

Independent and Assisted Living Calendar

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday														
<p>Sign up for outings at the front desk.</p> <p>Be in Lobby 10 Minutes Before Departure Time</p>	<p>1 Canada Day 10:00 Sit-and Stretch 10:30 Welcome to July 2:00 Political Discussion with State representative Candidate Will Stancil 4:00 Qigong with Risa 6:30 Outing: MN Orchestra at Lake Harriet = No Cost</p>	<p>2 9:30-1:00 Doctor Rides 10:00 Movement to Music 10:30 Chaplain Chats 12:30 Courtyard Picnic 1:30 Tricycle Tuesday 3:00 Our World This week 6:30 Evening Bonfire (no music)</p>	<p>3 7:30-9:00 Special Waffle Breakfast with Marnie = * - ALDR 9:00 Shopping to Byerly's/Target 10:00 Exercise 10:30 Crossword Puzzle 2:00 Reminiscing Game & 4th of July - CY 4:00 Wine and Cheese 6:30 Evening Movie</p>	<p>4 Independence Day 10:00 July 4th Exercise, Fun with Rosemary 5:30 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>5 10:00 Exercise 10:30 Cranium Crunchers 2:00 Qigong 6:30 Evening Movie</p>	<p>6 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>														
<p>7 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>8 10:00 Sit-and Stretch 10:30 Liberty Bell Day 2:00 Concert with Carl Winters Kalimba King: Instrumental/Educational - C 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>9 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Brain Games 12:30 Courtyard Picnic 1:30 Tricycle Tuesday 3:00 Our World This week 6:30 Evening Bonfire – Courtyard</p>	<p>10 9:00 Shopping to Byerly's/Target 10:00 Exercise 10:30 Crossword Puzzle 11:30 Outing: Lunch at Bread and Pickle at Lake Harriet = \$ 1:15 AA Recovery Connection - 3rd Floor Great Room 6:30 Evening Movie</p>	<p>11 10:00 Tai Chi 10:30 Buddy walks – Lobby 2:00 Music with Chase 4:00 Wine and Cheese 5:30 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>12 10:00 Exercise 10:00 Rainbow Health Conversation Café - C 10:30 Trivia 2:00 Remembering Gene Wilder Documentary 6:30 Evening Movie</p>	<p>13 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>														
<p>14 Bastille Day 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>15 10:00 Sit-and-Stretch 10:30 Artist Rembrandt Harmenszoon Van Rijn: Behind the Artist 2:00 All House Birthday Party with Liz Timm: Piano and Vocal - ALDR 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>16 NO Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Chaplain Chats 12:30 Courtyard Picnic 3:00 Our World This week 6:30 Evening Music – Courtyard</p>	<p>17 NO Shopping to Byerly's/Target 10:00 Exercise 10:30 Crossword Puzzle 1:15 Rainbow Connection – 3rd Floor Great Room 2:00 St Paul Chamber Orchestra Virtual Concert 6:30 Evening Movie</p>	<p>18 10:00 Tai Chi 10:30 Buddy Walks – Lobby 1:30 Food Service Meeting 2:00 Music with Chase 4:00 Wine and Cheese 5:30 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>19 10:00 Exercise 10:30 Florence Foster Jenkins Birth Anniversary 1:45 Music with Chris – C 6:30 Evening Movie</p>	<p>20 10:00 Exercise with Rosemary 2:30 Afternoon Matinee 6:30 Evening Movie</p>														
<p>21 Full Moon 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>22 10:00 Sit-and-Stretch 10:30 Happy Birthday Danny Glover 2:00 Concert with Satin Dolls: Tap Dancing Ladies - C 3:00 Resident Service Meeting 4:00 Qigong with Risa 6:00 Puppy Parade - CY</p>	<p>23 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 Would You Rather 12:30 Courtyard Picnic 1:30 Tricycle Tuesday 3:00 Our World This week 6:30 Evening Bonfire – Courtyard</p>	<p>24 9:00 Shopping to Byerly's/Target 10:00 Exercise 10:30 Crossword Puzzle 1:15 AA Recovery Connection – 3rd Floor Great Room 1:30 Outing: General Store = \$ 6:30 Evening Movie</p>	<p>25 10:00 Tai Chi 10:30 Buddy Walks – Lobby 2:00 Music with Chae 4:00 Wine and Cheese 5:30 Background Dinner Music by Kathy – DR 6:30 Evening Movie</p>	<p>26 10:00 Exercise 10:30 Summer Olympics Begin 2:00 Qigong 3:00 Shabbat Services – C 6:30 Evening Movie</p>	<p>27 10:00 Exercise 6:30 Evening Movie</p>														
<p>28 10:00 Worship Service – C 6:30 Evening Movie</p>	<p>29 10:00 Sit-and-Stretch 10:30 Trivia 2:00 Concert with Hans Gasterland: Trio – C 4:00 Qigong with Risa 6:30 Evening Movie</p>	<p>30 9:30-1:00 Doctor Rides 10:00 Movement to Music with Jessica from Wellness Center 10:30 "The First Phone Call from Heaven" Reading 3:00 Our World This Week 12:30 Courtyard Picnic 1:30 Tricycle Tuesday 3:00 Our World This week 6:30 Evening Bonfire – Courtyard</p>	<p>31 9:00 Shopping to Byerly's/Target 10:00 Exercise 10:30 Crossword Puzzle 1:15 Rainbow Connection – 3rd Floor Great Room TBD Outing: Movie Theatre 6:30 Evening Movie</p>	<p>Activities are subject to change, please see Weekly Calendar for updates</p>	<p>Legend C = Centrum LV = Lakeview Room DR = Dining Room CY = Courtyard Not labeled = Julia Commons \$ = Pay your own way *= Complimentary if on Meal Plan + = Billed to your account</p>	<p>Happy Birthday:</p> <table border="0"> <tr> <td>Marian N.</td> <td>7/02</td> </tr> <tr> <td>Judy C.</td> <td>7/10</td> </tr> <tr> <td>Mary Kay H.</td> <td>7/11</td> </tr> <tr> <td>Joe S.</td> <td>7/22</td> </tr> <tr> <td>Charlotte G.</td> <td>7/28</td> </tr> <tr> <td>Francesca S.</td> <td>7/29</td> </tr> <tr> <td>Joyce E.</td> <td>7/30</td> </tr> </table>	Marian N.	7/02	Judy C.	7/10	Mary Kay H.	7/11	Joe S.	7/22	Charlotte G.	7/28	Francesca S.	7/29	Joyce E.	7/30
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