

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# July 2024



*Activities are subject to change and any changes will be announced on Channel 16.5 or 993*





**ITV: Watch on Internal TV Station 16.11 or 990**

**Location Guide:**  
**B: Bistro**  
**C: Craft Room**  
**CH: Chapel**  
**G: Game Room**  
**HN: Harriet Nelson Room**  
**RC: Ridge Club**  
**T: Theater**  
**WC: Walnut Club**

**Independent Living & Assisted Living Activity Calendar**



	<p><b>1</b></p> <p>8:30 Cardio Class (ITV)            9:15 Chair Yoga (HN Patio)            9:30 Valley West Shuttle            10:00 Water Aerobics (RC)            1:00 Medical Shuttle (Sign Up)            1:00 Ball Class (RC)            1:00 Party Bridge (G)  <b>1:30 Documentary: "Explore America: Mississippi" (T)</b></p>	<p><b>2</b></p> <p>8:30 Walking Group (RC)            9:00 Devotions (ITV)            10:00 Rosary (C)            10:00 Water Aerobics (RC)            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)            2:00 Life Discussions (WC)            3:00 Wii Bowling (T)            3:00 Gables Friends Social (Gables)</p>	<p><b>3</b></p> <p>8:30 Cardio Class (ITV)            9:15 Floor Yoga (RC)            10:00 Water Aerobics (RC)  <b>10:15 Patriotic Songs &amp; Root Beer Floats with Happy Days Preschool (WC)</b>            1:00 Ball Class (RC)            1:00 Cribbage (G)  <b>3:00 Bible Study (C)</b>  <b>4:00 Summer Sips: Patriotic Punch (B)</b>            6:00 Rummikub (B)</p>	<p><b>4</b></p>  <p><b>Front Desk &amp; Ridge Club Hours: 8:00-4:30</b>  <b>Pool Closed</b></p>	<p><b>5</b></p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)            11:00 Outdoor Horseshoes (Terrace Patio)            11:45 Catholic Mass (CH)  <b>1:00 Cooking Club: Dipped Patriotic Snacks (WC)</b>  <b>2:00 Movie: "Yankee Doodle Dandy" (T)</b>  <b>4:00 BYOB Happy Hour (WC)</b></p>	<p><b>6</b></p> <p>9:00 Cocoa &amp; Conversation: Share patriotic celebration memories (WC)  <b>11:15 Trivia (WC)</b>  <b>1:00 Movie: "The Long Game" (T)</b>            2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>7</b></p> <p>11:00 Catholic Readings &amp; Communion (CH)            2:00 Church Service (CH)            2:45 After Church Fellowship (B)</p>	<p><b>8</b></p> <p>8:30 Cardio Class (ITV)            9:15 Chair Yoga (HN Patio)            9:30 Jordan Creek Shuttle            10:00 Water Aerobics (RC)            1:00 Medical Shuttle (Sign Up)            1:00 Ball Class (RC)            1:00 Party Bridge (G)  <b>1:30 Documentary: "Explore America: Michigan" (T)</b>  <b>6:30 Piano and Violin with Jenni &amp; Angie (HN)</b></p>	<p><b>9</b></p> <p>8:30 Walking Group (RC)            9:00 Devotions (ITV)            10:00 Rosary (C)            10:00 Water Aerobics (RC)            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)  <b>1:30 National Sugar Cookie Day Social (B)</b>            2:00 Life Discussions (WC)            3:00 Wii Bowling (T)            3:00 Gables Friends Social (Gables)</p>	<p><b>10</b></p> <p>8:30 Cardio Class (ITV)            9:15 Floor Yoga (RC)            10:00 Water Aerobics (RC)  <b>No