Family Room  
(LB) Lobby  
(DR) Dining Room  
(RR) Resource Room  
(CH) Clubhouse  
\*\* Sign up at the front desk  
= Birthday

\*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.\*

**1**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Softball Game \*\***  
10:00 Bible Study (AR)  
1:30 3-13 Card Game (FR)  
**2:00 Resident Council Meeting (AR)**  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)  
**Melvin H.**

**2**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
1:30 Skip-Bo (FR)  
**2:00 Rock Painting\*\***  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**3**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Painted Rock Scavenger Hunt (LB)**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**4 Independence Day**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**5**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (FR)  
4:30 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**Barb A.  
Francee W.**

**6**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (RR)  
1:30 3-13 Card Game (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Chair Zumba (AR)**  
**3:45 Butterfly Check (LB)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**7**  
**9:00 Walmart Shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
1:30 Mexican Train Dominoes (FR)  
**2:00 Tai Chi/Chair Yoga (AR)**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**8**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
**12:00 Music in the Park \*\***  
1:30 3-13 Card Game (FR)  
**2:30 Craft Class AR\*\***  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**9**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Farmers Market \*\***  
1:30 Skip-Bo (FR)  
**2:00 Memory lane (FR)**  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**10**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Entertainment (LB) "Matt Gurley"**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**11**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**12**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (FR)  
4:30 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**Elaine C.**

**13**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (RR)  
1:30 3-13 Card Game (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Chair Zumba (AR)**  
**3:45 Butterfly Check (LB)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**14**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**11:00 Out to Lunch \*\* "Flaming Pig BBQ"**  
1:30 Mexican Train Dominoes (FR)  
**2:00 Fraud Prevention with Police Department (AR)**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**15**  
**9:00 Winco shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
**12:00 Music in the Park \*\***  
1:30 3-13 Card Game (FR)  
3:00 Blackjack (FR)  
**3:30 Butterfly Release (LB)**  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)  
**Wes O.**

**16**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
**12:00 Evergreen Valley Lavender Farm Tour \*\***  
1:30 Skip-Bo (FR)  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**17**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**10:00 Capital Lakelair \*\***  
**2:00 Entertainment (LB) "Robin Todd"**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**18**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**19**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (FR)  
4:30 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**20**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (RR)  
1:30 3-13 Card Game (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Chair Zumba (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**21**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Tai Chi/Chair Yoga (AR)**  
1:30 Mexican Train Dominoes (FR)  
**2:00 Resident Birthday Party**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**22**  
**9:00 Fred Meyer shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
**12:00 Music in the Park \*\***  
1:30 3-13 Card Game (FR)  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**23**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
1:30 Skip-Bo (FR)  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**24**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Scenic Drive \*\***  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**25**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**26**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (FR)  
4:30 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**Maggie F.**

**27**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (RR)  
1:30 3-13 Card Game (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Chair Zumba (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**28**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Tai Chi/Chair Yoga (AR)**  
1:30 Mexican Train Dominoes (FR)  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**29**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
**12:00 Music in the Park \*\***  
1:30 3-13 Card Game (FR)  
**2:00 Happy Hour (AR)**  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**30**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
1:30 Skip-Bo (FR)  
**2:00 Craft Class (AR)\*\***  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**31 Western Day**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Entertainment (LB) "Cowboy Buck"**  
3:00 31 Card Game (FR)  
**3:30 Chair Line Dancing (LB)**  
5:45 Hand & Foot (FR)

**Mary H.**

