


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <h1 style="font-size: 2em; color: blue;">July 2021</h1> <h2 style="font-size: 1.5em; font-family: cursive;">Wellness Calendar</h2>							
			<p><b>Key for Rooms:</b>            LC = Lakeshore Chapel            AS = Art Studio            MT = Movie Theater            V = The View GR = Game Room            DR = Dining Room            Café = Lakeshore Café            LL = Lakeshore Library            FR = Fitness Room  <b>RED = BUS TRIP (BT)</b>  <b>BLUE = Fitness Classes</b>  <b>GREEN = Craft Groups that Require Sign Up in Café</b></p>				
<p>10AM Mass on TV MT            11AM Virtual Concert:            Big Band Live Jazz MT  <b>1PM Sunshine Walks Café</b>  <b>1:30PM Firecracker Punch Social Café</b>            2PM Resident Choice Movie DR            3:30PM Board Games &amp; Beverages V</p> <p style="text-align: center;"><b>Independence Day</b>  <i>The View Open 3PM-7:30PM</i></p>	<p>10AM Better Balance FR            10:30AM Random Trivia FR            2PM Movie – First Showing MT            2PM Bingo DR            3PM Pinochle V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Upper Body Dumbbell Exercises DR            10:30AM Trivia FR            11AM KUPONK V            1PM Educational Video Series MT            2PM Bridge GR  <b>2PM Entertainment: Tom B. DR</b>            3PM Tech Help with Rae GR  <i>Reserve Specific Appointment Time in Sign-up Binder in Café</i>            7PM Poker Night V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>8:15AM Mass at Our Lady of Hope Church BT  <b>10:30AM Detroit Princess Riverboat Cruise BT</b>  <i>Prior Sign Up Required</i>            2PM Movie – First Showing MT            3PM Create &amp; Sip V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Young at Heart FR            10:30AM Jeopardy Trivia FR  <b>11AM Banking Trips BT</b>  <b>2PM Nutritional Talk: Proteins! V</b>            3PM Rosary with Rona* DR            3:30PM Group Trivia V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Senior Fitness FR            10:30AM Cranium Crunches AS  <b>11AM Homemade Grape Jam AS</b>  <i>Sign up in the café</i>            1PM Gardening Club AS            2PM Movie – First Showing MT            2PM Front Patio Festivities: Apple Pie            3PM-4PM Happy Hour V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><b>Wear Red, White, and Blue!</b>  <i>The View Open 3PM-7:30PM</i></p>	<p>10AM Virtual Exercise FR            1PM Menu Chat with Chef Kory DR            2PM Movie MT  <b>2:15PM Free Patriotic Bingo DR</b>            7PM Movie MT            7PM Mexican Train Dominoes (2<sup>nd</sup> floor lounge)</p>	
<p>10AM Mass on TV MT            11AM Documentary:  <i>Human – The World Within</i> MT  <b>1PM Sunshine Walks Café</b>            2PM Resident Choice Movie DR            3:30PM Board Games &amp; Beverages V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Casino Trip: MGM BT  <b>1PM Belson Hearing Services* AS</b>            2PM Movie – First Showing MT            2PM Bingo DR            3PM Pinochle V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Leg Strengthening Workout FR            10:30AM Trivia FR            11AM BUNCO V  <b>11:15AM New Resident Lunch w/ Executive Director DR</b>            1PM Educational Video Series MT            2PM Bridge GR  <b>4:15PM/5:30PM Themed Dinner: Lobsters &amp; Lighthouses</b>            7PM Poker Night V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Free Blood Pressure Checks By Balanced Home Care* V  <b>9:30AM Walmart BT</b>  <b>10AM Tai Chi FR</b>            10:30AM Name 10 Word Game FR  <b>11:30AM Mass at St. Lucy's Catholic Church BT</b>            2PM Movie – First Showing MT  <b>1PM Ford Piquette Plant Tour BT</b>            3PM CARD BINGO V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Young at Heart FR            10:30AM Jeopardy Trivia FR  <b>11AM Banking Trips BT</b>  <b>2PM Physical Therapy Presentation and Q &amp; A on Fall Prevention* V</b>            3PM Rosary with Rona* DR            3:30PM Group Trivia V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Senior Fitness FR            10:30AM Cranium Crunches AS  <b>11AM Homemade Chocolate Dipped Strawberries AS</b>  <i>Sign up in the café</i>            1PM Gardening Club AS            2PM Movie – First Showing MT            2PM Front Patio Festivities: Fruit and Yogurt Parfaits            3PM-4PM Happy Hour V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Morning Fitness with Kim FR            10:30AM Brain Games AS  <b>11AM Walk in the Park BT</b>            1PM Menu Chat with Chef Kory DR            2PM Movie MT            2:15PM Bingo DR            7PM Movie MT            7PM Mexican Train Dominoes (2<sup>nd</sup> floor lounge)</p>	
