

Sspto
off
week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1 <u>8:00 – 11:30</u> <u>Appointment Runs</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 1:00 WOW Group - L (Women of Wisdom) 2:00 Bingo - D</p>	<p>2 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 – 3:00 Appointment</u> <u>& Shopping Runs</u> 2:00 Education Session“Planet Earth II” Netflix Documentary Series - D</p>	<p>3 10:00 Music Fitness – W 10:00 Blood Pressure Clinic 1:00 Cribbage - F 2:00 Hymn-Sing Worship – D 3:30 Catholic Services - 117</p>	<p>4th Independence Day 10:00 Music Fitness – W <u>Picnic Themed Lunch</u></p> 	<p>5 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 1:00 Welcome Committee – L 2:30 Resident Orientation – F 3:30 Happy Ice Cream Hour & Shuffleboard Games - L</p>	<p>6 9:30 <u>Scenic Drive & Park Walks (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night – D</p>	
<p>7 10:00 Music Fitness – W</p>	<p>8 <u>8:00 – 11:30</u> <u>Appointment Runs</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 1:00 WOW Group - L (Women of Wisdom) 2:00 Bingo - D</p>	<p>9 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00–3:00 Appointment</u> <u>& Shopping Runs Today</u> <u>12:15 Walkover to Catholic Mass</u> <u>with Father 12:30 at BD</u> 2:00 Education Session“Planet Earth II” Netflix Documentary Series - D</p>	<p>10 10:00 Music Fitness – W 10:00 Blood Pressure Clinic - L 11:00 1:00 Cribbage - F 2:00 <u>Worship Study on the</u> <u>“Beatitudes”</u> Lead by Ron Antoine - D 3:30 Catholic Services - 117</p>	<p>11 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength Fitness – W 2:00 Guys’ Game Group – 117 2:00 Resident Forum - D</p>	<p>12 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 2:00 Ministry of Music by Carol & Friends - S 3:30 Happy Hour & Shuffleboard Games - L</p>	<p>13 9:30 <u>Scenic Drive & Park Walks (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night – D</p>
<p>14 10:00 Music Fitness – W</p>	<p>15 <u>8:00 – 11:30</u> <u>Appointment Runs</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 2:00 Bingo - L 2:15 <u>New Explore the MWS BOOKWOMEN</u> - F</p>	<p>16 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 – 3:00 Appointment</u> <u>& Shopping Runs</u> 2:00 Education Session <u>Public Safety Chats & Coffee</u> presented by Officer Austin– D</p>	<p>17 10:00 Music Fitness - W 10:00 Blood Pressure Clinic - L <u>11:00 \$ Outing to Como Zoo (IL)</u> 1:00 Cribbage - F 2:00 Hymn-Sing Worship - D 3:30 Catholic Services - 117 Birthday Dinner</p>	<p>18 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength Fitness – W >2:00 Guys’ Game Group – F/117 <u>6:00 Como Concert Outing</u> <u>“Capri Big Band” (AL& IL)</u></p>	<p>19 <u>8:45 \$ Men’s Breakfast Outing</u> <u>to “Sunset Grill” (IL, AL, & R)</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 2:00 For the LOVE of FOOD with Chef Brian - D 3:30 Happy Hour & Shuffleboard Games - L</p>	<p>20 9:30 <u>Scenic Drive & Park Walks (IL& AL)</u> 10:00 Music Fitness - W 6:30 Game Night – D</p>
<p>21 10:00 Music Fitness – W</p>	<p>22 <u>8:00 – 11:30</u> <u>Appointment Runs</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 1:00 WOW Group - L (Women of Wisdom) 2:00 Bingo - D <u>6:00 Como Concert Outing</u> <u>“22nd Retro Fizz” (AL& IL)</u></p>	<p>23 9-11 Hobby Time - F <u>9:00 \$ Ladies Breakfast Outing</u> <u>to Carol’s (IL)</u> 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 to 3:00 Appointment</u> <u>& Shopping Runs</u> 2:00 Education Session“Planet Earth II” Netflix Documentary Series - D</p>	<p>24 (All Staff 2-3) 10:00 Music Fitness – W 10:00 Blood Pressure Clinic 1:00 Cribbage - F 2:00 <u>Worship Study</u> Lead by Pastor Matt - D 3:30 Catholic Services - 117</p>	<p>25 <u>8:00 -11:30 Appointment Runs</u> 10:00 Music Fitness – W 11:00 Balance & Strength – W >2:00 Guys’ Game Group – 117 2:00 Thank You Event for the Volunteers that helped with this year’s Garage Sale Success - D</p>	<p>26 9:00 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 12:30 Open Ceremonies Summer Olympics - D 2:30 Music by Tom Paquin - D 3:30 Happy Hour & Shuffleboard Games - L</p>	<p>27 9:30 <u>Scenic Drive & Park Walks (IL& AL)</u> 10:00 Music Fitness - W 1:30 \$\$ <u>Outing to Fridley</u> Community Theatre “Footloose” (AL & IL) 6:30 Game Night – D</p>
<p>28 10:00 Music Fitness – W</p>	<p>29 <u>8:00 – 11:30</u> <u>Appointment Runs</u> 9:30 <u>Coffee Connection</u> – L 10:00 Music Fitness – W 1:00 WOW Group - L (Women of Wisdom) 2:00 Bingo - D</p>	<p>30 9-11 Hobby Time - F 10:00 Music Fitness – W 11:00 Balance / Strength Fitness – W 11:30 Yoga Video Fitness – W <u>12:00 – 3:00 Appointment</u> <u>& Shopping Runs</u> 2:00 Education Session“Planet Earth II” Netflix Documentary Series - D</p>	<p>31 10:00 Music Fitness – W 10:00 Blood Pressure Clinic - L <u>10:00 \$ Outing to Arboretum (IL)</u> 1:00 Cribbage - F 2:00 Education Session ‘ “Technology” Presented by Su 3:30 Catholic Services - 117</p>			

KEY		Outing or Event	
D	Dining Area	G	Gazebo
O	Outside	Q	Outside
W	Wellness Center	W	Wellness Center
/	Or () EYL	BD	Brightondale
117	Temporary Room	R	Reflections
IBA	To Be Announced	IL	Independent Living
Color	Outing Specials	AL	Assisted Living
\$	Need Money for		