





July 2010

RED – OUTINGS
GREEN- IN-HOUSE SPECIAL
 EVENTS OR SPEAKERS
BLUE-WELLNESS PROGRAM



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 Balance & Flexibility 10:15 Blood Pressure Checks 11-1 Treat Cart 1:00 Meadows Matinee 6:30 Music in The Park	2 9:30 Low-Impact Aerobics 10:30 Low-Impact Aerobics 1:00 Grocery Shopping 3:00 BINGO! 4:30 Independence Day Dinner 6:00 Dan Sullivan Sings “A Patriotic Event”	
4 Church Transportation 11:30-1:00 Dinner 2:00 Rummikub 8-10 Big Screen 4 th of July Spectacular	5 Office Closed/ Mart Open Seamstress 	6 9:00 Alpine Bank 9:00 Guided Relaxation 9:30 Balance & Flexibility 10:30 Stretch & Splash 10:30 DVD Class 1:00 BINGO! 2:15 Juice Break & Brain Teasers	7 9:30 Circuit Training 10:30 Health Talks “Digestive Health” 12:30 Bowling League 3:00 Pokeno	8 9:30 Balance & Flexibility 10:00 Activity Panel 10:15 Blood Pressure Checks 11-1 Treat Cart 1:00 Meadows Matinee 6:30 Music in The Park	9 9:30 Low-Impact Aerobics 10:30 Low-Impact Aerobics 1:00 Grocery Shopping 3:00 BINGO! 6:15 Prayer & Praise	10 
11 Church Transportation 11:30-1:00 Dinner 2:00 Rummikub	12 9:30 Strength & Stretch 10:30 Strength & Stretch 12:30 Water Color Class 1:30 Birthday Party with Doris LaMarca 3:30 Chapel	13 9:00 Alpine Bank 9:30 Balance & Flexibility 10:30 Stretch & Splash 10:30 DVD Class 1:00 Balloon BINGO! 2:15 Juice Break & Brain Teasers	14 8:00 Men’s Breakfast Ned’s 9:30 Circuit Training 10:30 Circuit Training 12:30 Bowling League 3:00 Pokeno	15 9:30 Resident Council and Coffee Social 10:15 Blood Pressure Checks 11-1 Treat Cart 1:00 Meadows Matinee 7:15 Starlight: Aida	16 9:30 Low-Impact Aerobics 10:30 Low-Impact Aerobics 1:00 Grocery Shopping 3:00 BINGO!	17 1:30 Bingo with Nancy
18 Church Transportation 11:30-1:00 Dinner 2:00 Rummikub 	19 8:00 Pedicures 9:30 Strength & Stretch 10:00 Lunch Out at Millie’s Pancake 10:30 Strength & Stretch 12:30 Water Color Class 3:30 Chapel Seamstress	20 9:00 Alpine Bank 9:00 Guided Relaxation 9:00 Service Project 9:30 Balance & Flexibility 10:30 Stretch & Splash 10:30 DVD Class 11:30 Cookout: Wienie Roast 1:00 BINGO! 2:15 Juice Break & Brain Teasers	21 9:30 Circuit Training 10:30 Health Talks Healthy Desserts 12:30 Bowling League 3:00 Pokeno 4:15 Butterfly Club	22 9:30 Balance & Flexibility 10:15 Blood Pressure Checks 11-1 Treat Cart 1:00 Meadows Matinee 6:30 Music in The Park	23 9:30 Low-Impact Aerobics 10:30 Low-Impact Aerobics 1:00 Grocery Shopping 3:00 BINGO! 6:15 Prayer & Praise 	24 9:30 Greendale, WI Historic Downtown Shop, Lunch & Tour
25 Church Transportation 11:30-1:00 Dinner 2:00 Rummikub	26 8:00 Pedicures 9:30 Strength & Stretch 10:30 Strength & Stretch 12:30 Water Color Class 3:30 Chapel	27 9:00 Alpine Bank 9:30 Balance & Flexibility 10:30 Stretch & Splash 11:30 Around the World Luncheon 1:00 BINGO! 2:15 Juice Break & Brain Teasers	28 9:30 Circuit Training 10:30 Circuit Training 12:30 Bowling League 3:00 Pokeno	29 9:30 Balance & Flexibility 10:15 Blood Pressure Checks 11-1 Treat Cart 1:00 Meadows Matinee 7:15 Starlight: Rent	30 9:30 Low-Impact Aerobics 10:30 Low-Impact Aerobics 1:00 Grocery Shopping 3:00 BINGO! Steppin’ to a NuStep Walk-A-Thon	31