

July 2025 Norbella Rogers Assisted Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|---|--|---|
| A Assisted Living AL Assisted Living DR Dining Room FA Fitness Area FR Fitness Room G Game Room GR Game Room M Memory Care MC Assisted Living P Patio TV TV Room | | 10:00 PH Cardio Drumming [AL] 1 11:00 IN Linked Senior [A] 2:00 IN Lawrence Welk Show [A] | 10:00 PH Silver Sneakers Exercise [FR] 2 11:00 IN Uno Card Game [A] 1:00 IN Trivia [A] 2:00 Puzzle Time [A] | 10:00 PH Chair Yoga [FA] 3 10:30 SP Bible Study with Kathy [GR] 1:00 EM Movie Matinee [A] 3:00 SO Patio Social [P] 6:00 IN Cribbage & Cards Night [GR] | Independence Day 4 10:00 PH Cardio Drumming [AL] 1:00 IN Movie Matinee [A] 3:00 Coffee Time [A] | 10:00 PH Walking Group [AL] 5 1:00 EM Movie Matinee [A] 3:00 IN Games & Cards [M] |
| 9:00 PH Walking Group [AL] 6 11:00 SP Word of Peace Lutheran Church Streaming Service [TV] 3:00 IN Adult Coloring [M] | 10:00 PH Walking Group [FR] 7 1:00 EM Manicures [M] 3:00 SO Card Games [GR] | 10:00 PH Cardio Drumming [AL] 8 11:00 IN Linked Senior [A] 1:30 IN Dice Game [A] | 10:00 PH Silver Sneakers Exercise [FR] 9 1:00 IN Trivia [A] 2:00 SO Root Beer Floats with Moments Hospice [P] | 10:00 PH Chair Yoga [FA] 10 10:30 SP Bible Study with Kathy [GR] 1:00 IN Bingo [DR] 6:00 IN Cribbage & Cards Night [GR] | 10:00 PH Cardio Drumming [AL] 11 2:00 SO Happy Hour [A] 6:00 EM Movie Night [AL] | 10:00 PH Walking Group [AL] 12 1:00 EM Movie Matinee [A] 3:00 IN Games & Cards [M] |
| 9:00 PH Walking Group [AL] 13 11:00 SP Word of Peace Lutheran Church Streaming Service [TV] 3:00 IN Adult Coloring [M] | 10:00 PH Walking Group [FR] 14 10:30 SO Manicures With Heather [MC] 1:00 SO Board Games [GR] 3:00 SO Patio Time [P] | 10:00 PH Cardio Drumming [AL] 15 11:00 IN Linked Senior [A] 1:00 SP Spark Challenge: Grip Games [A] 2:00 IN Card Games [A] | 10:00 PH Silver Sneakers Exercise [FR] 16 1:00 IN Trivia [A] 2:00 IN Bingo [A] 3:00 SO Ice Cream/ Patio Time [P] | 10:00 PH Chair Yoga [FA] 17 10:30 SP Bible Study with Kathy [GR] 1:30 IN Trivia [DR] 6:00 IN Cribbage & Cards Night [GR] | 10:00 PH Cardio Drumming [AL] 18 1:00 SP Really Big Show [A] 2:00 SO Happy Hour [A] 6:00 EM Movie Night [AL] | 10:00 PH Walking Group [AL] 19 1:00 EM Movie Matinee [A] 3:00 IN Games & Cards [M] |
| 9:00 PH Walking Group [AL] 20 11:00 SP Word of Peace Lutheran Church Streaming Service [TV] 3:00 IN Adult Coloring [M] | 10:00 PH Walking Group [FR] 21 10:30 SO Manicures [A] 1:00 IN Painting [A] 3:00 SO Card Games [GR] | 10:00 PH Cardio Drumming [AL] 22 11:00 IN Linked Senior [A] 1:00 SP Spark Challenge: Grip Games [A] 2:00 SO Patio Time [P] | 10:00 PH Silver Sneakers Exercise [FR] 23 11:00 IN Linked Senior [A] 1:00 IN Bingo [A] 6:00 SO Family Council [AL] | 10:00 PH Chair Yoga [FA] 24 10:30 SP Bible Study with Kathy [GR] 3:30 VO OT Talk with Jessica [DR] 6:00 IN Cribbage & Cards Night [GR] | 10:00 PH Cardio Drumming [AL] 25 1:00 SP Really Big Show [A] 2:00 SO Happy Hour [A] 6:00 EM Movie Night [AL] | 10:00 PH Walking Group [AL] 26 1:00 EM Movie Matinee [A] 3:00 IN Games & Cards [M] |
| 9:00 PH Walking Group [AL] 27 11:00 SP Word of Peace Lutheran Church Streaming Service [TV] 3:00 IN Adult Coloring [M] | 10:00 PH Walking Group [FR] 28 10:30 SO Manicures With Heather [MC] 1:00 SO Board Games [GR] | 10:00 PH Cardio Drumming [AL] 29 11:00 IN Linked Senior [A] 1:00 SP Spark Challenge: Grip Games [A] 2:00 SO Patio Time [P] | 10:00 PH Silver Sneakers Exercise [FR] 30 1:00 IN Bingo [A] 1:30 SO Lemonade Social [A] | 10:00 PH Chair Yoga [FA] 31 10:30 SP Bible Study with Kathy [GR] 2:30 VO Tea with Traci, Executive Director [DR] 6:00 IN Cribbage & Cards Night [GR] | <div>  NorBella ROGERS </div> <p>Schedule is subject to change.</p> <div> EM Emotional SP Spark Performance IN Intellectual PH Physical VO Vocational SO Social SP Spiritual OT Other </div> | |