



Event Calendar

July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>The Land of the Free Because of the Brave</p>		<p>11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Social Committee is canceled until further notice 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study 3:00 PM Walk & Talk</p>	<p>10:00 AM PC/ Full Body Stretch- Chapel 11:00 AM Spiritual Life Committee - AC 11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2</p>	<p>10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activity 1:30 PM Third Floor Hallway Activity 2:00 PM C O O Chat 2:00 PM Meditation</p>	<p>Happy Fourth of July! 2:00 PM Rosary</p> <p>Sit outside in the fresh air!</p>
<p>2:30 PM Worship</p>	<p>11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates- Chapel 2:00 PM Rosary</p>	<p>8:30 AM Grocery Shopping 1 9:30 AM PC/ Full Body Stretch-C 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance- Chapel 11:30 AM Bank Trip - First National and S&T 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD</p>	<p>11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Parkinson's Support Group - Clubhouse 1:00 PM Bible Study 2:30 PM Resident Council - AC 3:00 PM Walk & Talk</p>	<p>10:00 AM PC/ Full Body Stretch- Chapel 11:00 AM Resistance Training- Chapel 1:00 PM Food Meeting - AC 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2</p>	<p>10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activity 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation</p>	<p>Take a walk with a friend!</p>
<p>2:30 PM Worship</p>	<p>10:00 AM Morning Walk with JoAnne 10:30 AM Q Tip Painting-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates- Chapel 1:00 PM Traveling Treats 2:00 PM Rosary</p>	<p>8:30 AM Grocery Shopping 1 9:30 AM PC/ Full Body Stretch-Chapel 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance- Chapel 11:30 AM Bank Trip - PNC and Niagara 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD</p>	<p>11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study 3:00 PM Walk & Talk</p>	<p>9:30 AM Catholic Service 10:00 AM PC/ Full Body Stretch- Chapel 11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2</p>	<p>10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activity 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation</p>	<p>Write a poem!</p>
<p>2:30 PM Worship</p>	<p>10:00 AM Morning Walk with JoAnne 10:30 AM Craft: Kitchen Angels-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates- Chapel 1:00 PM Traveling Treats 2:00 PM Rosary</p>	<p>8:30 AM Grocery Shopping 1 9:30 AM PC/ Full Body Stretch-Chapel 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance- Chapel 11:30 AM Bank Trip - First National and S&T 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD</p>	<p>11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Bible Study 3:00 PM Walk & Talk</p>	<p>10:00 AM PC/ Full Body Stretch- Chapel 11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2</p>	<p>10:00 AM Morning Walk with JoAnne 1:00 PM First Floor Hallway Activity 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation</p>	<p>Call someone and catch up!</p>
<p>2:30 PM Worship 3:15 PM Tea in Highlanders</p>	<p>10:00 AM Morning Walk with JoAnne 10:30 AM Wine Glass Painting-AC 11:00 AM Full Body Stretch-Chapel 11:30 AM Yoga/Pilates- Chapel 1:00 PM Traveling Treats 2:00 PM Rosary</p>	<p>8:30 AM Grocery Shopping 1 9:30 AM PC/ Full Body Stretch-Chapel 9:30 AM Grocery Shopping 2 10:30 AM Grocery Shopping 3 11:00 AM Better Balance- Chapel 11:30 AM Bank Trip - PNC and Niagara 1:00 PM Max Memory 1:30 PM Great Courses-C 3:00 PM Sing Along with a CD</p>	<p>11:00 AM Clinic with Nurse in Medical Suite 11:00 AM Move & Groove- Chapel 11:30 AM Full Body Stretch-Chapel 1:00 PM Sequence in Third Floor Pool Room-Canceled Until further notice 1:00 PM Bible Study 3:00 PM Walk & Talk</p>	<p>10:00 AM PC/ Full Body Stretch- Chapel 11:00 AM Resistance Training- Chapel 1:00 PM Second Floor Hall Activity 2:00 PM BINGO-2</p>	<p>10:00 AM Morning Walk with JoAnne 1:00 PM Scrabble - 2- Canceled 1:00 PM First Floor Hallway Activites 1:30 PM Third Floor Hallway Activity 2:00 PM Meditation</p>	<p>ACTIVITIES IN RED REQUIRE REGISTRATION THROUGH CATIE. SEE JOANNE IF YOU NEED HELP!</p>