

Coffee in Cafe'

Available all day

Market Open

Monday-Friday 8:30-3:30

Saturday & Sunday 9:00-2:30

Please pick up your **PERKS** packet in the **Cafe**.

Activity Locations

CB-Club Room

1st Floor

CH-Chapel

1st Floor

CL-Classroom

Garden Level

CR-Community Room

1st Floor

GV-Grand View Dining

Room - Garden Level

GR-Game Room

Terrace 2nd Floor

HC-Hobby Center

1st Floor

OB-Out Back

by the pond

OF-Out Front

by the Flag

PR-Puzzle Room

Garden Level

TC-Town Center

1st Floor

TV-Channel 991

times are approximate

SG-South Garden

outdoors, by 7th Ave

WB-Willow Bluff Dining

Room - Garden Level

WC-Wellness Center

Garden Level

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Monarch Time</p> <p>Meet in the sunroom to watch or learn how to help with Croixdale's Monarch egg and milkweed hunting and caterpillar care or to release newly emerged butterflies.</p> <p>Guests are welcome. See Kelly with questions.</p>	<p>1 <i>No Shopping Bus</i></p> <p>10:00 HC News For You 10:20 TC Monarch Time 1:00 TC Cribbage 1:00 WC Fitness: Balance & Stretch Class 2:00 GV Bingo Sponsored by Lucille Mealey 2:30 WC Wellness Orientation & Open Gym 4:00 CB Social Hour 5:30 TC Informal SingAlong with Phil and his Guitar</p>	<p>2</p> <p>8:45 CH Rosary & Eucharist 9:45 WC Fitness: Strength Fusion 10:30 CL Fit Minds - exercise for your brain! 11:00 WC Fitness: Chair Mix 1:30 TC Independence Day Walking "Parade" and Treats 2:00 HC Artist in Action: Sue Rowe 3:00 CH Reflections 3:30 HC Resident Writers Guild</p>	<p>3 <i>No Balloon Ball</i></p> <p>10:00 CR <u>African Kalimba Performance and Demonstration</u> by visiting musician: Carl Winters 2:30 Cafe Popcorn Social 2:30 TC Q & A with Croixdale PT/OT Therapy 3:00 HC Bible Study 6:00 CL Mens Pool / Billiards</p>	<p>4 <i>Independence Day!</i></p> <p>10:30 CR <u>Communion Service</u> 1:45 CR <u>Patriotic Singalong</u> with Glenda and her Accordion 5:30 TC Informal SingAlong with Phil and his Guitar</p> 	<p>5</p> <p>No Fitness Today 10:20 HC <u>Yarn and You</u> 12:30 TC Bridge Card Game 3:00 PR Jigsaw Puzzling with Friends</p> <p>We offer televised fitness classes on channel 991 from 9-11am every day.</p>	<p>6</p> <p>1:00 CR DVD Movie 1:30 Café Popcorn 6:00 GR Games</p> <p>We also have a book library as well as a DVD and puzzle library.</p>
	<p>7</p> <p>10:00 CH Catholic Mass 1:45 CH Worship Service w/ Pastor Martin 2:15 Café Coffee and Treats 2:45 CR Netflix Movie</p>	<p>8</p> <p>10:00 HC News For You 10:20 TC Monarch Time 1:00 TC Cribbage 1:00 WC Fitness: Balance & Stretch Class 2:00 GV Bingo Sponsored by Don Grenier 2:30 WC Wellness Orientation & Open Gym 4:00 CB Social Hour 5:30 TC Informal SingAlong with Phil and his Guitar</p>	<p>9 <i>Library Day!</i></p> <p>8:45 CH Rosary & Eucharist 9:45 WC Fitness: Strength Fusion 9:45 Arbor Visit with Emmy the Therapy Dog and Nadine 10:30 CL Fit Minds - exercise for your brain! 10:30-11 TC <u>Check out Books from Bayport Library</u> 11:00 WC Fitness: Chair Mix 2:00 HC <i>Kitchen Adventures with Kathy and Mary</i></p>	<p>10</p> <p>10:30 CR Balloon Ball 1:00 CH Spiritual Life Committee 1:00-3:00 HC Monthly Mending 2:30 Cafe Popcorn Social 2:30 TC <u>Q&A with Croixdale Outpatient PT/OT Therapy</u> 3:00 HC Bible Study</p>	<p>11</p> <p>10:30 CR Worship Service 1:00 CR <u>Croixdale Invitational Balloonball Tournament</u> - competitors and audience welcome! 1:30-3:00 Café Ice Cream Social w/ Buzz 3:00 Arbor Piano Hymns by Beth 5:30 TC Informal SingAlong with Phil and his Guitar</p>	<p>12</p> <p>9:15 WC Wellness Orientation & Open Gym 9:45 WC Fitness: Strength Fusion 10:20 HC <u>Yarn and You</u> 10:00 TC <u>Shopping Bus</u> 11:00 WC Fitness: Chair Mix 12:00 TC Lunch Outing to <i>Texas Roadhouse</i> 12:30 TC Bridge Card Game 1:45 CR <i>Sing Along w/ Jimmy Sylvester and his Concertina</i> 3:00 PR Jigsaw Puzzling with Friends</p>

