

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 JULY BIRTHDAYS  Rhea B. 7th Elaine M. 8th Cherri R. 12th Morgan J. 17th Stephen D. 19th Helen W. 21st Jim D. 22nd Shirley H. 23rd Mary B. 23rd Maureen B. 31st		1 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses(D) 2:00 Maureen's 2nd Art Show (Sign up on 2nd floor) (11th floor) 3:00 Coffee with Friends (P)	2 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 10:30 Newsletter Committee (L) 2:00 Acrylic Painting 4th of July (FAR) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	3 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Crosswords (FAR) 1:30 Patriotic Bingo (FAR) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	4 9:30 YouTube Fit (D) 2:00 Ice Cream Social (Pick up at front desk and enjoy outside) 2:30 Afternoon Movie: Born on the Fourth of July (D) 3pm Coffee with Friends (P) 6:30 Movie Repeat: Born on the Fourth of July (D)	5 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
6 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	7 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 2:00 Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (D) 6:00 Outing: Lake Harriet Bandshell-Junior and the Jukes (sign up by 7/3)	8 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses(D) 2:00 Kenwood Homecare Services and Blue Stone Physician Services (DR) 3:00 Coffee with Friends (P) 4:00 Tech Help with Graham (L)	9 9:30 YouTube Fit (D) 10:30 Game: Scrabble (FAR) 10:30 Outing: Brunch at Good Day Café (sign up by 7/7) 2:00 Grieving in the Modern World presented by Interim (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	10 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Bean Bags (D) 1:30 Silent Book Club (P) 3:00 Coffee with Friends (P) 3:00 Knitting with Coach Mariann (FAR)	11 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Arts and Crafts Collective presents: Haiku (FAR) 2:30 Afternoon Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	12 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
13 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	14 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 2:00 Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (P)	15 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 All Resident Meeting (DR) 3:00 Coffee with Friends (P)	16 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 11:30 Lunch Outing: TBD 2:00 Documentary (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	17 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Ladder Ball (D) 12-1:00 Picnic Lunch 1:30 Silent Book Club (P) 1:30 Neighborhood Walk with Mariann (Meet in Lobby) 3:00 Knitting with Coach Mariann (FAR)	18 9:00 Outing: Let's Go Fishing on Lake Riley (Sign up by 6/11) 9:30 Stay Fit with Courage (D) 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 Arts and Crafts Collective presents: Haiku (FAR) 2:30 Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	19 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
20 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	21 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 11:00 Parkinson's Support Group (L) 11:30 Lunch Outing: House of Wong (Sign up by 7/17) 1:30 Bridge (PR) 2:30 PBS Special: Doug Ohman (D) 3:00 Coffee with Friends (P) 6:30 Meet City Council Member Katie Cashman (D)	22 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Meet City Council Nominee Elizabeth Shaffer (D) 2:00 Make Dog Treats (FAR) 3:00 Coffee with Friends (P) 4:00 Tech Help with Graham (L)	23 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 2:00 Doggy Social (KR) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	24 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Jeopardy (FAR) 2:00 Monthly Birthday Party with music by Jim Kirkendall (DR) 3:00 Knitting with Coach Mariann (FAR)	25 9:30 Stay Fit with Courage (D) 10:00 Bingo (FAR) Podiatry 1:30 Bridge (PR) 2:30 Movie (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	26 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 Current Events (PR) 1:30 Dr. Joe Book Discussion Group (L) 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
27 9:30 YouTube Fit (D) 1:30 Meditation with Monica (L) 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)	28 9:30 Stay Fit with Courage (D) 10:30 Mexican Train Dominoes (FAR) 11:00 Parables with Bill Tipping (D) 1:30 Bridge (PR) 2:00 Health and Wellness Video Series with Josh (D) 3:00 Coffee with Friends (P) 6:00 Outing: Lake Harriet Bandshell-Hot Club Mania- Jazz (Sign up by 7/24)	29 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 PBS Special: Doug Ohman (D) 3:00 Coffee with Friends (P)	30 9:30 Stay Fit with Courage (D) 10:30 Game: Scrabble (FAR) 11:00 Twins Game-\$42 (sign up by 7/14) 2:00 Documentary (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 Bingo with Betty (FAR)	31 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Origami (FAR) 2:00 Happy Hour: Dog Days of Summer (DR) 3:00 Knitting with Coach Mariann (FAR)		