

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities time and locations are subject to change. See weekly and daily in elevators and mailrooms for the most up to date information.	9:00 Fitness DVD (CTYD) 9:00 Current Events (HPR) 10:00 Swim Exercise (Pool) 10:30 Kohl's Shopping 11:00 Trivia (MPR) 12:30 Bingo (CTYD) 1:45 Chair Yoga (MPR) 2:00 Wii Bowling (CTYD) 3:00 Rosary (HPR) 6:00 Hand and Foot (4 th FL) 6:00 Nickel Poker (4 th FL) Canada Day	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 10:30 Walgreen's Senior Day Shopping 11:30 Cardio Drumming (MPR) 12:00-2:00 Resale Shop 1:00-1:30 Health & Wellness Check (6 th FL) 1:30 Finagle (4 th FL) 2:00 America: The Story of Us: V (CTYD) 3:00 Rosary (HPR) 6:00 Mexican Train Dominos (4 th FL) 6:00 Pinochle (4 th FL)	9:00 Walking Club (Atrium) 9:00 Fitness DVD (CTYD) 10:00 Left, Right, Center (CTYD) 10:30 Jewel Shopping 11:30 Chair Volleyball (MPR) 2:00 Horse Racing (CTYD) 3:00 Rosary (HPR) 3:00 Art & Craft (Art Studio) 6:00 Movie Night w/ popcorn Hamilton (CTYD) 6:00 Nickel Poker (4 th FL)	10:30 Catholic Service & Rosary (HPR) 12:30 Bingo (CTYD) 6:00 Pinochle (4 th FL) Happy Independence Day! Independence Day (US)	9:00 Fitness DVD (CTYD) 9:30 Laughter Yoga (3 rd FL AR) 11:00 Worship Service: Tom Noll (HPR) 12:00-2:00 Resale Shop 2:00 Social Hour (CTYD) 3:00 Rosary (HPR) 6:00 Nickel Poker (4 th FL)	10:00 Wii Bowling (CTYD) 12:30 Bingo (CTYD) 3:00 Rosary (HPR)
9:30 Christ the King 3:00 Rosary (HPR)	9:00 Fitness DVD (CTYD) 9:00 Current Events (HPR) 10:00 Swim Exercise (Pool) 10:30 Trader Joe's Shopping 11:00 Trivia (MPR) 12:30 Bingo (CTYD) 1:45 Chair Yoga (MPR) 2:00 Wii Bowling (CTYD) 3:00 Rosary (HPR) 6:00 Hand and Foot (4 th FL) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 11:00 First Floor Meeting (HPR) 11:30 Cardio Drumming (MPR) 12:00-2:00 Resale Shop 1:00-1:30 Health & Wellness Check (6 th FL) 1:30 Finagle (4 th FL) 2:00 America: The Story of Us VI (CTYD) 4:30 Finer Diner: Coopers Corner 6:00 Mexican Train Dominos (4 th FL) 6:00 Pinochle (4 th FL)	PODIATRIST 9:00 Walking Club (Atrium) 9:00 Fitness DVD (CTYD) 10:00 Left, Right, Center (CTYD) 10:30 Aldi Shopping 11:30 Crossword (MPR) 1:00 Ageless Grace (MPR) 2:00 Horse Racing (CTYD) 3:00 Rosary (HPR) 3:00 Art & Craft (Art Studio) 6:00 Movie Night w/ popcorn My Big Fat Greek Wedding III (CTYD) 6:00 Nickel Poker (4 th FL)	ONSITE DERMATOLOGY 9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 10:00 Swim Exercise (pool) 10:30 Catholic Service & Rosary (HPR) 12:30 Bingo (CTYD) 3:00 Cardio Drumming (MPR) 6:30 Concert in the Park: Rachelynn Prim (Memorial Garden) 6:00 Pinochle (4 th FL)	9:00 Fitness DVD (CTYD) 9:30 Laughter Yoga (3 rd FL AR) 10:30 Dollar Tree Shopping 11:00 Worship Service: Lisa Sinnot (HPR) 12:00-2:00 Resale Shop 2:00 Social Hour Laura Freeman (Atrium) 3:00 Rosary (HPR) 6:00 Nickel Poker (4 th FL)	10:00 Wii Bowling (CTYD) 12:30 Bingo (CTYD) 2:00 Book Club (5th FL Library) 3:00 Rosary (HPR)
9:30 Christ the King 3:00 Rosary (HPR)	9:00 Fitness DVD (CTYD) 9:00 Conspiracy Series: The Moon Landing (HPR) 10:00 Swim Exercise (Pool) 10:30 Yorktown/Target Shopping 11:00 Trivia (MPR) 12:30 Helen Plum: The Chinese Zodiac & You 12:30 Bingo (CTYD) 1:45 Chair Yoga (MPR) 3:00 Rosary (HPR) 6:00 Hand and Foot (4 th FL) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 11:30 Cardio Drumming (MPR) 12:15 St. Charles Paddlewheel Boat 12:30 Special Bingo (CTYD) 12:00-2:00 Resale Shop 1:00-1:30 Health & Wellness Check (6 th FL) 1:30 Finagle (4 th FL) 2:00 America: The Story of