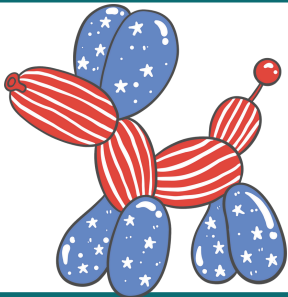
















Independent Living Lifestyles Calendar

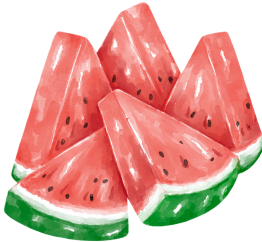












SUN	MON	TUE	WED	THU	FRI	SAT
	Activities Are Subject To Change Without Notice	1 10:30A Grocery Trip (ML) 11:00A Cornhole Competition (CC) 3:00P Bingo Store! (AC) 6:15P BINGO! (AC)	2 Meal of the Month Ballot Due! 10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	3 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	 4 10:30A Cognitive Calisthenics 12:00P 4 th of July Lunch! (DR) 1:30P Bible Study (GR) 1:00P Catholic Service (AU) 6:15P Trivia Night (AC)	 5 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
6 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	7 Podiatrist Visit  10:00A Art Group! (AC) 1:30P Bible School (GR) 2:30P Art Therapy (AC) 3:00P Strawberry Sundae Social (CC) 5:00P & 6:00P Mexican Train (GR)	8 10:30A Grocery Trip (ML) 11:00P What is Home Health? (AU) 2:00A Cornhole Competition (CC) 6:15P BINGO! (AC)	9 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	10 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	11 10:30A Cognitive Calisthenics 11:00A Men's Group 1:30P Bible Study (GR) 2:30P CVS/Walgreens (\$) 5:00P Mexican Train! (GR) 6:15P Trivia Night (AC)	12 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
13 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	14 School Supply Drive Begins!  10:00A Art Group! (AC) 1:30P Bible School (GR) 2:30P Art Therapy (AC) 5:00P & 6:00P Mexican Train (GR)	15 10:30A Grocery Trip (ML) 11:00A Cornhole Competition (CC) 2:00P Sing-A-Long w/ Tim Holder (AU/CH2) 6:15P BINGO! (AC)	16 Meal of the Month! 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (HC) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner 6:00P Bridge (GR)	17 10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 3:00P Bunco With Amy! (GR) 4:00P Social Hour 6:15P Bingo! (AC) 	 18 10:30A Cognitive Calisthenics 11:00A Community Wide Luau (AU) 12:00P Luau Lunch (DR) 1:30P Bible Study (GR) 5:00P Mexican Train! (GR)	 19 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 3:30P Music Of Harmony (AU) 6:15P Bingo! (AC)
20 11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	21 HAPPY BIRTHDAY 10:00A Art Group! (AC) 1:30P Bible School (GR) 3:00P Birthday Social (AU/CH2) 5:00P & 6:00P Mexican Train (GR)	 22 10:30A Grocery Trip (ML) 11:00A Hemi's Hideout Outing (\$) 6:15P BINGO! (AC)	23 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)	24 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC) 	 25 Happy Culinarian's Day! 10:30A Cognitive Calisthenics 11:30A Book Club (L) 1:30P Bible Study (GR) 2:30P CVS/Walgreens (\$) 6:15P Trivia Night (AC) School Supply Drive Ends	26 9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)
27  11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)	28 10:00A Art Group! (AC) 1:30P Bible School (GR) 2:30P Art Therapy (AC) 3:00P Parkway Place Game Show! (AU) 5:00P & 6:00P Mexican Train (GR)	29 10:30A Grocery Trip (ML) 11:00A Cornhole Competition (CC) 2:00P Prize Bingo w/ HHR (AC) 6:15P BINGO! (AC)	30 MEETING 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (AU) 3:00P Town Hall (AU) 6:00P Bridge (GR)	31 10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)	MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room ML— Main Lobby WR — Wii Room	

Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED		1 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Machine Tutorials 1:00P Residents Consultations	2 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	3 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Stretch and mobility 1:00P Residents Consultations	 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	5 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
6 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	7 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	8 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Machine Tutorials 1:00P Residents Consultations	9 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	10 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Stretch and mobility 1:00P Residents Consultations	11 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	12 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
13 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	14 School Supply Drive Begins! 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	15 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Machine Tutorials 1:00P Residents Consultations	16 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	17 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Stretch and mobility 1:00P Residents Consultations	18 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	19 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
20 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	21 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	22 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Machine Tutorials 1:00P Residents Consultations	23 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	24 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Stretch and mobility 1:00P Residents Consultations	25 9:30A Advanced Cardio 10:00A Intermediate Cardio 10:30A Beginner Cardio 11:00A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations School Supply Drive Ends	26 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
27 Virtual Workouts! Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	28 9:30A Adv. Core & Balance 10:00A Int. Core & Balance 10:30 A Beg. Core & Balance 11:00A Stretch & Mobility 12:00P Resident Consultations	29 9:30A Advanced Strength 10:00A Intermediate Strength 10:30A Beginner Strength 11:00A Aqua Strength 12:00P Machine Tutorials 1:00P Residents Consultations	30 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 10:30A Beg. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Machine Tutorials 1:00P Resident Consultations	31 9:30A Adv. Strength 10:00A Int. Strength 10:30A Beg. Strength 11:00A Aqua Cardio 12:00P Stretch and mobility 1:00P Residents Consultations		For 1-on-1 Consultations, Tailored Exercise plans, or Machine Tutorials please reach out to our Wellness Coordinator Ru Cossy at 832-798-7824