<p>10AM Mass on TV MT            11AM Virtual Concert:  <i>Nat King Cole</i> MT  <b>1PM Sunshine Walks Café</b>            2PM Resident Choice Movie DR            3:30PM Board Games &amp; Beverages V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Better Balance FR            10:30AM Random Trivia FR  <b>11AM Give and Take Table (In Main Hall)</b>            2PM Movie – First Showing MT            2PM Bingo DR            3PM Pinochle V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Upper Body Dumbbell Exercises DR            10:30AM Trivia FR            11AM KUPONK V            1PM Educational Video Series MT            2PM Bridge GR  <b>2PM Entertainment: Marimba Music DR</b>  <b>3PM Resident Council DR</b>            4PM Tech Help with Rae GR  <i>Reserve Specific Appointment Time in Sign-up Binder in Café</i>            7PM Poker Night V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Nino Salvaggio's  <b>10AM Yoga FR</b>            10:30AM Name 10 Word Game FR  <b>11:15AM Lunch Out: Sinbad's</b>            2PM Movie – First Showing MT  <b>2PM Catholic Mass w/ Father Jim DR</b>            3PM CARD BINGO V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Young at Heart FR            10:30AM Jeopardy Trivia FR  <b>11AM Banking Trips BT</b>  <b>2PM Horse Races DR</b>            3PM Rosary with Rona* DR            3:30PM Group Trivia V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Senior Fitness FR            10:30AM Cranium Crunches AS  <b>11AM Room Message Board AS</b>  <i>Sign up in the café</i>            1PM Gardening Club AS            2PM Movie – First Showing MT            2PM Front Patio Festivities: Root Beer Floats            3PM-4PM Happy Hour V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Morning Fitness with Kim FR            10:30AM Brain Games AS  <b>11AM Walk in the Park BT</b>            1PM Menu Chat with Chef Kory DR            2PM Movie MT            2:15PM Bingo DR            7PM Movie MT            7PM Mexican Train Dominoes (2<sup>nd</sup> floor lounge)</p>	
<p>10AM Mass on TV MT            11AM Documentary:  <i>Human – The World Within</i> MT  <b>1PM Sunshine Walks Café</b>            2PM Resident Choice Movie DR            3:30PM Board Games &amp; Beverages V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>8:30AM Breakfast in the Park BT            10:30AM Random Trivia FR            2PM Movie – First Showing MT            2PM Bingo DR            3PM Pinochle V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Leg Strengthening Workout FR            10:30AM Trivia FR            11AM BUNCO V            1PM Educational Video Series MT            2PM Bridge GR  <b>2PM Entertainment: Robin DR</b>  <b>3PM Cooking Demo with Chef Kory DR</b>  <b>3:30PM Men's Club V</b>            7PM Poker Night V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>9:30AM Day at the Solanus Casey Center: Tour, Mass, Lunch, and Healing Service BT  <b>10AM Tai Chi FR</b>            2PM Movie – First Showing MT            3PM Create &amp; Sip V  <b>6PM Music on the Lake: American Ages BT</b>            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Young at Heart FR            10:30AM Jeopardy Trivia FR  <b>11AM Banking Trips BT</b>  <b>2PM Career Seminar DR</b>            3PM Rosary with Rona* DR            3:30PM Group Trivia V</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Senior Fitness FR            10:30AM Cranium Crunches AS  <b>11AM Homemade Healthy Snacks – Energy Bars AS</b>  <i>Sign up in the café</i>            12PM Gardening Club Appreciation V            2PM Movie – First Showing MT            2PM Front Patio Festivities: Cheesecake Cupcakes            3PM-4PM Happy Hour V            7PM Movie – Second Showing MT</p> <p style="text-align: center;"><i>The View Open 3PM-7:30PM</i></p>	<p>10AM Morning Fitness with Kim FR            10:30AM Brain Games AS  <b>11AM Walk in the Park BT</b>            1PM Menu Chat with Chef Kory DR            2PM Movie MT            2:15PM Bingo DR            7PM Movie MT            7PM Mexican Train Dominoes (2<sup>nd</sup> floor lounge)</p>	