


JULY Commons & Hearth Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Scheduled times/ locations of activities may be subject to change and therefore necessary to revise. Please check the <u>Daily Schedule</u> and the <u>Weekly Program Highlights</u> for any updates or revisions.</p>	<p>1 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "Swing Time"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 PHS Scholars: "Vincent Van Gogh: His Art & His Life"-PAC</p>	<p>2 10:30 Exercise Video-Ch 993 1:15 Crossword Puzzle-Hearth 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Coffee & Snack Social-Commons 2:35 Sit & Be Fit-Commons 3:15 Craft: Diamond Art Suncatchers-Commons</p>	<p>3 10:00 Catholic Eucharist-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Walk, Ride, Rodeo"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>4 Fourth of July 10:30 Exercise Video-Ch 993 1:00 Movie Matinee: "Top Gun"-Theater 2:00 Coffee & Snack Social-Commons</p> 	<p>5 10:30 Exercise Video-Ch 993 11:00 Grief Support: "Grief & the Spirit"-CR 1:00 Caring on the Commons with Pastor Tom 2:00 Ice Cream Treat Social & Piano Music with John-B 3:00 Chocolate, Chaplain, and Chat-Hearth</p>	<p>6 10:30 Heart Healthy Exercise Video-Channel 993</p>
<p>7 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service: Communion-PAC & Channel 991 1:00 Movie Matinee: "Captain Phillips"-Theater</p>	<p>8 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Movie Matinee: "Unbroken"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 PHS Scholars: "The Science of Sleep and Stress"-PAC</p>	<p>9 10:30 Exercise Video-Ch 993 11:00 A Wrinkle in Time CH.1-Commons 1:15 Crossword Puzzle-Hearth Lounge 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Coffee & Snack Social-Commons 2:35 Sit & Be Fit-Commons</p>	<p>10 9:30 Visits with Gideon-Hearth 10:00 Visits with Gideon-Commons 10:30 Exercise Video-Ch 993 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Greater" - Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>11 10:00 St. Edward's Catholic Mass-PAC 10:30 Exercise Video-Ch 993 1:00 Movie Matinee: "Wonder"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 A Wrinkle in Time CH.2-Commons 4:00 Alzheimer's Association Presents: Dementia Conversations-PAC</p>	<p>12 10:30 Exercise Video-Ch 993 11:00 Puzzle Pack Delivery 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Ice Cream Treat Social & Piano Music with John-B 3:00 Musical Performance by Steve Clarke-PAC</p>	<p>13 10:30 Heart Healthy Exercise Video-Channel 993 2:30 Presidential and First Lady J-I-N-G-O-Commons</p>
<p>14 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Homeward Bound"-Theater</p>	<p>15 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "North by Northwest"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 July Jeopardy Trivia-PAC</p>	<p>16 10:30 Exercise Video-Channel 993 11:00 A Wrinkle in Time CH. 3-Commons 1:15 Crossword Puzzle-Hearth 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Coffee & Snack Social-Commons 2:35 Sit & Be Fit-Commons</p>	<p>17 10:00 Catholic Eucharist-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Chupa" - Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>18 10:30 Exercise Video-Ch 993 1:00 Movie Matinee: "Love Again"-Theater 1:00 Yellow Visit-Lobby 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 A Wrinkle in Time CH.4-Commons</p>	<p>19 10:30 Exercise Video-Ch 993 11:00 Grief Support: "Complicated Grief"-CR 11:00 Resident Meeting-Hearth 11:30 Resident Meeting-Commons 11:30 Piano Music with John-Fireside Room 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00-2:00 Carlson's Lovable Llamas-North Courtyard 2:00 Ice Cream Treat Social-B 3:00 Chocolate, Chaplain, and Chat-Commons</p>	<p>20 10:30 Heart Healthy Exercise Video-Channel 993</p>
<p>21 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "An Unfinished Life"-Theater</p>	<p>22 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "Roman Holiday"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 Performance by The Polka Dots-PAC</p>	<p>23 10:30 Exercise Video-Ch 993 11:00 A Wrinkle in Time CH. 5-Commons 1:15 Crossword Puzzle-Hearth 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Coffee & Snack Social-Commons 2:35 Sit & Be Fit-Commons</p>	<p>24 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Anne with an E"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	<p>25 10:30 Exercise Video-Ch 993 1:00 Movie Matinee: "Wonka"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 A Wrinkle in Time CH.6-Commons</p>	<p>26 The 2024 Olympics Begin! 8:00-10:00 Pancake Breakfast-Bistro 10:00 Walking with Pastor Tom 10:30 Exercise Video-Ch 993 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 1:00 Caring on the Commons with Pastor Tom 2:00 Ice Cream Treat Social & Piano Music with John-B 3:00 Chocolate, Chaplain, and Chat-Hearth</p>	<p>27 10:30 Heart Healthy Exercise Video-Channel 993 2:30 Happy Hour & Trivia-Commons</p>
<p>28 10:30 Strength Exercise Video-Channel 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Begin Again"-Theater</p>	<p>29 10:30 Exercise Video-Ch 993 11:00 Bingo-Hearth 1:00 Hearth to Hearth w/Pastor Tom 1:00 Movie Matinee: "The Lady Vanishes"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Sit & Be Fit-Commons 3:00 Virtual Tour of the Smithsonian Natural History Museum-Hearth</p>	<p>30 10:30 Exercise Video-Ch 993 11:00 A Wrinkle in Time CH. 7-Commons 1:15 Crossword Puzzle-Hearth 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Coffee & Snack Social-Commons 2:35 Sit & Be Fit-Commons</p>	<p>31 10:00 Catholic Eucharist-PAC 10:20 Pray the Rosary-PAC 10:30 Exercise Video-Ch 993 11:00 Richfield Brass Ensemble-PAC 1:00 Sit & Be Fit Exercise-WS 1:15 Movie Matinee: "Queen Bees"-Hearth 1:40 Bar Balance-WS 2:00 Coffee & Snack Social-Commons 2:30 Bingo-Commons</p>	 <p>Location Index: Activity Room (Act) - 3rd floor on Commons Bistro (B) - 1st floor Club Room (CR) - 1st floor Commons - 3rd floor Hearth - 2nd floor Performing Arts Center (PAC) - 1st floor Theater - 2nd floor Wellness Center (WC) - 2nd floor Wellness Studio (WS) - 1st floor</p>		