



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

JULY 2022

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					BLOOD PRESSURE CHECKS IN ASSISTED LIVING AS NEEDED: X6286 FOR AN APPOINTMENT.			10:30 Smith's 1:00 Albertsons 4:00 Happy Hour Snacks by NiRR (HH)	1		2	
3	AD Employee Holiday 11:30 Independence Day Lunch (HH) 12:30 Fourth of July Party High Desert Jazz Band 12:30 PM - 1:30 PM (HH)	4	10:30 Blood Pressure Check Until 12pm (PR) 1:00 Tech Tuesday Making Video Calls and Avoiding Scams 1PM-2PM (HH)	5	10:00 Chapel & Communion (C) 11:00 Menu Chat (PR) 2:00 Independence Day Snack 2PM - 3PM (HH)	6	1:00 Catholic Communion (C) 2:00 Conversations 2PM-3PM (HH)	7	10:30 Smith's 1:00 Albertsons 4:00 Happy Hour Snacks by Residents (HH)	8	11:00 Al Herman Eulogy 11:00 am - 12:00 pm (HH)	9
10	3:00 Oasis Jim Eckles Victorio Peak: 100 Tons of Gold or 100 Tall Tales (HH)	11	10:30 Blood Pressure Check Until 12pm (PR) 2:00 Bingo Hour (HH)	12	10:00 Chapel & Communion (C) 7:00 Tal Burdine Evening Piano Performance (HH)	13	1:00 Catholic Communion (C) 2:00 Conversations 2PM-3PM (HH)	14	10:30 Smith's 1:00 Albertsons 4:00 Happy Hour Snacks by NiRR (HH)	15		16
17	11:15 Brunch Bunch Daves Valley Grill Depart: 11:15AM	18	10:30 Blood Pressure Check Until 12pm (PR) 1:00 Tech Tuesday Making Video Calls & Avoiding Scams 1PM-2PM (HH)	19	10:00 Chapel & Communion (C) 11:00 Menu Chat (PR)	20	11:00 Live Lunch Performance by Mike Pirko (HH) 1:00 Catholic Communion (C) 2:00 Ron Epps Effective Communication Strategies (HH)	21	10:30 Trader Joe's 4:00 Happy Hour Snacks by Residents (HH)	22		23
24	2:00 Craft Day String Art (HH)	25	10:30 Blood Pressure Check Until 12pm (PR) 2:00 Bingo Hour (HH)	26	10:00 Chapel & Communion (C) 1:00 Shopping Coronado Mall Departing: 1PM 2:00 IL Thrift Shop Apartment 4105 (4)	27	1:00 Catholic Communion (C) 2:00 Conversations 2PM-3PM (HH)	28	10:30 Smith's 1:00 Albertsons 4:00 Happy Hour Snacks by NiRR (HH)	29		30

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Haverland Hall = HH
Powell Room = PR
Chapel = C

RESIDENT LED ACTIVITIES

Monday	10:30am	Stitchers Club	PR
Monday	1:00pm	Bridge	PR
Tuesday	1:30pm	Dictionary	PR
Tuesday	7:00pm	Board Games	PR
Thursday	1:30pm	Mah Jong	PR
Saturday	10:00 & 10:30am	Line Dancing	PR
Saturday	7:00pm	Mexican Train	PR
Sunday	1:00pm	Cribbage	PR

MOVIES IN POWELL ROOM Thursdays 7pm & Saturdays 2:30pm

7/07 & 7/09	Barbarosa	1H 30M
7/14 & 7/16	The U.S. VS. Billie Holiday	2H 10M
7/21 & 7/23	Midnight Run	2H 06M
7/28 & 7/30	The Bucket List	2H 1M

1st & 3rd	Wednesday	11:00am	Menu Chat	PR
2nd	Friday	1:30pm	Resident Council	HH
3rd	Wednesday	1:30pm	Book Club	PR
1st & 3rd	Friday	4:00pm	NIRR Happy Hour	HH
2nd & 4th	Friday	4:00pm	Resident Happy Hour	HH
5th	Friday	4:00pm	NIRR Happy Hour	HH

FITNESS CLASS SCHEDULE

MON	TUE	WED	THU	FRI
9:10am-9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am-9:55am Water Fitness (Pool)	9:15am - 9:55am Stretch & Strength (Fitness Center)	9:10am-9:55am Water Fitness (Pool)
10:00am - 10:30am Balance! (Fitness Center)	10:00am - 10:30am Balance! (Fitness Center)	10:00am - 10:30am Balance! (Fitness Center)	10:00am - 10:30am Balance! (Fitness Center)	10:00am - 10:30am Balance! (Fitness Center)
10:30am - 11:15am Walking Group		10:30am - 11:15am Walking Group		10:30am - 11:15am Walking Group
1:30pm - 2:15pm Circuit Class (Fitness Center)	1:30pm - 2:00pm Chair Yoga (Fitness Center)	1:30pm - 2:15pm Circuit Class (Fitness Center)	1:30pm - 2:00pm Chair Yoga (Fitness Center)	1:30pm - 2:15pm Circuit Class (Fitness Center)
*Class times/events subject to change. Contact Jona at ext. 4145 for any questions or comments.				