Ball Class Today</b>            1:00 Cribbage (G)  <b>3:00 Bible Study (C)</b>  <b>4:00 Summer Sips: Cranberry Popper (B)</b>            6:00 Rummikub (B)</p>	<p><b>11</b></p> <p>8:30 Walking Group (RC)            9:00 Sewing &amp; Crafting (C)            10:00 Water Aerobics (RC)            10:00 Pitch Card Group (G)            10:30 Wii Bowling (T)            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)  <b>2:00 Bingo (B)</b>  <b>3:00 Summer Reading Challenge Get Together (HN)</b>            4:00 Mexican Train Dominos (HN)</p>	<p><b>12</b></p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)            11:00 Outdoor Horseshoes (Terrace Patio)  <b>1:00 Craft: Wooden Honey Bee Craft (HN)</b>  <b>2:00 Movie: "Cocoon" (T)</b>  <b>4:00 BYOB Happy Hour (WC)</b></p>	<p><b>13</b></p> <p>9:00 Cocoa &amp; Conversation: Share about your favorite baked goods &amp; bring a recipe! (WC)  <b>11:15 Trivia (WC)</b>  <b>1:00 Movie: "Seven Brides for Seven Brothers" (T)</b>            2:00 Play Pool (Rec Room on 2nd Floor)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>14</b> 11:00 Catholic Readings &amp; Communion (CH)  2:00 Church Service (CH) 2:45 After Church Fellowship (B)</p>	<p><b>15</b> <i>No Cardio Class Today</i> 9:15 Chair Yoga (HN Patio) 9:30 Valley West Shuttle 10:00 Water Aerobics (RC) 1:00 Medical Shuttle (Sign Up) 1:00 Ball Class (RC) 1:00 Party Bridge (G) <b>1:30 Documentary: "Explore America: Massachusetts" (T)</b> <b>4:00 Black &amp; White Party with David Watson (HN)</b></p>	<p><b>16</b> 8:30 Walking Group (RC) 9:00 Devotions (ITV) 10:00 Rosary (C) 10:00 Water Aerobics (RC) <b>11:00 Perspectives on Faith and Reason (T)</b> 11:00 Strength &amp; Balance I (RC) 1:00 Strength &amp; Balance II (RC) <b>1:30 Resident Birthday Party (B)</b> 2:00 Life Discussions (WC) 3:00 Wii Bowling (T) 3:00 Gables Friends Social (Gables)</p>	<p><b>17</b> 8:30 Cardio Class (ITV) 9:15 Floor Yoga (RC) 10:00 Water Aerobics (RC) 1:00 Ball Class (RC) 1:00 Cribbage (G) <b>2:00 Book Club (HN)</b> <b>3:00 Bible Study (C)</b> <b>4:00 Spring Sips: Passionfruit Spritzer (B)</b> 6:00 Rummikub (B)</p>	<p><b>18</b> 8:30 Walking Group (RC) 9:00 Sewing &amp; Crafting (C) 10:00 Water Aerobics (RC) 10:00 Pitch Card Group (G) 10:30 Wii Bowling (T) 11:00 Strength &amp; Balance I (RC) 1:00 Strength &amp; Balance II (RC) <b>2:00 Bingo (B)</b> 4:00 Mexican Train Dominos (HN)</p>	<p><b>19</b> <b>Clive Festival</b> 9:15 Chair Yoga &amp; Tai Chi (HN Patio) 11:00 Outdoor Horseshoes (Terrace Patio) <b>1:00 Craft Class: Jewelry Making (HN)</b> <b>2:00 Movie: "Thoroughly Modern Millie" (T)</b> <b>4:00 BYOB Happy Hour (WC)</b> <b>9:30 Clive Fireworks Preview</b></p>	<p><b>20</b> <b>Clive Festival</b> 9:00 Cocoa &amp; Conversation: Share about towns where you have lived (WC) 11:15 Trivia (WC) <b>1:00 Movie: "Golda" (T)</b> 2:00 Play Pool (Rec Room on 2nd Floor) <b>9:30 Thunder Over Clive Fireworks Show</b></p>
