


Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 2009 Activities are subject to change. Evening engagement each day—Resident Choice. Outdoor activities are weather permitting.	Happy Fourth of July!		9:30-10:00—Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Club 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin' with Angie—Club 6:00-8:30 Irvington Air Force Band-Sign Up Required	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Holy Communion-Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Manicures—Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Coffee, Muffins, & Great Conversations-Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Fourth of July Celebration—Club 3:30-4:30 Popcorn and a Movie-Club	10:30-11:00 Stretch & Stories—Center 11:00-12:00 Patriotic Sing Along with Jackie-Center 2:00-3:00 Cookin' in the Clubroom 3:00-4:00 Movie Fun-Center INDEPENDENCE DAY
10:30-11:00 Stretch & Stories—Center 11:00-12:00 Fun & Games—Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee—Club 3:30-4:30 Christian Worship with Chaplain Davis—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Sing Along with Independent Living Friends-Center 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Cookin' in the Club 3:30-4:30 Tea Party-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:00-11:30 Fishing on the Lake 11:30-12:30 Midday Social Hour—Center 2:30-3:30 Puzzle Pieces-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	9:30-10:00—Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Club 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Twisted Bingo—Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Manicures—Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Gardening-HC Courtyard 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Horseracing-Club 3:30-4:30 Lawrence Welk Hour- Club	10:30-11:00 Stretch & Stories—Center 11:00-12:00 Parachute Fun-Center 2:00-3:00 Watercolors-Center 3:00-4:00 Popcorn & a Movie—Center
10:30-11:00 Stretch & Stories—Center 11:00-12:00 Ball Toss-Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee-Club 3:30-4:30 Christian Worship with Chaplain Davis—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout-Center 10:30-11:30 Trivia & Games-Center 11:15-11:45 HC Resident Council-Center 11:30-12:30 Midday Social Hour-Center 2:30-3:30 July Birthday Bash-Club 3:30-4:30 Tea Party-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Seated Volleyball-Club 11:30-12:30 Midday Social Hour—Center 1:30-3:30 Out & About Joyride-Sign Up 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Master Gardeners-Club 11:30-12:30 Midday Social Hour-Center 1:30 Resident Shopping 2:00-3:00 ALC Art Time—Club 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:30 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Chat with the Chaplain-Fireside 11:15-11:45 ALC Resident Council—ALC Dining Room 2:30-3:30 Bingo & Pizza Special-Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Coffee, Muffins, & Great Conversations-Club 10:30-11:30 Service of Healing-Chapel 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Watercolors-Club 3:30-4:40 Ice Cream Cones—Club	10:30-11:00 Stretch & Stories—Center 11:00-12:00 Stained Glass-Center 2:00-3:00 Cookin' in the Clubroom 3:00-4:00 Movie Fun—Club
10:30-11:00 Stretch & Stories—Center 11:00-12:00 Trivia with Bonny-Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee-Club 3:30-4:30 Christian Worship with Chaplain Davis—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Sing Along with Independent Living Friends—Center 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Pitch & Putt-Club 3:30-4:30 Tea Party-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Pet Visits 11:00-12:00 Designer Dessert Finger painting—Club 12:30-12:30 Midday Social Hour-Center 2:30-3:30 Summer Arts & Crafts-Club 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Club 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:30 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Chat with the Chaplain-Clubroom 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Manicures—Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Twisted Bingo-Club 3:30-4:30 Lawrence Welk Hour-Club	10:30-11:00 Stretch & Stories—Center 11:00-12:00 Sing Along with Crystal-Center 2:00-3:00 Penny Ante-Club 3:00-4:00 Popcorn & a Movie—Club
10:30-11:00 Stretch & Stories—Center 11:00-11:30 Fun & Games-Center 2:00-2:30 Room Visits 2:30-3:30 Sunday Matinee—Club 3:30-4:30 Christian Worship with Chaplain Davis—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Penny Ante-Center 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Bowling-Club 3:30-4:30 Tea Party-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Quilting with Bonny-Club 11:30-12:30 Midday Social Hour-Center 2:00 ALC Out & About: Stevie's Ice Cream-Sign Up 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club 4:00-4:30 Smoothies & Shakes-Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Bingo—Club 11:30-12:30 Midday Social Hour—Center 1:30 Resident Shopping 3:00-3:30 Ice Cream Room Visits-ALC 3:00-3:30 Bible Study with Rev. Talley—Club 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:30 Center Conversations 10:00-10:30 Wake Up & Workout—Club 10:30-11:30 Seated Volleyball-Club 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Manicures—Club 3:00-4:00 Rosary-Chapel 3:30-4:00 Room Visits 3:30-4:00 Movin' & Groovin' with Angie—Club	9:30-10:00 Center Conversations 10:00-10:30 Wake Up & Workout—Center 10:30-11:30 Horseracing-Center 11:30-12:30 Midday Social Hour-Center 2:30-3:30 Twisted Bingo-Club 3:30-4:30 Popcorn & a Movie-Club	