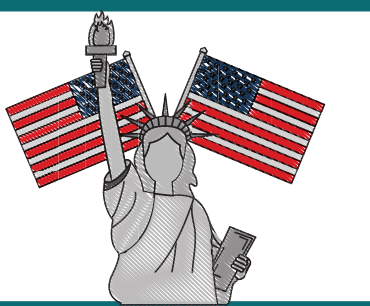










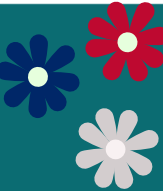
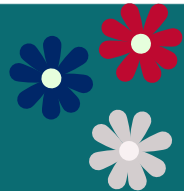
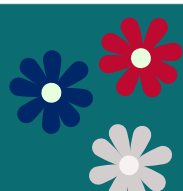
The Heights Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>1</div> <div>10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Trivia (P) 3:00 Rummikub Group (AR) 4:00 Puzzle Hour (LR)</div>	<div>2</div> <div>10:15 Donuts and Coffee (AR) 10:30 Faithful Paws Pet Visit (L) 2:00 Domino Group (AR) 3:00 B-I-N-G-O (DR) 4:00 Rocking & Reminiscing (P)</div>	<div>3</div> <div>10:00 Devotion with Chaplain John Bender (Dr) 11: Chair Exercises (P) 2:00 Popsicles on the Porch With Music 3:00 Rummikub Group (AR)</div>	<div></div> <div>10:15 Fourth of July with Jim Connors (Dr) 11:00 Fourth of July Trivia on The Porch 2:00 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (AR)</div>	<div>5</div> <div>10:15 Piano Melodies W/ Mark (DR) 1:45 Chocolate Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends</div>
<div>6</div> <div>10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion (DR) 2:30 Table Games (B) 3:30 Vespers (CH2)</div>	<div>7</div> <div>10:15 Mani/Pedicure w/Amparo (AR) 2:00 Plcnic Social Outdoors (Dr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)</div>	<div>8</div> <div>10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Sunshine Exercise Class With Dorothy 3:00 Rummikub Group (AR)</div>	<div>9</div> <div>10:15 Exercise Group with Lindsey (Dr) 11:00 Trivia (P) 2:00 Color Your World Month Art Painting (B) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)</div>	<div>10</div> <div>National Pina Colada Day 10:00 Devotion with Chaplain John Bender (Dr) 11:00 Chair Exercises (P) 2:00 Happy Hour Pina Colada Social 4:00 Group Jigsaw Puzzles (Ar)</div>	<div>11</div> <div> 10:15 Volleyball Competition With Friends (DR) 11:00 Tai Chi (P) 2:15 Celebrating Ice Cream Month (H) 3:00 Movie Matinee (AR) 4:00 Group Jigsaw Puzzles (Ar)</div>	<div>12</div> <div>10:30 Piano Melodies W/ Mark (DR) 1:30 Rummikub w/Friends (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Puzzle Hour (LR)</div>
<div>13</div> <div>10:00 Tallowood Church Service (DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)</div>	<div>14</div> <div>SENIOR OLYMOICS School Supply Drive Begins! 10:15 Piano By Sarah (DR) 11:00 Basketball hr (Dr) 2:00 Dominos (AR) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)</div>	<div>15</div> <div> 10:00 Lone Star Flight Museum & Lupe Tortilla Lunch (L) 2:00 Group Bible Study w/ Robert Hudson (DR) 3:00 Cornhole (Dr)</div>	<div>16</div> <div>Eat a Bagel Day 10:15 Bagels and Coffee Social (AR) 11:00 Faithful Pawa Pet Visits 2:00 Popcorn Social (L) 2:00 Chef's Chat (Dr) 3:00 B-I-N-G-O (DR) 4:00Rocking & Reminiscing (P)</div>	<div>17</div> <div>10:00 Devotion with Chaplain John Bender (DR) 11:00 Tic Tac Toe (Ar) 2:15 Happy Hour with David LaDuca -" Our American Melody- Songs of Pride 3:00 Giant Jenga (Ar)</div>	<div>18</div> <div>It's A Luau 10:15 Trivia Pursuit on The Porch 11:00 Tai Chi (P) 2:00 Luau with Malia's Hula Hut (AL) 3:00 B-I-N-G-O (DR) 4:00 Group Jigsaw Puzzles (Ar)</div>	<div>19</div> <div>10:15 Piano Melodies W/ Mark (DR) 1:45 Popcorn Soci 2:00 Piano & Guitar Melodies by Youth Volunteers (AL)) 3:00 Rummikub w/Friends</div>
<div>20</div> <div>10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)</div>	<div>21</div> <div>10:15 Cards-Pokeno (AR) 11:00 Chair yoga (P) 1:30 Domino Group (L) 2:00 Bowling (Dr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)</div>	<div>22</div> <div> 10:00 Res. Council Meeting! (DR) 11:00 Stretch & Balance outdoor (P) 2:00 Sunshine Exercise Class With Dorothy (AL) 3:00 Rummikub Group (AR)</div>	<div>23</div> <div> 10:00 Exercise Group with Lindsey (Dr) 10:30 Walking Club (L) 2:00 Gorgeous Grandma Social (Dr) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (AR)</div>	<div>24</div> <div>10:00 Devotion with Chaplain John Bender (Dr) 11:00 Chair Exercises (P) 2:00 Neighbors Day Out with Summer Treats</div>	<div>25</div> <div> School Supply Drive Ends 10:15 Christmas in July Sales Event 2:20 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Group Jigsaw Puzzles (Ar)</div>	<div>26</div> <div>10:15 Piano Melodies with Mark Bruni (DR) 1:50 Strawberry Soda Floats Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends</div>
<div>27</div> <div>10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)</div>	<div>28</div> <div>10:15 Pokeno Group (AR) 11:00 Chair yoga (P) 1:30 Domino Group (L) 2:00 Down Memory Lane w/Jane (B) 3:00 Bingo Group (DR) 4:00 Puzzle Hour (AR)</div>	<div>29</div> <div>10:00 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Group Bible Study w/ Robert Hudson (DR) 3:00 Rummikub Group (AR)</div>	<div>30</div> <div>10:15 Patriotic Jewlery (Ar) 10:30 Walking Club (L) 2:00 Popcorn Social (L) 3:00 B-I-N-G-O (DR) 4:00 Group Jigsaw Puzzles (Ar)</div>	<div>31</div> <div> 10:00 Devotion with Chaplain John Bender (DR) 11:00 Chair Exercises (P) 2:00 Resident Birthday Social (B) 3:00 Rummikub Group</div>	<div>MAP LEGEND AR— Activity Room DR— Dining Room FP — Fireplace P — Porch L -- Lobby</div>	<div>Activities Are Subject To Change Without Notice</div>



