

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 3:00 PM: Variety Show Meeting-Club Room 6:30 PM Evening Movie – Theater *See movie sheets		8:30 AM Breakfast Trivia – Skyroom Restaurant 10:00 AM Coffee and Continuing Education – Village Center (BYO Cup!) *No Get Fit or Outing*	2:00 Painting w/ Raula – Art Room 6:30 PM Evening Movie – Theater *See movie sheets	
1:30 PM Worship Service-Chapel	Canada Day 9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 12:45-4:00pm “Let’s Go Fishing!” at Lake Riley (On boat from 1:30-3:30pm) Sign up with reception (*5500) 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 3:00 PM: Variety Show Meeting-Club Room 6:30 PM Evening Movie – Theater *See movie sheets	9:00-10:00 Blood Pressure Clinic – Fireside Room 11:15 AM Catholic Mass – Chapel 1:30 PM Service of Remembrance – Village Center 3:15 PM Prize Bingo - Fireside	8:30 AM Breakfast Trivia – Skyroom Restaurant 9:00 AM Get Fit – Fitness Center 10:00 AM Coffee and Continuing Education – Village Center (BYO Cup!) 11:15 AM Outing: Lions Tap Sign up in Terrace! 2:00 Bible and Hymns with Mark – Village Center	Leisure Cart in Commons 1:00 PM Horseshoe! – Backyard of Terrace 4:00 PM: USA Potluck! – Fireside Room *Sign up in Terrace by 7/8	
1:30 PM Worship Service-Chapel	9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 1:00 PM Terrace Resident Meeting - Fireside 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 3:00 PM: Birthday Bash! With entertainment by Colleen Heibeler– Village Center 6:30 PM Evening Movie – Theater *See movie sheets	11:15 AM Catholic Mass – Chapel 1:00 PM Positivity Readers Group – Village Center 2:00PM Commons Resident Meeting-Chapel 3:00 Flower Power – Game Room 3:15 PM Quarter Bingo - Fireside	8:30 AM Breakfast Trivia – Skyroom Restaurant 9:00 AM Get Fit – Fitness Center 10:00 AM Coffee and Continuing Education – Village Center (BYO Cup!) 1:00 PM Jenny’s Tour of Italy! – Village Center	6:30 PM Evening Movie – Theater *See movie sheets	
1:30 PM Worship Service-Chapel	9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 12:45-4:00pm “Let’s Go Fishing!” at Lake Riley (On boat from 1:30-3:30pm) Sign up with reception (*5500) 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 1:00-4:00 PM Functional Wellness Screening – Village Center Sign up w/ Reception. 3:00 PM: Variety Show Meeting-Club Room 6:30 PM Evening Movie – Theater *See movie sheets	10:30A Words w/ Friends-Game Room 11:15 AM Catholic Mass – Chapel 1:30 PM The Chosen Series - Theater 1:30 PM Loving Kindness Meditation – Fitness Center 3:15 PM Prize Bingo - Fireside	9:00 AM Get Fit – Fitness Center 1:00 Bible and Hymns with Mark – Village Center 1:00 PM Menu Council Meeting – Skyroom Restaurant *No Breakfast Trivia, Coffee and Cont. Ed or Outing*	Leisure Cart in Commons 1:00 PM Cornhole! – Terrace Fireside or Outside 2:00 Painting w/ Raula – Art Room	
1:30 PM Worship Service-Chapel	9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 12:45-4:00pm “Let’s Go Fishing!” at Lake Riley (On boat from 1:30-3:30pm) Sign up with reception (*5500) 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 3:00 PM: Variety Show Meeting-Club Room 6:30 PM Evening Movie – Theater *See movie sheets				
	9:00 AM: Get Fit – Fitness Center 10:30 AM Shopping Errands Sign up in Terrace! 2:30 PM Inspirational Movie Monday – Star Theater	9:00 AM Awareness of Breath Meditation – Fitness Center 10:30 AM Group Crossword Puzzle – Game Room 1:15 PM Candy Bingo – Village Center Afternoon Leisure Cart -Commons 6:00 PM: Outdoor Concert! With Scott Heiserman – Patio of Commons or Village Center	9:00 AM Seated Tai Chi with Nicole – Fitness Center 10:30AM Bible Study – Chapel 1:00 PM Jeopardy – Game Room 3:00 PM: Variety Show Meeting-Club Room 6:30 PM Evening Movie – Theater *See movie sheets				

Resident Led Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:00 PM Skip-bo Cards – Terrace Private Dining	1:00 PM-3:00: Hand and Foot – Game Room 1:00-3:00 PM: Mah Jongg – Terrace Library (*only occurs on 2 nd and 4 th Monday of the month) 2:00 PM-4:00PM: Fast Scrabble with Vi – Club Room 6:15 PM: 500 Card Game – Club Room	*Lunch in Deli 11:30-1PM* 9:00 AM – 12:00 PM: Bridge in the Club Room *Will meet in Library until after 6/5* 10:30 AM: Hymn Sing- Fireside Room 1:00 PM: Rosary- Fireside Room 1:00 PM-3:00 PM: Bridge - Game Room 1:30 PM-3:30 PM: Fast Scrabble with Vi – Club Room 1:30 PM: Needlework – Fireside Room 4:00 PM-6:00 PM: Fast Scrabble with Vi – Club Room 6:45 PM: Mexican Train – Club Room	*Lunch in Deli 11:30-1PM* 12:00 PM-2:00 PM: Fast Scrabble with Vi – Club Room 6:15 PM: 500 Card Game – Club Room	*Lunch in Deli 11:30-1PM* 1:00 PM-3:00 PM: Bridge - Club Room. 6:30 PM – 8:30 PM: Fast Scrabble with Vi – Club Room 6:30 PM: Hand & Foot – Fireside Room	1:00 PM- 3:00 PM: Cribbage - Club Room 11:00 AM: Rosary - Arbor 4:00 Happy Hour- Club Room (BYO) 5:30 PM 3-13 Card Game – Club Room	1:00 PM -3:00 PM: Fast Scrabble with Vi – Game Room 1:00-3:30 PM Scrabble and Tea – Fireside Room

Fitness/Wellness Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Get Fit – Fitness Center 2:00 PM-3:30PM: Wii Bowling– Fitness Center	9:00 AM Awareness of Breath Meditation – Fitness Center 2:30 Strength & Balance – Fitness Center 3:15 Strength & Flex – Fitness Center	9:00 AM Seated Tai Chi – Fitness Center 2:00 PM-3:30PM: Wii Bowling – Fitness Center	9:00 AM Get Fit – Fitness Center 10:00 AM: Yoga with Odette- Fitness Center 1:30 PM: Awareness of Breath Meditation – Fitness Center 2:30 Strength & Balance – Fitness Center 3:15 Strength & Flex – Fitness Center	9:00 AM Get Fit – Fitness Center

Please refer to the Monthly Newsletter for a list of resident birthdays.

Please keep in mind that some of these groups require prior notification to the resident organizer to join. This schedule is for your information regarding common spaces.

If you have organized an activity, please contact Reception (*5500) to clarify the day and time to ensure common spaces do not get double booked.

For any errors, please direct corrections to Kayla (*5516). Thank you!