



July 2025 - Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC Memory Care	Happy Birthday to 7/7 Scott 121 Liptak 7/13 Arleen 103 Meyer	10:00 SP Church Service (TV) 1 11:30 PH Seated Stretches 1:00 SO Gardening on the Patio	10:00 EM Coffee with Peggy 2 11:30 PH Chair Yoga 2:30 SP Memorial Service 3:00 EM Grief and Loss Support Group 3:30 SP 1:1 Support with Chaplain Rachael	10:00 VO Food Committee Meeting with Chef Levi 3 11:00 VO Resident Council Meeting 3:30 SO 4th of July Happy Hour	Independence Day 4 	Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 5
Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 6	Scott's Birthday! 7 10:00 SP Catholic Mass 11:30 PH Chair Aerobics 2:30 EM Music with Kristin 3:30 IN Purple University: Week 1	10:00 SP Protestant Church Service (TV) 8 11:30 PH Seated Stretches 2:30 SO Candy Bingo 4:00 VO Grip Games Training!	10:00 EM "Gabbing Gals" with Peggy 9 11:00 PH Chair Yoga with Allison 3:30 SO Happy Hour & Trivia	10:00 SO Bus Tour: Riverfront Memorial Park 10 2:00 IN Lifelong Learning 4:00 PH Cardio Drumming	10:30 EM Pet Visits with Gus & Ranger 11 11:30 PH Sit and Be Fit with Bethany 2:00 IN Grip Games Rules Training! 4:00 VO Crafternoon: DIY Garden Decor	Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 12
Arleen's Birthday! Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 13	10:00 SP Catholic Mass (TV) and Communion 14 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 IN Purple University: Week 2	11:30 PH Seated Stretches 15 1:00 SP Grip Games Competition 3:00 SO Candy Bingo	10:00 EM Coffee with Peggy 16 11:00 SP Church & Communion with Pastor 1:30 VO T-Shirt Tie Dye Event with Allina Health! 6:30 EM Pet Visits	10:30 EM Holly the Alpaca Returns! 17 2:00 VO Shopping Trip: Goodwill 4:15 PH Chair Yoga	10:30 EM Pet Visits with Gus & Ranger 18 11:30 PH Sit and Be Fit with Bethany 1:00 SP Grip Games Results Show! 4:30 SO Gardening on the Patio	Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 19
Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 20	10:00 SP Catholic Mass (TV) and Communion 21 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 3:30 IN Coffee with Megan	11:30 PH Seated Stretches 22 1:00 SP Grip Games Competition 2:00 IN Fraud & Scam Prevention Event	Anniversary of the Ice Cream Cone! 23 10:00 EM "Gabbing Gals" with Peggy 11:30 PH Chair Yoga 3:30 VO Let's Make: Ice Cream Cone S'mores	11:00 VO Lunch Outing: Paris Baguette 24 2:00 IN Purple University: Week 3 4:00 PH Cardio Drumming	10:30 EM Pet Visits with Gus & Ranger 25 11:30 PH Sit and Be Fit with Bethany 1:00 SP Grip Games Results Show! 3:00 SO Prize Bingo	Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 26
Exercise Equipment Available in TV Lounge, Table Games and Adult Coloring Available in Activity Area 27	Podiatry on Site 28 10:00 SP Catholic Mass 11:30 PH Chair Aerobics 2:30 EM Music with Kristin [MC] 4:00 SO Jimmy's Gentlemen's Club	11:00 EM Music with James Shaw 29 1:00 SP Grip Games Competition 3:00 SO Candy Bingo	10:00 EM "Gabbing Gals" with Peggy 30 11:00 PH Chair Yoga with Allison 3:00 SO July Birthday Party with Jenni Thyng	11:30 PH Walking Club 31 2:00 IN Purple University: Final Week 4:00 EM Heart to Heart Visits with Bethany	 <div><div>EM Emotional</div><div>IN Intellectual</div><div>PH Physical</div><div>VO Vocational</div><div>SO Social</div><div>SP Spiritual</div></div> <div>Schedule is subject to change.</div>	