



Independent Living Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please sign up for programs indicated with an * in the binder at the Reception Desk.</p>	<p>1</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee: "Swing Time"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Guy Time with Pastor Tom-CR 3:00 Coloring Activity-CR 3:00 PHS Scholars: "Vincent Van Gogh: His Art & His Life"-PAC 6:45 Game Night (15)-CR</p>	<p>2 Bus Day</p> <p>10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 10:30 Table Games-Card Room *1:00 Outing: Shopping at Walmart 1:00-2:30 The RidgeTones Choir Practice-PAC 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>3 Bus Day</p> <p>10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC *11:00-1:30 Outing: Lunch at Tavern 4 & 5 *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS *1:30-4:00 Outing: Shopping at Lunds & Byerly's 1:35 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>4 Fourth of July</p> <p>10:30 Exercise Video-Channel 993 *12:30 500 Card Game-CR 1:00 Movie Matinee: "Top Gun"-Theater 3:00 Bingo-CR</p>	<p>5</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video: Yoga with Hannah-Ch 993 11:00 Grief Support: "Grief and the Spirit"-CR 2:00 Ice Cream Treat Social & Piano Music with John-B 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>6</p> <p>10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>7</p> <p>10:30 Strength Exercise Video-Ch 993 11:00 Worship Service: Communion-PAC & Channel 991 1:00 Movie Matinee: "Captain Phillips"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>8</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee: "Unbroken"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 3:00 Coloring Activity-CR 3:00 PHS Scholars: "The Science of Sleep and Stress"-PAC</p>	<p>9</p> <p>10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 10:30 Table Games-Card Room 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 The RidgeMen Choir Practice-PAC 3:00 Bingo-CR 6:00 Game Night</p>	<p>10 Bus Day</p> <p>*10:00-12:30 Outing: Shopping at Target 10:30 Exercise Video-Ch 993 *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 3:00 Book Club #1 Meets-CR 6:30 Game Night (Farkle)-CR</p>	<p>11</p> <p>10:00 St. Edward's Catholic Mass-PAC 10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR 1:00 Movie Matinee: "Wonder"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR 3:00 Book Club #2 Meets-Extended Dining Room 4:00 Alzheimer's Association Presents: Dementia Conversations-PAC</p>	<p>12</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video-Ch 993 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 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>13</p> <p>10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>14</p> <p>10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Homeward Bound"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>15</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee: "North by Northwest"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Guy Time with Pastor Tom-CR 3:00 Coloring Activity-CR 3:00 Jeopardy Trivia-PAC 6:45 Game Night (15)-CR</p>	<p>16</p> <p>10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 10:30 Table Games-Card Room 1:00-2:30 The RidgeTones Choir Practice-PAC 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>17 Bus Day</p> <p>10:00 Catholic Eucharist with St. Edward's-PAC *10:30-4:00 Outing: Lunch at Freight House & Stillwater Trolley Historic Tour 10:30 Exercise Video-Ch 993 11:00 Hymn Sing-PAC *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>18</p> <p>10:30 Exercise Video-Ch 993 *10:30 DIY Pressed Flower Bookmarks-CR *12:30 500 Card Game-CR 1:00 Yelloh (Schwan's) Visit-Lobby 1:00 Movie Matinee: "Love Again"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR</p>	<p>19</p> <p>10:00 Walking with Pastor Tom-Meet in the Lobby *10:00 Tai Ji Quan: Moving for Better Balance-WS 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video-Ch 993 11:00 Grief Support: "Complicated Grief"-CR 11:30 Piano Music with John-Fireside 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 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>20</p> <p>10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>21</p> <p>10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "An Unfinished Life"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>22</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:30 Exercise Video-Ch 993 12:30 Manipulation-Card Room 1:00 Movie Matinee: "Roman Holiday"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Guy Time with Pastor Tom-CR 3:00 Coloring Activity-CR 3:00 Performance by The Polka Dots-PAC</p>	<p>23</p> <p>10:00 Terrace Conversation-PAC & Channel 991 10:30 Food Council-PAC & Ch 991 10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 10:30 Table Games-Card Room 2:00 The RidgeMen Choir Practice-PAC 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 2:00 Brownstones Conversation-Brownstones East (#3) CR 2:45 Brownstones Conversation-Brownstones West (#4) CR 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>24 Bus Day</p> <p>*9:00-12:30 Outing: Let's Go Fishing on Lake Riley 10:00 Catholic Eucharist with St. Edward's-PAC 10:30 Exercise Video-Ch 993 *1:00-4:00 Outing: Shopping at Festival Foods *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 3:30 S'more Social-North Courtyard 6:30 Game Night (Farkle)-CR</p>	<p>25</p> <p>10:30 Exercise Video-Ch 993 *12:30 500 Card Game-CR 1:00 Movie Matinee: "Wonka"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Yoga Pilates Fusion-WS 3:00 Bingo-CR</p>	<p>26</p> <p>8:00-10:00 Pancake Breakfast-Main Dining Room *10:00 Tai Ji Quan: Moving for Better Balance-WS 10:00 Knitting/Crocheting Group-CR 10:30 Exercise Video-Ch 993 11:30 Sit & Be Fit Exercise-WS 12:05 Bar Balance-WS 2:00 Ice Cream Treat Social & Piano Music with John-B 4:01 Club (BYOB)-CR 6:00 Game Night (Manipulation)-CR</p>	<p>27</p> <p>10:30 Heart Healthy Exercise Video-Ch 993 6:30 Terrace Bingo-CR</p>
<p>28</p> <p>10:30 Strength Exercise Video-Ch 993 11:00 Worship Service-PAC & Channel 991 1:00 Movie Matinee: "Begin Again"-Theater 3:00 Bible Study-CR 6:30 Terrace Bingo-CR</p>	<p>29</p> <p>*10:00 Tai Ji Quan: Moving for Better Balance-WS 10:30 Exercise Video-Ch 993 10:30 Women's Meeting-CR 12:30 Manipulation-Card Room 1:00 Movie Matinee: "The Lady Vanishes"-Theater 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:00 Guy Time with Pastor Tom-CR 3:00 Coloring Activity-CR *5:00 Backyard BBQ Theme Dinner-Main Dining Room</p>	<p>30</p> <p>10:30 Exercise Video-Ch 993 10:30 Men's Meeting—CR 10:30 Table Games-Card Room 1:00-2:30 The RidgeTones Choir Practice-PAC 1:30 Stand & Move-WS 2:00 Sit & Be Fit Exercise-WS 3:00 Bingo-CR 6:00 Game Night (Manipulation)-CR</p>	<p>31</p> <p>10:00 Catholic Eucharist with St. Edward's-PAC 10:20 Pray the Rosary with Dave-PAC 10:30 Exercise Video-Ch 993 11:00 Richfield Brass Ensemble-PAC *1:00 Party Bridge-CR 1:00 Sit & Be Fit Exercise-WS 1:40 Bar Balance-WS 2:30-3:10 Open Fitness Hours-WC 6:30 Game Night (Farkle)-CR</p>	<p>Location Index: Activity Room (Act) - 3rd floor on the Commons Bistro (B) - 1st floor Card Room - 1st Floor Club Room (CR) - 1st floor Movie Theater - 2nd floor Performing Arts Center (PAC) - 1st floor Wellness Center (WC) - 2nd floor Wellness Studio (WS) - 1st Floor</p>		<p>Scheduled times/locations of activities may be subject to change and therefore necessary to revise. Please check the Daily Schedule and the Weekly Program Highlights for any updates or revisions. Turn your T.V. to channel 992 for updates and changes to the daily schedule.</p>