

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:30- **Chair Yoga- Craft Room**
2:00- **Decorate Walkers or scooters for the Parade!- Hub**
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade
Canada Day

10:00 – IL Grocery & Pharmacy Shopping
10:00-1:30- **4th of July Car Show! Circle Drive**
1:00– IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
No IL Dinner

3
No Men's Breakfast
12:30– Boggle and Rummikub Board Game – Hub
6:00– Dominoes – Hub



5
10:00 – Sunday Service – KC
6:00 – **Movie-I can Only Imagine -KC**

6
2:00-4:00 – Euchre (Beginners Welcome) – Hub
2:00- **Monday Matinee: Song Sung Blue - Hub**

7
9:30 – Eucharistic Service – Cove
10:00- Men's Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

8
12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:30 – **Culinary Meeting – NCR**
1:30- **Chair Yoga- Craft Room**
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade

9
10:00 – IL Grocery & Pharmacy Shopping
10:30- Catholic Mass
1:00– IL Grocery & Pharmacy Shopping
12:15- **Honor Flight Veterans Reunion- Vets sign up in Binder**
1:00– 4:00– Resale Shoppe Open
3:00- **Troy Rangel- KC**
6:15- **Music Guild: SpongeBob Musical**

10
8:00 – **Bus to Women's Breakfast- USA Family Restaurant Moline (Sign up in binder)**
9:30 – Buildings & Grounds Meeting – NCR
12:30 – Boggle and Rummikub Board Game – Hub
2:00- **Activities Meeting- Cafe**
6:00 – Dominoes – Hub

11
8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)

12
10:00 – Sunday Service – KC
6:00 – **Movie- Penguin Lessons- KC**

13
10:15- Strength and Balance
2:00-4:00 – Euchre (Beginners Welcome) – Hub
Monday Matinee: Heaven is For Real - Hub

14
9:30 – Eucharistic Service – Cove
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00– 4:00– Resale Shoppe Open
NO DRUMMING
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC
Bastille Day

15
No Exercise Today!
9:30- **Coffee and Conversation with CEO Patrick- KC**
10:45-- **Lunch Club-The Foundry**
12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Hub
1:00– Check Cashing–Admin Hall
3:00 – Card Game: 31 – NPR
6:00 – Scattergories – NCR

16
10:00 – IL Grocery & Pharmacy Shopping
1:00– IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open

17
10:00- **Card Bingo- Hub**
12:30– Boggle and Rummikub Board Game – Hub
6:00– Dominoes – Hub
2:00- **Happy hour- Hub**

18
8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)

19
10:00 – Sunday Service – KC
6:00 – **Movie-Enola Holmes KC**

20
No Exercise
9:30- **Resident Birthday Party- Dining Room**
2:00-4:00 – Euchre (Beginners Welcome) – Hub
2:00- **Monday Matinee: La Bamba Hub**

21
9:30 – Eucharistic Service – Cove
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

22
12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:00- **Chair Yoga- Craft Room (Notice time change)**
2:00- **Crafts for Crest- Craft Room**
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade
6:00- **Scattergories**

23
10:00 – IL Grocery & Pharmacy Shopping
10:30- Catholic Mass
1:00– IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
3:00- **Resnick Family Talent Show- KC**

24
10:00- **Baby Quilts for Donation- KC**
12:30– Boggle and Rummikub Board Game – Hub
2:00- **Music by Donovan Gustofson- KC**
6:00– Dominoes – Hub

25
8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)

26
10:00 – Sunday Service – KC
6:00 – **Movie- Goodbye June-KC**

27
No Exercise
2:00-4:00 – Euchre (Beginners Welcome) – Hub
11:30- Methodist Meeting- PDR
2:00- **Monday Matinee: Eleanor the Great - Hub**

28
9:30 – Eucharistic Service – Cove
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
2:00-4:30- **Chair Massage- Cove**
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

29
12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:30- **Chair Yoga- Craft Room**
2:15- **Book Club- Cove**
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade

30
10:00 – IL Grocery & Pharmacy Shopping
1:00– IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
6:00- **Music Jim Ryan -KC**

31
10:45- **Lunch at Filling Station and Tour Nahant Marsh**
12:30– Boggle and Rummikub Board Game – Hub
6:00– Dominoes – Hub



Activities are subject to change with or without notice. Please contact Jennifer Taylor at 668 with any questions. Exercise classes on the back!

Weekly Exercise Classes

No sign up needed to attend!

Strength and Balance-This class consists of light cardio from a chair or standing with a focus on exercises that increases balance.

Monday and Wednesday

10:15-10:45 – Hub

AM Walkie Talkies Walking Club-This group meets two times a week to discuss walking routes, progress, and walks together. Drop-ins are encouraged!

Tuesday and Thursday

9:00 – Hub

Low Impact Exercise-A Chair Based Exercise with a portion of light weightlifting, small fitness ball work, and resistance band training.

Tuesday and Thursday

10:15-10:45 – Hub

Chair Yoga- A chair based stretching class that incorporates breathing through movements to increase range of motion and decrease muscle stiffness.

Wednesdays- **1:30-2:00- Craft Room**

Cardio Drumming-An instructor led drumming session on a stability ball from a chair or standing. The focus is cardio and fun!

Tuesday

1:30-2:00 - KC

Fitness Center-This area is in the Hub and includes several cardio machines including a NuStep for regular fitness activity and rehabilitation. The center also includes a strength circuit, hand weights, yoga mats, resistance bands, and hand weights. You can schedule an orientation with Jennifer Taylor at ext. 668 if you want her to show you the equipment and area to start or continue your fitness journey.