



Activities & Shopping Trips are subject to change or cancellations.
Please watch bulletin board and elevators for announcements.
Pick up your Monthly MENU in the lobby

July 2024

Room Guide: CH=Chapel, CR=Community Room, RL=Resident Lounge, LO=Lobby
See Reverse for Exercise Class Descriptions

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30	1	2	3	4 Independence Day! ~Offices Closed~ 8:15 – 10:30 Fitness Classes 6:30pm Hand and Foot RL	5 8:30am Optage Footcare 1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	6 1:00pm Wii Bowling 6:00pm Dime BINGO
7	8	9	10	11	12	13
1pm Tripoley CR 3pm Mexican Train RL 6:30pm Hand & Foot CR	1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 1:00pm Watercolor Class 1:00 Yelloh! Delivery (Schwan's) 6:30pm Games Night CR/RL	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL	8:15 – 10:30 Fitness Classes 10:30am Shop @ Knollwood 1:00pm Karaoke 6:30pm Hand and Foot RL	1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 4:15pm Pizza Party! 6:00pm Dime BINGO
14	15	16	17	18	19 <i>Pastor Lane's On Vacation!</i>	20
1pm Tripoley CR 3pm Mexican Train RL 6:30pm Hand & Foot CR	10:30 Leave for Lake Minnetonka Cruise! 1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 1:00pm Watercolor Class 1:00 Yelloh! Delivery (Schwan's) 6:30pm Games Night CR/RL	<i>Senior Day at Hopkins Raspberry Fest</i> 1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL	8:15 – 10:30 Fitness Classes 10:30am Shopping Cub 55 2:00pm – CapTel, Telephone service presentation - CR	1:00pm Ice Cream Truck Arrives! <i>See Newsletter for details!</i> 6:30pm Rummikub RL	1:00pm Wii Bowling 6:00pm Dime BINGO
21	22	23	24	25	26	27
1pm Tripoley 3pm Dominoes 6:30pm Hand & Foot CR	1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rumiko/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 12:00Noon – Community Meal! (\$5) Sub Sandwiches, Chips, Dessert	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL	8:15 – 10:30 Fitness Classes 10:30am Shop @ Knollwood 1:00pm Karaoke 6:30pm Hand and Foot RL	1:00pm Worship Service CH 2:00pm Concerto Chats CR 3:00pm Choir Practice CH 6:30pm Rummikub RL	1:00pm Wii Bowling 6:00pm Dime BINGO
28	29	30	31			
1pm Tripoley CR 3pm Mexican Train RL 6:30pm Hand & Foot CR	1:00pm Cribbage CR 3:15pm Volleyball CR 6:30pm Rummikub/Dominoes	8:15 – 10:30 Fitness Classes 10:30am Shopping Byer/Targ 1:00 Yelloh! Delivery (Schwan's) 6:30pm Games Night CR/RL	1:00pm Cribbage CR 1:15pm Coloring RL 2:30pm Candy BINGO CR 4:00pm Happy Hour CR 6:30pm Wii Bowling RL			



WestRidge Exercise Class Descriptions

Led by Jodie Shenberg



8:15 am -8:45 am Strength Training

Strength Training will combine body weight exercises with exercise equipment such as resistance bands and dumbbells to complete a total body workout

8:45 am -9:30 am Strength Fusion

Strength Fusion class is focused on strengthening and conditioning the muscles. Hand weights, exercise bands, and balls will be used to target specific muscles. This class will also incorporate stretching and a segment on balance to focus on increasing flexibility, balance, and strengthening of the muscles that keep us upright. Some exercises will be in the chair and others will be standing. (using the chair for balance if so desired).



9:30am - 10:00am Building Better Balance-

Building Better Balance will focus on helping you to build better balance through muscle stabilization, coordination, and strength training of the muscles that help keep our bodies upright.