The Haven Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch and Balance (AL) 2:00 Trivia (P) 3:00 Rummikub Group 4:00 Current Events (AL)	2 10:15 Donuts and Coffee (AR) 10:30 Faithful Paws Pet Visit (L) 2:00 Domino Group (B) 3:00 B-I-N-G-O (DR) 4:00 News and Views (L)	3 10:15 Devotion with Chaplain John Bender (B) 1:30 Crossword Puzzle (B) 2:00 Popsicles on The Porch with Music 3:00 Bingo (AL) 4:00 Puzzle Assembling (B)	 Wear Red White and Blue 10:00 Fourth of July with Jim Connors (AL) 11:00 Fourth of July Trivia on The Porch 1:30 Card Games (B) 2:00 Ice Cream Social (L) 3:00 Bingo Group (B)	5 10:15 Piano Melodies W/ Mark (DR) 1:45 Chocolate Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends
6 10:00 Tallowood Baptist Church Service (AL) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	7 10:15 Pokeno Group(AR) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Puzzle Assembling (B) 3:00 Bingo Group (DR)	8 10:15 Devotion with Chaplain John Bender (B) 11:00 Res. Council Mtg. (B) 2:00 Sunshine Exercise Class With Dorothy (AL) 3:00 Rummikub Group 4:00 Current Events (AL)	9 9:00 Manicure and Pedicure With Amparo (H) 10:15 Chair Exercises with Lindsay (AL) 2:00 Color Your World Month Art Painting (B) 3:00 B-I-N-G-O (DR)	10 National Pina Colada Day 10:00 Devotion with Chaplain John Bender (B) 11:00 Chair Exercises on The Porch 2:00 Happy Hour Pina Colada Social (AL) 4:00 Group Jigsaw Puzzles (B)	11 10:15 Volleyball Competition with Friends (DR) 1:30 Card Games (B) 2:15 Celebrating Ice Cream Month (H) 3:00 Bingo Group (B)	12 10:15 Piano Melodies w/Mark 1:30 Rummikub Group (B) 2:00 Piano and Guitar Melodies by Volunteers (DR) 3:00 Puzzle Solving (H)
13 10:00 Tallowood Baptist Church Service (AL) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B)	14 School Supply Drive Begins! 10:15 Pokeno Group(AR) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Puzzle Assembling (B) 3:00 Bingo Group (DR)	15  10:15 Lone Star Flight Museum & Lupe Tortilla Lunch Outing 2:00 Group Bible Study (AL) 3:00 Rummikub Group 4:00 Current Events (AL)	16 Eat a Bagel Day  10:15 Bagels and Coffee Social 11:00 Faithful Pet Paws Pet Visits (H) 2:00 Popcorn Social (B) 3:00 B-I-N-G-O (DR) 4:00 New and Views (L)	17 10:00 Devotion with Chaplain John Bender (B) 11:00 Chair Exercises On The Porch 2:00 Happy Hour with David LaDuca -" Our American Melody- Songs of Pride and Patriotism (B)	18 It's A Luau  10:15 Trivia Pursuit on The Porch 1:30 Card Games (B) 2:00 Luau with Malia's Hula Hut (AL) 3:00 Bingo Group(B)	19 10:15 Piano Melodies w/Mark 1:45 Popcorn Social 2:00 Piano and Guitar Melodies by Volunteers (DR) 3:00 Rummikub w/Friends
20  10:00 Church Service (AL) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B) 3:30 Virtual Vesper Service (CH 2)	21 10:15 Pokeno Group (AR) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Down Memory Lane w/ Jane (B) 3:00 Bingo Group (DR)	22 10:15 Devotional with Chaplain John Bender (B) 11:00 Stretch and Balance Outdoors 2:00 Sunshine Exercise Class and Music w/ Dorothy (AL) 3:00 Rummikub Group (B) 4:00 Current Events (B)	23 10:15 Chair Exercises with Lindsay (AL) 11:00 Domino Group (B) 2:00 Gorgeous Grandma Social (DR) 3:00 B-I-N-G-O (DR) 4:00 News and Views (L)	24 10:00 Devotion with Chaplain John Bender (B) 11:00 Chair Exercises on The Porch 1:30 Domino Group (B) 2:00 Neighbors Day Out With Summer Treats	25  10:15 Christmas in July Sales Event (H) 1:30 Card Games (B) 2:00 Ice Cream Social (B) 4:00 Puzzle Assembling (B) School Supply Drive Ends	26 10:15 Piano Melodies with Mark Bruni (DR) 1:50 Strawberry Soda Floats Treat 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Rummikub w/Friends
27 10:00 Church Service (AL) 11:00 Catholic Visits with Prayer and Communion (H) 1:30 Table Games (B) 3:30 Virtual Vesper Service (CH 2)	28 10:15 Pokeno Group(AR) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Puzzle Assembling (B) 3:00 Bingo Group (DR)	29 10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch and Balance Outdoors 2:00 Group Bible Study (AL) 3:00 Rummikub Group 4:00 Current Events (AL)	30 10:15 Domino Group AR) 11:00 Faithful Pet Paws 2:00 Popcorn Social (L) 3:00 B-I-N-G-O (DR) 4:00 News and Views (L)	31  10:00 Devotion with Chaplain John Bender (B) 11:00 Chair Exercises (B) 2:00 Resident Birthday Social (B) 4:00 Group Jigsaw Puzzles (B)		MAP LEGEND L-Lounge B-Bistro DR-Dining Room AL-Assisted Living H-Healthcare Activities are Subject to Change Without Notice