<p><b>21</b> 11:00 Catholic Readings &amp; Communion (CH) 2:00 Church Service (CH) 2:45 After Church Fellowship (B) <b>RAGBRAI Challenge: Track your miles in the Ridge Club!</b> </p>	<p><b>22</b> 8:30 Cardio Class (ITV) 9:15 Chair Yoga (HN Patio) 9:30 Jordan Creek Shuttle 10:00 Water Aerobics (RC) <b>10:30 Gospel Music with Ambassadors of Grace (Outdoor Concert)</b> 1:00 Medical Shuttle (Sign Up) 1:00 Ball Class (RC) 1:00 Party Bridge (G) <b>1:30 Documentary: "Explore America: Minnesota" (T)</b></p>	<p><b>23</b> 8:30 Walking Group (RC) 9:00 Devotions (ITV) 10:00 Rosary (C) 10:00 Water Aerobics (RC) 11:00 Strength &amp; Balance I (RC) 1:00 Strength &amp; Balance II (RC) <i>No Life Discussions Today</i> 3:00 Wii Bowling (T) 3:00 Gables Friends Social (Gables)</p>	<p><b>24</b> 8:30 Cardio Class (ITV) 9:15 Floor Yoga (RC) <b>10:45 Outing: Iowa Cubs Baseball Game (Sign Up)</b> 10:00 Water Aerobics (RC) 1:00 Ball Class (RC) 1:00 Cribbage (G) <i>No Bible Study Today</i> <b>4:00 Summer Sips: Cherry Spritzer (B)</b> 6:00 Rummikub (B)</p>	<p><b>25</b> 8:30 Walking Group (RC) 9:00 Sewing &amp; Crafting (C) 10:00 Water Aerobics (RC) 10:00 Pitch Card Group (G) 10:30 Wii Bowling (T) 11:00 Strength &amp; Balance I (RC) 1:00 Strength &amp; Balance II (RC) <b>1:30 Assessments with DMU Physical Therapy Students (Sign Up in the RC)</b> <b>2:00 Bingo (B)</b> 4:00 Mexican Train Dominos (HN)</p>	<p><b>26</b> 9:15 Chair Yoga &amp; Tai Chi (HN Patio) 11:00 Outdoor Horseshoes (Terrace Patio) <b>1:00 RAGBRAI Finale Spin Class (RC)</b> <b>2:00 Des Moines Playhouse Presents: Old Time Radio Show (HN)</b> <b>4:00 BYOB Happy Hour (WC)</b></p>	<p><b>27</b> 9:00 Cocoa &amp; Conversation: Share about any memories you have of RAGBRAI or bicycle riding! (WC) 11:15 Trivia (WC) <b>1:00 Movie: "Shift: The RAGBRAI Documentary" (T)</b> <b>*RAGBRAI Challenge Prizes awarded at Movie!</b> 2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>28</b> 11:00 Catholic Readings &amp; Communion (CH) 2:00 Church Service (CH) 2:45 After Church Fellowship (B) <b>Walnut Ridge Olympic Week!</b> </p>	<p><b>29</b> <b>Celebrate the First Olympics Today!</b> 8:30 Cardio Class (ITV) 9:15 Chair Yoga (HN Patio) 9:30 Valley West Shuttle 10:00 Water Aerobics (RC) <b>Olympic Fuel: Greek Lunch</b> 1:00 Medical Shuttle (Sign Up) 1:00 Ball Class (RC) 1:00 Party Bridge (G) <b>1:30 Documentary: "Greece- Secrets of the Past" (T)</b></p>	<p><b>30</b> 8:30 Walking Group (RC) 9:00 Devotions (ITV) 10:00 Rosary (C) 10:00 Water Aerobics (RC) <b>10:45 Olympic Trials: Sailboat Racing &amp; Relay (Pool)</b> 11:00 Strength &amp; Balance I (RC) <b>1:00 Olympic Trials: Corn Hole, Mini Golf, Balloon Volleyball (HN)</b> 2:00 Life Discussions (WC) 3:00 Wii Bowling (T) 3:00 Gables Friends Social (Gables)</p>	<p><b>31</b> 8:30 Cardio Class (ITV) 9:15 Floor Yoga (RC) 10:00 Water Aerobics (RC) <b>12:30 Outing: Summer Olympics vs. Mill Pond (Sign Up) (See Flyer)</b> 1:00 Ball Class (RC) 1:00 Cribbage (G) <b>3:00 Bible Study (C)</b> <b>4:00 Summer Sips: Strawberry Lemonade (B)</b> 6:00 Rummikub (B)</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">           Walnut Ridge     </div> <div style="border: 2px dashed red; padding: 10px; text-align: center;"> <h1 style="margin: 0;">July</h1> <h1 style="margin: 0;">2024</h1> </div> </div>		