

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2017 Sun Towers



Welcome to July 1
 9:15
Chair Yoga/Chair Dancing
 MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30
Front Porch Travel
 Canada Canada Day THTR

Bus to Local Churches 2
 9:30 Catholic Service THTR
 2:30 Vespers CH

 4:30
 THTR

8:30 Widowers Wellness THTR 3
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:00 Relaxing Patterns 6LNG
 3:30 Balance Exercise MDR

9:00 Special Refreshments Outside Deck 4
10:00 Patriotic Salute THTR

2:00 Ice Cream Social EBL
 7:00 - 8:00
Spectacular Light show, S'mores & Entertainment Back Deck
 Independence Day

8:00 Water Walking Pool 5
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
10:00 Tai Chi MDR
 1:00 Bingo MDR
 2:30 New! Crochet Club 6LNG
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 1:00 Kreative Ceramics 6LNG
 2:00 Zumba Gold 6LNG
 3:30
Mission BBQ

9:00 Exercise MDR
 9:00 Bank and Shop
 10:00 Coffee Chat 6LNG
 1:00 Word Find and Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:00 Water Walking Pool 8
 9:15
Chair Yoga/Chair Dancing
 MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30
Movie -THTR

Bus to Local Churches 9
 9:30 Catholic Service THTR
 2:30 No Vesper Service CH

 4:30
 THTR

8:30 Widowers Wellness THTR 10
9:00- 11:00 Holy Communion 5LNG
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:00 Relaxing Patterns 6LNG
 3:30 Balance Exercise MDR

9:00 Hard Rock Casino/Old Time Pottery/Lunch 11
 9:00 Exercise MDR
 10:00 Coffee Chat Special 6LNG
10:00 Line Dancing MDR
 10:00 Bible Study CH
10:30 A+Hearing Aid Help Rm 254 1:00 Life Challenge Grp CH
2:30 Party in a Chair MDR
 2:00 Craft n' Creations 6LNG
 3:30 Happy Hour

8:30 Podiatrist RM #254 12
8:00 Water Walking Pool 12
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
10:00 Tai Chi MDR
 1:00 Bingo MDR
2:00 Diabetes Support Grp EBL
 2:30 New! Crochet Club 6LNG
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Exercise MDR 13
 10:00 Coffee Chat 6LNG
 10:00 Simple Sewing APT 436
1:30 Chronic Pain & Neuropathy MDR
 1:00 Tasty Treat 6LNG
 2:00 Zumba Gold 6LNG
 2:15 Gospel sing-a-long CH
 3:30
Pizza Hut

9:00 Exercise MDR 14
 9:00 Bank and Shop
 10:00 Coffee Chat 6LNG
 1:00 Word Find and Popcorn 6LNG
2:00 IMPACT 6LNG
2:00 Arthritis Support Grp THTR
2:00 Resident B-Day Party MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:15 15
Chair Yoga/Chair Dancing
 MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30
Scenic Drive w/ Ice Cream

Bus to Local Churches 16
 9:30 Catholic Service THTR
 2:30 No Vesper Service CH

 4:30
 THTR

8:30 Widowers Wellness THTR 17
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo MDR
1:30 Parkinson Support Grp THTR
 2:00 Relaxing Patterns 6LNG
 3:30 Balance Exercise MDR


9:00 Exercise MDR 18
 10:00 Coffee Chat 6LNG
10:00 Line Dancing MDR
 10:00 Bible Study CH
1:00 Life Challenge Grp CH
2:00 Alz's Support Grp THTR
 2:00 Craft n' Creations 6LNG
2:30 Party in a Chair MDR
 3:00 Healthy Tips 5LNG
 3:30 Happy Hour MDR

8:00 Water Walking Pool 19
9:00 Free Harbor Cruise
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
10:00 Tai Chi MDR
 1:00 Bingo MDR
1:30 Low Vision Support Grp MDR
 2:30 New! Crochet Club 6LNG
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Memory Screening Rm254 20
 9:00 Exercise MDR
9:00 Widowers Wellness CH
 10:00 Coffee Chat 6LNG
 1:00 Kreative Ceramics 6LNG
 2:00 Zumba Gold 6LNG
 3:30
Cracker Barrel

9:00 Exercise MDR 21
 9:00 Bank and Shop
 10:00 Coffee Chat 6LNG
 1:00 Word Find and Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:00 Water Walking Pool 22
 9:15
Chair Yoga/Chair Dancing
 MDR
 10:00 Coffee Chat 6LNG
 10:00 Computer/Tech Help THTR
 1:00 Bingo THTR
 2:30
Movie -THTR

Bus to Local Churches 23
 9:30 Catholic Service THTR
 2:30 Vespers CH

 4:30
 THTR

8:30 Widowers Wellness THTR 24
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:00 Relaxing Patterns 6LNG
 3:30 Balance Exercise MDR

9:00 Breakfast & Books Trip 25
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
10:00 Line Dancing MDR
 10:00 Bible Study CH
1:00 Life Challenge Grp CH
2:30 Party in a Chair MDR
 2:00 Craft n' Creations 6LNG
 3:30 Happy Hour MDR

8:00 Water Walking Pool 26
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
10:00 Tai Chi MDR
 1:00 Bingo MDR
 2:30 New! Crochet Club 6LNG
 3:00 Bingo Again!!! 3DR
 3:30 Balance Exercise MDR

9:00 Exercise MDR 27
 10:00 Coffee Chat 6LNG
 1:00 Tasty Treat 6LNG
 2:00 Zumba Gold 6LNG
 2:15 Gospel Sing-a-long CH
 3:30
Village Inn

ALZHEIMERS FUND RAISER 28
11:00-2:00 THTR
 9:00 Exercise MDR
 9:00 Bank and Shop
 10:00 Coffee Chat 6LNG
 1:00 Word Find and Popcorn 6LNG
 2:00 IMPACT 6LNG
 3:30 Balance Exercise MDR
 3:30 Happy Hour MDR
 7:00 Movie Night THTR

9:15 29
Chair Yoga/Chair Dancing
 MDR
 10:00 Coffee Chat 6LNG
 1:00 Bingo THTR
 2:30
Front Porch Travel -THTR
 Costa Rica

Bus to Local Churches 30
 9:30 Catholic Service THTR
 2:30 Vespers CH

 4:30
 THTR

8:30 Widowers Wellness THTR 31
 9:00 Exercise MDR
 10:00 Coffee Chat 6LNG
 12:30 Bank and Shop
 1:00 Bingo THTR
 2:00 Tasty Treats 6LNG
 3:30 Balance Exercise MDR

LAND OF THE FREE



HOME OF THE BRAVE.