

**Arbor Life Enrichment**  
**July 2024**

**Monday, July 1**

AM:

11:15 Sit-To-be -Fit – A

PM:

1:00 Bingo

3:00 Snack-N-Chat - A

6:00 Music Through Life - A

**Tuesday, July 2**

AM:

10:00 Catholic Service– C

10:00 One on One visits with Jill - A

PM:

2:15 Yoga on the Rotunda Patio - RP

2:45 Snack-N-Chat on the Rotunda Patio  
with Jill - RP

6:00 Balloon Volleyball - A

**Wednesday, July 3**

10:00 Manicures with Jill-A

11:15 Sit-To-be -Fit – A

PM:

2:30 4<sup>th</sup> of July Craft with Jill – A

6:30 Wheel of Fortune Ch 4

**Thursday, July 4**

**HAPPY 4<sup>TH</sup> OF JULY**

AM:

10:00 Movie of choice - A

PM:

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

**Friday, July 5**

AM:

10:45 Chair Exercise - A

PM:

3:00 Snack-Chat - A

6:30 Wheel of Fortune Ch 4 – A

**Saturday, July 6**

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

**Sunday, July 7**

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 – A

**Monday, July 8**

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo - AD

3:00 Snack-N-Chat - A

6:00 Scenic Drives DVD - A

## **Tuesday, July 9**

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:00 Trishaw Rides with Jill - FL

6:00 Balloon Volleyball - A

## **Wednesday, July 10**

AM:

11:15 Sit to Be Fit - A

PM:

2:30 Creative Writing with Jill - A

3:30 Snack-N-Chat - A

**6:30 Entertainment: Pop Standard  
Jazz Concert In the Rose Gardens**

## **Thursday, July 11**

AM:

10:00 Walking out the  
Pond with Jill - A

PM:

**1:30 Outing to Forest Lake Beach -A**

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

## **Friday, July 12**

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise – A

PM:

2:30 Summer Drinks on the  
Front Patio with Jill - FP

6:30 Wheel of Fortune Ch 4 – A

## **Saturday, July 13**

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

## **Sunday, July 14**

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass  
EWTN Channel 291 – A

## **Monday, July 15**

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo – C

3:00 Snack-N-Chat - A

6:00 Puzzles - A

## **Tuesday, July 16**

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:15 Yoga on the Rotunda Patio - RP

2:45 Snack-N-Chat on the Rotunda Patio  
with Jill - RP

6:00 Balloon Volleyball - A

## **Wednesday, July 17**

AM:

10:00 Large Puzzles with Jill - A

11:15 Sit To Be Fit - A

PM:

2:30 Snack-N-Chat - A

6:00 Music on the Patio – A

### **Thursday, July 18**

AM:

10:00 Manicures with Jill - A

PM:

**2:00 Entertainment:**

**Tom Paquin Pop and  
Country Concert - RP**

3:00 Snack-N-Chat - A

6:00 Susie Sing Along - A

### **Friday, July 19**

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

2:30 Summer Drinks on the

Front Patio with Jill - FP

6:30 Wheel of Fortune Ch 4 – A

### **Saturday, July 20**

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

### **Sunday, July 21**

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass

EWTN Channel 291 – A

### **Monday, July 22**

AM:

11:15 Sit-To-Be Fit – A

PM:

1:00 Bingo – AD

3:00 Snack-N-Chat - A

6:00 Puzzles - A

### **Tuesday, July 23**

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:00 Trishaw Rides with Jill - FL

6:00 Balloon Volleyball - A

### **Wednesday, July 24**

AM:

10:00 Library Visits with Jill - A

11:15 Sit to Be Fit - A

PM:

**3:00 Entertainment:**

**Mark & Lisa Flora-RP**

6:00 Music on the Arbor patio - A

### **Thursday, July 25**

AM:

10:00 Olympic Games with Jill - A

PM:

2:15 Open Gym - A

6:00 Susie Sing Along - A

## **Friday, July 26**

AM:

10:15 Chapel with Pastor Chuck - A

10:45 Chair Exercise - A

PM:

2:30 2:30 Summer Drinks on the  
Front Patio with Jill - FP

5:00 Summer Olympics 2024  
Open Ceremony Ch 11 NBC

## **Saturday, July 27**

AM:

10:00 Color Pencil Drawing – A

PM:

3:00 Snack-N-Chat - A

6:00 Saturday Movie Night – A

## **Sunday, July 28**

AM:

10:00 Reading the Sunday paper – A

PM:

3:00 Snack-N-Chat - A

6:00 Catholic Mass  
EWTN Channel 291 – A

## **Monday, July 29**

AM:

11:15 Sit-To-Be Fit – A

PM:

**2:00 Entertainment- Loose Change  
Barbershop Quartet-RP**

3:00 Snack-N-Chat - A

6:00 Puzzles - A

## **Tuesday, July 30**

AM:

10:00 Catholic Service – C

10:00 One on One visits with Jill

PM:

2:15 Yoga on the Rotunda Patio - RP

2:45 Snack-N-Chat on the Rotunda Patio  
with Jill - RP

6:00 Balloon Volleyball - A

## **Wednesday, July 31**

AM:

11:15 Sit to Be Fit - A

PM:

3:00 Snack-N-Chat - A

6:00 Music on the Arbor Patio - A

# **JULY HIGHLIGHTS**

**Tuesdays, July 9 and 23 2:00-3:00 Trishaw Ride-** Come join us for a ride around our campus with trained staff. Enjoy the fresh air while riding in the front of our Trishaw bike. Everyone needs to sign a Liability Waiver prior to the bike ride, and we will have them on hand. Front Patio/Door A

**Wednesday, July 10, 6:30-7:30 Entertainment: The Pop Standards Social club quartet** includes Charles Kemper on keys and vocals, (PHD in piano performance, and organist at Calvary Church in Roseville), Rich Manik on sax (Masters in Music Ed and performance, and performs in several professional shows in our 5 state area, including the Chanhassen, Dakota Club, and Crooners), Kathi LaValle on sax, (sax player in several groups for 55 years), and drummer, Joe Steinger, (an original member of the Café Accordion Orchestra for 25 years, touring Vienna, Austria, and playing at Lincoln Center in New York.) Rose Garden

**Thursday, July 18, 2:00pm Entertainment: Tom Paquin** Guitar and Voice-Auditorium

**Monday, July 29, 2:00 Entertainment: Loose Change-Barbershop Quartet** Lou Gottwalt (is a Resident in the Terrace), Keith, Tony and Grant will sing many old favorites like Goodbye My Coney Island Baby, Lazy River, and Caroline. Rotunda Patio

## Activity Descriptions:

Remember to use Channel 992 and 991 on your TV to check and watch the activities and events happening throughout the day. **Channel 992** broadcasts the schedule of daily activities and events. **Channel 991** is where to watch Virtual Chair Exercise classes and other programs when posted.

Auditorium (Ground Level)	G=Gallery (Next to conservatory)
AR=Commons Activity Room (2nd Floor)	GC= Garden Court Dining (Across from Dining Room)
B= Bistro	HCR= Hearth Community Room (first floor)
C= Chapel (Ground Level)	L= Library (First Floor)
CL= Club Room (Across from Library)	T= Movie Theatre (Ground Level)
CON= Conservatory	NG=North Gables (Ground Level)
FL-Front Lobby	R = Rotunda (Ground Level)
FC= Fitness Center (Ground Level)	RG=Rose Garden
FP= Front Patio	
CH991=in-house Virtual Channel-991	

**Any question please contact Jill Hanson at \*4061 Programs are subject to change and cancellation.**