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The Harbor Lifestyles Calendar



SUN MON TUE WED THU FRI SAT

HAPPY INDEPENDENCE DAY

LAND of the FREE HOME of the BRAVE
est. 1776

1
10:00 Wheel of Fortune
11:30 Lunch w/Music
2:00 Scrabble Dash Game
3:30 Picture Match Game
4:30 Dinner w/Music

2
10:00 Devotion w/Chaplain John
10:30 Faithful Paws Pet Visit
11:30 Lunch w/Music
3:30 Group Dominoes
4:30 Dinner w/Music

3
9:00 Beauty Shop
10:00 Balloon Volleyball
11:30 Lunch w/Music
2:00 Popsicles on The Porch
4:30 Dinner w/Music

4
HAPPY Fourth of July
10:15 Patriotic Sing along w/Jim Connors
2:00 Ice cream Social
4:30 Dinner w/Music

5
10:15 Piano Melodies W/ Sarah (DR)
2:00 Piano & Guitar Melodies by Youth Volunteers
3:00 Rummikub w/Friends

6
10:00 Sunday Worship w/Tallowood Church
3:30 Virtual Vesper Service (Ch 2)
2:00 Sunday Movie Classic
6:00 Gospel Serenade

7
10:00 Group Puzzle Piecing
11:30 Lunch w/Music
2:00 Laundry Folding
4:30 Dinner w/Music

8
10:00 Pretty Nails by Amparo
11:30 Lunch w/Music
2:00 Sunshine Exercise Class w/Dorothy
3:30 Picture Match Game
4:30 Dinner w/Music

9
10:00 Devotion w/Chaplain John
11:00 Random Trivia
11:30 Lunch w/Music
2:00 Color Your World Month Art Painting
3:30 Group Dominoes
4:30 Dinner w/Music
Happy Birthday Jeneane

10
National Pina Colada Day
9:00 Beauty Shop
10:00 Toss 'n' Talk Ball Game
11:30 Lunch w/Music
2:00 Happy Hour Pina Colada Social
3:30 Easy Scrabble
4:30 Dinner w/Music

11
10:00 Entertainment by Bill
11:30 Lunch w/Music
2:15 Celebrating Ice Cream Month
3:30 Guy Talk Special
4:30 Dinner w/Music

