SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:15 Seated Aerobics - 2T 1:00 July IQ & Gazette - Outdoors 2:00 Bingo - 2AR 4:00 Ice Breakers- L	10:00 WU: Effects of Aging -Vision-Muscular-Skeletal Discussion & Exercise w/ Wade- 2T 11:00 Weis Market Trip 2:00 WU: Civil Rights Heroes - 2 3:00 Songs Inspired by the Civil Rights Movement - 2AR 4:00 Ice Breakers- L	10:15 Stretching & Balance - 2T 1:00 Charades - 2AR 2:00 WU: Horticulture - Making Tea - 2AR 4:00 Ice Breakers- L	Happy 4th of July Wear Your Red, White, & Blue 11:30 BBQ Lunch Outdoors	Independent July Word Games Available in the Bistro
4:00 Ice Breakers- L	World Chocolate Day 10:15 Seated Aerobics - 2T 2:00 WU: Chocolate Tasting - 2AR 3:00 WU: Journaling Forgiveness - 2AR 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 Word Mining with Bobbi - 2AR 2:30 Minnie Kalan- 2T 4:00 Ice Breakers- L	10:15 Coordination & Agility Training - 2T 10:45 Nail Salon Trip 1:00 July Table Talk & Tidbits - Outdoors 2:00 Piano Performance with SuAnn - L 3:00 Refreshments Outdoors 4:00 Ice Breakers- L	10:15 Stretching & Balance - 2T 2:00 Bingo - 2AR 3:15 Fresh Air and Refreshments - Front Patio 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour & WU: Essential Oils with Kim -2AR 4:00 Ice Breakers- Lobby	2:00 Word Mining - 2AR Independent July Word Games Available in the Bistro
with Lucy - Bistro	10:15 Seated Aerobics - 2T 2:00 WU: Viva La Crepe- Food Demonstration - 2AR 3:00 WU: Eiffel Tower Art - 2T 4:00 Ice Breakers- L 4:30 Order-In Dinner- Rocco's Brick Oven Pizzeria - 2AR	10:15 Seated Aerobics - 2T 1:00 Menu Planning - B 1:45 Bingo - 2AR 3:00 Community Word Puzzle - 2AR 4:00 Ice Breakers- L	6.30 Turning Point Quartet -	10:15 Stretching & Balance - 2T 2:00 Home At Last Dog Rescue - Goldendoodle Puppies - Lobby 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour - 2AR 4:00 Ice Breakers- Lobby	Independent July Word Games Available in the Bistro
Ice Cream Day 10:00 Communion with Lucy - Bistro 2:00 Ice Cream Bar -2AR	10:15 Seated Aerobics - 2T 2:00 Watermelon Social - 2AR 3:00 WU: Moon Landing - 2AR 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2T 1:00 Bingo - 2AR 2:30 John Conklin- Singer - 2T 4:00 Ice Breakers- L	National Gorgeous Grandma Day 10:15 Coordination & Agility Training - 2T 1:30 WU: Makeover & Photo Shoot - 2T 3:00 Piano Performance with SuAnn- Lobby	10:15 Stretching & Balance - 2T 2:00 WU: Healthy Living with Humana- 2AR 3:00 Years of Insight- 2AR 4:00 Ice Breakers- L	10:15 Building Muscle with Weights-2T 1:00 Walking Club-L 2:30 Happy Hour & Birthday Party & SuAnn on the Piano - Lobby 4:00 Ice Breakers- Lobby	in the Dietro
10:00 Communion with Lucy - Bistro 4:00 Ice Breakers- L	10:15 Seated Aerobics - 2 ⁻¹ 1:00 Merrymead Farm Trip 3:00 WU: WWI Day - 2AR 4:00 Ice Breakers- L	10:30 Bowling Trip & Lunch 1:00 Trivia Tuesday - 2AR 2:30 Bingo - 2AR 4:00 Ice Breakers- L	Friendship Day 10:15 Coordination & Agility Training - 2T 1:00 Book Club - Outdoors 2:00 Piano Performance with SuAnn - L 4:00 Ice Breakers- L	10:15 Stretching & Balance - 2T 2:00 WU: Making Avocado Toast - 2AR 3:00 Corn Hole - 2T 4:00 Ice Breakers- L		
July Tradit BLUE BEI A WATERMARK RETIREMA	t ional LL PLACE	ACTIVITY LOCATOR KEY L - Lobby DR - Dining Room B - 1st Floor Bistro 2T- 2nd Fl. Theater 2AR - 2nd Fl. Activities Room	Manicures every Wednesday by appointment. Sign up at the front desk	Every Thursday evening join your friends for some jigsaw puzzle therapy in the Activities Room	Calendar is Subject Change See Daily Calenda Lobby for mos accurate schedu	ar in t