














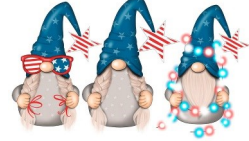


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 10:45 a.m. LAR Lunch @ Arby's Sign Up American Reformed Church @ 1:30 p.m. LAR Walgreen's or Kwik Trip Shopping @ 2:30 p.m. Coffee @ 2:45 p.m. 	<b>2</b> Shop Fareway @ 9 a.m. Sign Up Ecumen Wellness @ 11 a.m. LAR Bingo @ 1:55 p.m. SDR St. Mary's Glee Club @ 2:45 p.m. SDR Coffee @ 2:45 p.m.	<b>3</b> Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Lorenda Glade's Piano & Singing Program @ 2 p.m. SDR Coffee @ 2:45 p.m.	<b>4 NO MAIL</b> Rosary @ 9:45 a.m. S2AR Mass @ 10 a.m. S2AR Movie @ 12:55 p.m. LAR Jeanne Goettsche's 99th BD Open House 2-4 p.m. S2AR Coffee @ 2:45 p.m. 	<b>5</b> Movie @ 12:55 p.m. LAR Coffee @ 2:45 p.m.
<b>6</b> Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. 	<b>7</b> Ecumen Wellness @ 11 a.m. LAR Cheri Paulson 's Sing A Long @ 1:30 p.m. LAR Coffee @ 2:45 p.m. Golf Cards @ 6:30 p.m. SDR	<b>8</b> Wheel Good Time: Walker Safety & Maintenance Event SDR/CL Community Coffee @ 9 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Movie @ 12:55 p.m. LAR Coffee @ 2:45 p.m. American Lutheran Fellowship @ 3:30 p.m. LAR <b>Shirley Vaselaar's BD</b>	<b>9</b> Shop HyVee@ 9 a.m. Sign Up Ecumen Wellness @ 11 a.m. LAR Diane Mick's Piano @ 2 p.m. LAR Coffee @ 2:45 p.m. Loading for Band Concert @ 6:15 p.m. Sign Up	<b>10</b> Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11a.m. LAR Linda Albersman's Massages in CL 10:40 –4:15 p.m. David Anderson's Guitar & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m.  <small>NATIONAL KITTEN DAY</small>	<b>11</b> Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Ecumen Wellness @ 11 a.m. LAR Bingo @ 2 p.m. NDR Coffee @ 2:45 p.m. 	<b>12</b> Movie @ 12:55 p.m. LAR Coffee @ 2:45 p.m. 
<b>13</b> Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.	<b>14</b> St. Matthew's Lutheran Service @ 9 a.m. S2AR Ecumen Wellness @ 11 a.m. LAR Drive in the Country @ 1 p.m. Sign up 500 Cards @ 1:30 p.m. SDR Coffee @ 2:45 p.m. First Lutheran Bible Study & Communion @ 3 p.m. S2AR Golf Cards @ 6:30 p.m. SDR	<b>15</b> Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 10:45 a.m. LAR First Lutheran Church Service @ 1:30 p.m. LAR Coffee @ 2:45 p.m.	<b>16</b> Shop Walmart @ 9 a.m. Sign Up Ecumen Wellness @ 11 a.m. LAR Cindy Anderson & Chris Kielblock's Music @ 2 p.m. SDR Monthly Birthday Party @ 3 p.m. SDR  <small>NATIONAL HOT DOG DAY</small>	<b>17</b> Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Rebby Lee Piano & Vocals @ 2 p.m. SDR Coffee @ 2:45 p.m. <b>Marlis Ling's BD</b>	<b>18</b> Rosary @ 9:45 a.m. S2AR Communion @ 10 a.m. S2AR Ecumen Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m. 	<b>19</b> Movie @ 12:55 p.m. LAR Coffee @ 2:45 p.m. 
<b>20</b> Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m. <b>Greg Platt's BD</b>  <small>NATIONAL MOON DAY</small>	<b>21</b> Ecumen Wellness @ 11 a.m. LAR Coffee @ 2:45 p.m. Brandon's Baby Shower @ 2 p.m. NDR Golf Cards @ 6:30 p.m. SDR	<b>22</b> Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Randy Wiertsema's Piano @ 2 p.m. SDR Coffee @ 2:45 p.m. <b>Ruth Heidebrink's BD</b> 	<b>23</b> Shop HyVee @ 9 a.m. Sign Up Ecumen Wellness @ 11 a.m. LAR Audrey Brake's Accordion @ 2 p.m. SDR Coffee @ 2:45 p.m.	<b>24</b> Devotions @ 8:45 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 10:45 a.m. LAR Lunch in Lismore Sign Up Floats Outside @ 3:30 p.m. (no coffee time inside) Wtgn Brass Outdoors @ 4 p.m. 	<b>25</b> Rosary @ 9:45 a.m. S2AR Mass @ 10 a.m. S2AR Ecumen Wellness @ 11 a.m. LAR Bingo @ 2 p.m. SDR Coffee @ 2:45 p.m.  <small>NATIONAL HOT FUDGE SUNDAE DAY JULY 25</small>	<b>26</b> Movie @ 12:55 p.m. LAR Coffee @ 2:45 p.m. <b>Joan Rotschafer's BD</b> <b>Sandy Lubben's BD</b>
<b>27</b> Ecumenical Church @ 8:45 a.m. LAR Coffee @ 2:45 p.m.  <small>NATIONAL KOREAN WAR VETERANS ARMISTICE DAY</small>	<b>28</b> Ecumen Wellness @ 11 a.m. LAR Movie @ 12:55 p.m. LAR 500 Cards @ 1:30 p.m. SDR Coffee @ 2:45 p.m. First Lutheran Bible Study & Communion @ 3 p.m. S2AR Golf Cards @ 6:30 p.m. SDR	<b>29</b> Community Coffee @ 9:15 a.m. SDR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Sue Ricker's Pilgrim's Path in Spain @ 2 p.m. LAR Coffee @ 2:45 p.m.	<b>30</b> Shop HyVee @ 9 a.m. Sign Up Ecumen Wellness @ 11 a.m. LAR Artmobile @ 2 p.m. LAR Coffee @ 2:45 p.m. <b>Rosie Nerem's BD</b>	<b>31</b> Devotions @ 9 a.m. LAR Trojan Exercise @ 10:30 a.m. S2AR Arm Chair Exercise @ 11 a.m. LAR Galen Benton's Accordion @ 2 p.m. SDR Happy Hour @ 3 p.m. SDR 	<b>Abbreviations:</b> <b>LAR</b> = Large Activity Room <b>NDR</b> = North Building Dining Room <b>SDR</b> = South Building Dining Room <b>S2AR</b> = South Bldg. 2nd Floor Activity Room <b>CL</b> = Club Lounge South Lobby Room Sign Up for an outing is at the LAR desk or call Life Enrichment @ 343-7157	