Us: VII (CTYD) 3:00 Rosary (HPR) 3:00-4:00 Picture Day (Café) 6:00 Mexican Train Dominos (4 th FL) 6:00 Pinochle (4 th FL)	9:00 Walking Club (Atrium) 9:00 Fitness DVD (CTYD) 10:00 Left, Right, Center (CTYD) 10:30 Jewel Shopping 11:30 Chair Volleyball (MPR) 1:00 Ageless Grace (MPR) 2:00 Horse Racing (CTYD) 3:00 Rosary (HPR) 3:00 Art Appreciation: Marc Chagall (CTYD) 6:00 Movie Night w/ popcorn: The Fall Guy (CTYD) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 10:00 Swim Exercise (pool) 10:30 Catholic Service & Rosary (HPR) 12:30 Bingo (CTYD) 3:00 Cardio Drumming (MPR) 6:00 Pinochle (4 th FL) 6:00 Monthly Craft Night: Seashells (MPR)	9:00 Fitness DVD (CTYD) 9:30 Laughter Yoga (3 rd FL AR) 10:30 Walmart Shopping 11:00 Worship Service: Saul Ebema (HPR) 12:00-2:00 Resale Shop 2:00 Social Hour Edizon Dayao (CTYD) 3:00 Rosary (HPR) 6:00 Nickel Poker (4 th FL)	10:00 Wii Bowling (CTYD) 12:30 Bingo (CTYD) 2:00 America: The Story of Us: VII (CTYD) 3:00 Rosary (HPR)
9:30 Christ the King 3:00 Rosary (HPR)	9:00 Fitness DVD (CTYD) 9:00 Current Events (HPR) 10:00 Swim Exercise (Pool) 10:30 Kohl's Shopping 11:00 Trivia (MPR) 12:30 Bingo (CTYD) 1:45 Chair Yoga (MPR) 2:00 Wii Bowling (CTYD) 3:00 Rosary (HPR) 6:00 Hand and Foot (4 th FL) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 11:00 4th Floor meeting (Game Room) 11:30 Cardio Drumming (MPR) 12:15 St. Charles Paddlewheel Boat 12:00-2:00 Resale Shop 1:00-1:30 Health & Wellness Check (6 th FL) 1:30 Finagle (4 th FL) 2:00 America: The Story of Us: VIII (CTYD) 3:00 Rosary (HPR) 6:00 Mexican Train Dominos (4 th FL) 6:00 Pinochle (4 th FL)	PODIATRIST 9:00 Walking Club (Atrium) 9:00 Fitness DVD (CTYD) 10:00 Left, Right, Center (CTYD) 10:30 Aldi Shopping 10:45 Health Presentation w/ Trey (HPR) 11:30 Lexington Olympics: Opening Ceremony & Games (Front Entrance) 1:00 Ageless Grace (MPR) 2:00 Horse Racing (CTYD) 3:00 Rosary (HPR) 3:00 Art & Craft (Art Studio) 6:00 Movie Night w/ popcorn: Miracle (CTYD) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 10:00 Swim Exercise (pool) 10:30 Catholic Service & Rosary (HPR) 12:30 Bingo (CTYD) 12:30 Cantigny Park Trip 3:00 Cardio Drumming (MPR) 6:00 Pinochle (4 th FL) 6:00 Team Trivia Night (HPR)	9:00 Fitness DVD (CTYD) 9:30 Laughter Yoga (3 rd FL AR) 10:30 Dollar Tree Shopping 11:00 Worship Service: Joe Newton (HPR) 12:00-2:00 Resale Shop 2:00 Social Hour Liz Goss (CTYD) 3:00 Rosary (HPR) 6:00 Nickel Poker (4 th FL)	10:00 Wii Bowling (CTYD) 12:30 Bingo (CTYD) 2:00 America: The Story of Us: VIII (CTYD) 3:00 Rosary (HPR)
9:30 Christ the King 11:00 Travelogue: U.S. National Parks 3:00 Rosary (HPR)	9:00 Fitness DVD (CTYD) 9:00 Current Events (HPR) 10:00 Swim Exercise (Pool) 10:30 Trader Joe's Shopping 11:00 Trivia (MPR) 12:30 Bingo (CTYD) 1:45 Chair Yoga (MPR) 2:00 Wii Bowling (CTYD) 3:00 Rosary (HPR) 6:00 Hand and Foot (4 th FL) 6:00 Nickel Poker (4 th FL)	9:00-11:30 Personal Training (6 th FL) 9:00 Fitness DVD (CTYD) 10:30 Hollywood Casino 11:30 Cardio Drumming (MPR) 12:00-2:00 Resale Shop 1:00-1:30 Health & Wellness Check (6 th FL) 1:30 Finagle (4 th FL) 2:00 America: The Story of Us IX (CTYD) 3:00 Rosary (HPR) 6:00 Mexican Train Dominos (4 th FL) 6:00 Pinochle (4 th FL)	9:00 Walking Club (Atrium) 9:00 Fitness DVD (CTYD) 10:00 Left, Right, Center (CTYD) 10:30 Jewel Shopping 11:30 Chair Volleyball (MPR) 12:30 Chef's Table (HPR) 1:00 Ageless Grace (MPR) 2:00 Horse Racing (CTYD) 3:00 Rosary (HPR) 3:00 Art & Craft (Art Studio) 6:00 Movie Night w/ popcorn: Lion (CTYD) 6:00 Nickel Poker (4 th FL)	<h1>July 2024</h1>		