12
10:15 Piano Melodies w/Mark
1:30 Rummikub Group (B)
2:00 Piano and Guitar Melodies by Volunteers
3:00 Puzzle Solving (H)

13
10:00 Sunday Worship w/Tallowood Church
2:00 Sunday Movie Classic (Ch 2)
5:30 Sunday Music Serenade

14 **School Supply Drive Begins!**
10:00 Group Sing along
11:30 Lunch w/Music
2:00 Picture Match Game
3:00 Group Puzzle Piecing
4:30 Dinner w/Music

15
10:00 Wheel of Fortune
11:30 Lunch w/Music
2:00 Drumming w/Cindy
3:30 Picture Match Game
4:30 Dinner w/Music

16
10:00 Devotion w/Chaplain John
10:30 Faithful Paws Pet Visit
11:30 Lunch w/Music
2:00 Popcorn Social
3:30 Classic Movie Hour
4:30 Dinner w/Music

17
9:00 Beauty Shop
10:00 Therapeutic Hand Hand Massage w/Music
1:30 Lunch w/Music
2:00 Happy Hour w/David
3:30 Group Dominoes
4:30 Dinner w/Music

18 **It's A Luau**
10:00 Sit & Fit Exercise
11:30 Lunch w/Music
2:00 Luau with Malia's Hula Hut
3:30 Group Dominoes
4:30 Dinner w/Music

19
10:15 Piano Melodies w/Mark
1:45 Popcorn Social
2:00 Piano and Guitar with Youth Volunteers (DR)
3:00 Rummikub w/Friends
Happy Birthday Miles

20
10:00 Sunday Worship w/Tallowood Church
2:00 Sunday Movie Classic
3:30 Virtual Vesper Service (Ch 2)
6:00 Gospel Serenade

21
10:00 B-I-N-G-O
11:00 Resident Council Talk
11:30 Lunch w/Music
2:00 Watermelon Social
3:30 Easy Scrabble
4:30 Dinner w/Music

22
10:00 Wheel of Fortune
11:30 Lunch w/Music
2:00 Sunshine Exercise Class w/Dorothy
3:30 Picture Match Game
4:30 Dinner w/Music

23
10:00 Devotion w/Chaplain John
11:00 Senior Trivia
11:30 Lunch w/Music
2:00 Parkway Place Choir
3:00 Pokeno Card Game
4:30 Dinner w/Music

24
9:00 Beauty Shop
10:00 Therapeutic Hand Hand Massage w/Music
11:30 Lunch w/Music
3:30 Gin Rummy Card Game
4:30 Dinner w/Music

25 **Christmas in JULY**
School Supply Drive Ends
10:00 Musical Bingo
11:30 Lunch w/Music
2:00 Ice cream social
3:00 Christmas in July Left/Right Game
4:30 Dinner w/Music

26
10:15 Piano Melodies with Mark Bruni (DR)
1:50 Strawberry Soda Floats Treat
2:00 Piano & Guitar Melodies by Youth Volunteers
3:00 Rummikub w/Friends

27
10:00 Sunday Worship w/Tallowood Church
2:00 Sunday Movie Classic
3:30 Virtual Vesper Service (Ch 2)
6:00 Sunday Classic Music

28
10:00 B-I-N-G-O
11:30 Lunch w/Music
2:00 Down Memory Lane w/Jane
3:00 Group Puzzle Piecing
4:30 Dinner w/Music

29
10:00 Wheel of Fortune
11:00 Senior Trivia
11:30 Lunch w/Music
2:00 Rainbow Wreath Craft
3:30 Group Dominoes
4:30 Dinner w/Music
Happy Birthday Caroline

30
10:00 Devotion w/Chaplain John
10:30 Faithful Paws Pet Visit
11:30 Lunch w/Music
2:00 Popcorn Social
3:30 Classic Movie Hour
4:30 Dinner w/Music

31
9:00 Beauty Shop
10:00 Therapeutic Hand Hand Massage w/Music
11:30 Lunch w/Music
2:00 Residents Birthday Social
4:30 Dinner w/Music
Happy Birthday Patricia

God bless the USA

Activities are subject to change without notice.
Any change will be posted.