Sunday	Monday	Tuesday	Wednesday	Friday	Saturday
14 10:00 CH Catholic Mass 1:45 CH Worship Service w/ Pastor Amy V 2:15 Café Coffee and Treats 2:45 CR Netflix Movie	15 10:00 HC News For You 10:20 TC Monarch Time 1:00 TC Cribbage 1:00 WC Fitness: Balance & Stretch Class 2:00 GV Bingo Sponsored by Al Hubin 2:30 WC Wellness Orientation & Open Gym 4:00 CB Social Hour 5:30 TC Informal SingAlong with Phil and his Guitar	16 <i>Optage Foot Clinic</i> 8:45 CH Rosary & Eucharist 9:45 WC Fitness: Strength Fusion 10:30 CL Fit Minds - exercise for your brain! 11:00 WC Fitness: Chair Mix 1:45 GV Birthday Party with Music by <i>Curtis and Loretta</i> 2:30 GV Birthday Treat	17 10:30 CR Balloon Ball 1:45 CR Sing-Along with <i>Glenda and her Accordion</i> 2:30 Café Popcorn Social 3:00 HC Bible Study	18 9:30-1:30 TC Pontoon/Picnic <i>Bus Outing (first group)</i> 10:30 CR Worship Service 11:30-3:30 TC Picnic/Pontoon <i>Bus Outing (second group)</i> 1:15 CR Forever Young - <i>Live Music w/ Lon Newman</i> 1:30-3:00 Café Ice Cream Social 3:00 Arbor Piano Hymns by Beth 5:30 TC Informal SingAlong with Phil and his Guitar	19 9:15 WC Wellness Orientation & Open Gym 9:45 WC Fitness: Strength Fusion 10:20 HC Yarn and You 10:15 CR <u>Wheel of Fortune</u> with Renae 11:00 WC Fitness: Chair Mix 12:30 TC Bridge Card Game 1:00 CR PBS Documentary: <i>How to Talk Minnesotan</i> 3:00 PR Jigsaw Puzzling with Friends
21 10:00 CH Catholic Mass 1:45 CH Worship Service w/ Pastor D. Larson 2:15 Café Coffee and Treats 2:45 CR Netflix Movie	22 10:00 HC News For You Discussion Group 10:20 TC Monarch Time 1:00 TC Cribbage 10:30 TC Shopping Bus 1:00 WC Fitness: Balance & Stretch Class 2:30 WC Wellness Orientation & Open Gym 4:00 CB Social Hour 5:30 TC Informal SingAlong with Phil and his Guitar	23 8:45 CH Rosary & Eucharist 9:45 WC Fitness: Strength Fusion 9:45 Arbor Visit with Emmy the Therapy Dog and Nadine 10:00 CR Oral Health Presentation by Hope Dental Clinic 11:00 WC Fitness: Chair Mix 2:00 GV St Charles Bingo	24 10:00 TC Shopping Bus 10:30 CR Balloon Ball 12:00 TC Independent Outing to <i>Keys Café in Stillwater</i> 2:00 Café Trivia with Cheryl 2:30 Café Popcorn Social 3:00 HC Bible Study 6:30 CH <u>Service of</u> <u>Remembrance</u>	25 10:30 CR Worship Service 1:30-3:00 Café Ice Cream Social w/ Buzz 2:00 CR Word Game Challenge with Paige and Cheryl 3:00 Arbor Piano Hymns by Beth 5:30 TC Informal SingAlong with Phil and his Guitar	26 9:15 WC Wellness Orientation & Open Gym 9:45 WC Fitness: Strength Fusion 10:20 HC Yarn and You 11:00 WC Fitness: Chair Mix 12:30 TC Bridge Card Game 1:45 CR <u>Live Music & Jokes</u> by "Im-Perfect", aka "Pete and Virgil Duo" 3:00 PR Jigsaw Puzzling
28 10:00 CH Catholic Mass No PM Worship Service 2:15 Café Coffee and Treats 2:45 CR Netflix Movie	29 10:00 HC News For You 10:20 TC Monarch Time 1:00 TC Cribbage 1:00 WC Fitness: Balance & Stretch Class 2:00 GV Bingo Sponsored by Dee Dennis 2:30 WC Wellness Orientation & Open Gym 4:00 CB Social Hour 5:30 TC Informal SingAlong with Phil and his Guitar	30 8:45 CH Rosary & Eucharist 9:45 WC Fitness: Strength Fusion 10:30 CL Fit Minds - exercise for your brain! 11:00 WC Fitness: Chair Mix 2:00 CR Musical Performance by the <i>Memory Lane Singers</i>	31 10:30 CR Balloon Ball 11:00 TC Independent Bus Outing to <i>Washington County</i> <i>Fair (includes Elvis concert!)</i> 1:00 -3:00 WC Functional Wellness Screening - sign up at front desk! 2:30 Café Popcorn and Punch with Paige 3:00 HC Bible Study	<h1 style="color: red;">July Birthdays</h1> <p>1st</p>	