July 2024 Life Enrichment Monthly Calendar

Independent Living

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer Documentaries: Mondays - How to Listen to and Understand Great Music with Larry Smith Tuesdays - Understanding the Mysteries of Human Behavior Fridays - The Search for Climate Innovation	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 West Main Shopping Loop O 10:00 Fresh Flower Arranging with Kristina DR 10:30 Stained Glass Class AS 1:00 Brookside Farms O 1:30 Parcheesi Class w/Adrian GR 3:00 Documentary and Discussion Group with Larry Smith A 7:00 Bingo AR	9:00 Balance Class with Hailie 2 Akerman, Occupational Therapist with Powerback WA 9:30 Cardio with Hailie WA 11:30 Lunch with WMU OT Dept. DR 1:30 Volleyball Spikers vs WMU OT Summer Program Students WA 3:00 Documentary and Discussion Group 6:30 Game Night GR	9:00 Morning Exercise WA 9:30 Morning Exercise WA 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:00 CorsoCare Creations: Cool Snacks AR 10:30 Hospitality Committee Meeting AR 2:30 Crafting with Jessica AR 7:00 Midweek Musical A 7:00 KSO at Bronson Park O	7:00 pm Movie: Baker Boys Inside the Surge A	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Rosary MR 1:30 Parcheesi Class w/Adrian GR 1:30 Sit and Stitch w/Marion AR 2:30 Documentary and Discussion Group A 3:00 Happy Hour L 7:00 Movie: 9th Company A	I 0:00 Summer Woodshop Projects with Bill Urfer and David Strong WS 1:00 Nordic Walking Club with Carol Alfoldy FR 3:00 PBS: Ken Burns Presents "The West" - The People and DVD Special Features A 7:00 Movie: Washington or Bust A
9:00 Church Loop I O 9:30 Church Loop 2 O 10:00 Catholic Mass A 10:00 Church Loop 3 O 10:45 Church Loop 4 O 2:00 Worship Service with Rev. Fritz Kruithof and Pianist Shelly Dusek - Communion Sunday A 7:00 Movie: Crazy Heart A	900 Morning Exercise A 9:30 Morning Exercise A 10:00 West Main Shopping Loop O 10:00 Fresh Flower Arranging with Kristina DR 10:30 Stained Glass Class w/Bill AS 1:30 Parcheesi Class w/Adrian GR 2:00 Food Committee Meeting RC 3:00 Documentary & Discussion Group with Larry Smith A 6:30 Piano Bar with Helen Lukan A	9:30 Cardio WA 10:30 National Sugar Cookie Day Celebration MA 1:30 Volleyball WA 3:00 Documentary and Discussion Group A 3:00 Resident Council Meeting RC 6:30 Game Night GR	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:30 Crafting with Jessica AR 1:30 Too Sweet for Our Own Good: Diabetic Support Group with Alice AR 2:30 Hand Pain Talk with WMU OT Chair Nancy Hock A	99:00 Balance Class WA 9:30 Cardio WA 10:00 Grounds Committee Meeting AR 1:00 Blood Pressure Clinic C 1:30 Volleyball WA 2:30 IT at a Glance with Kelvin GR 3:00 Current Events Discussion Group with Jim Smith AR 6:30 Game Night GR / Poker Night with Jim McGuire D 7:00 Movie: American Dreamer A	9:00 Breakfast Outing O 9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Rosary MR 1:00 July Birthday Party L 1:00 Card Making Class w/Nancy AR 1:30 Parcheesi Class w/Adrian GR 2:30 Documentary & Discussion Group A 3:00 Happy Hour L 6:30 "17 Again" at Kindleberger Park O 7:00 Movie: The Second Best Exotic Marigold Hotel A	13 10:00 Summer Woodshop Projects with Bill Urfer and David Strong WS 1:00 Nordic Walking Club with Carol Alfoldy FR 2:30 National French Fry Day Celebration MA 3:00 PBS: Ken Burns Presents "The West" - Empire Upon the Trails A 7:00 Movie: Airport A
9:00 Church Loop I O 9:30 Church Loop 2 O 10:00 Catholic Mass A 10:00 Church Loop 3 O 10:45 Church Loop 4 O 2:00 Worship Service with Rev. Carol Vanderlinden and Pianist Tim Doorlag A 7:00 Movie: The Descendants A	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 West Main Shopping Loop O 10:00 Fresh Flower Arranging w/Kristina DR 10:30 Stained Glass Class AS 11:00 Lunch Outing: The BARge 1:30 Parcheesi Class w/Adrian GR 3:00 Documentary & Discussion Group with Larry Smith A 6:00 Kalamazoo Concert Band at Kindleberger Park O 7:00 Bingo AR	9:00 Balance Class WA 9:30 Cardio WA 10:30 New Resident Welcome Continental Breakfast 1:30 Volleyball WA 3:00 Documentary and Discussion Group A 6:30 Game Night GR	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 1:00 Health Chat with Fawn from Mary Free Bed: Aging in Place A 2:00 Fireside Chat with Laurie Windover A 3:00 National Peach Ice Cream Day MA 5:00 Matthew Fries at Bates Alley O	9:00 Balance Class WA 9:30 Cardio WA 10:00 Resident Town Hall A 1:00 Blood Pressure Clinic C 1:30 Volleyball WA 3:00 CorsoCare Creations: Drink Your Veggies AR 6:15 Kalamazoo Farmers Night Market O 6:30 Game Night GR / Poker Night with Jim McGuire D 7:00 Movie: Miles Ahead A	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Rosary MR 1:00 Volunteer at Loaves and Fishes O 1:30 Sit and Stitch w/Marion AR 1:30 Parcheesi Class w/Adrian GR 2:30 Documentary and Discussion Group A 3:00 Happy Hour L 7:00 Movie: White Nights A	10:00 Summer Woodshop Projects with Bill Urfer and David Strong WS 1:00 Nordic Walking Club with Carol Alfoldy FR 3:00 PBS: Ken Burns Presents "The West" - The Speck of the Future A 7:00 Movie: Misery A
	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 West Main Shopping Loop O 10:00 Fresh Flower Arranging w/Kristina DR 10:30 Tom Smith: The Price of Playing the Game A 10:30 Stained Glass Class AS 1:00 Newsline Committee Meeting AR 1:30 Parcheesi Class w/Adrian GR 3:00 Documentary & Discussion Group with Larry Smith A 6:00 Summer Concert Series: Scott Cowan Quintet UC	9:00 Balance Class WA 9:30 Cardio WA 11:30 Cooking with Molli: Summer Creations AR 1:30 Volleyball WA 2:45 Popcorn Party with Bill and Rollie MA 3:00 Documentary and Discussion Group A 6:30 Game Night GR	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 10:30 Kool Things with Katie AR 1:00 What's Happening in the POD? A 2:00 Book Club with Eileen Withers and Marion Amdursky RC 3:00 Two Views of Cuba with Rick Shields and Sue Gardner A	9:00 Balance Class WA 9:30 Cardio WA 1:00 Blood Pressure Clinic C 1:30 Volleyball WA 2:30 National Hot Fudge Sundae Celebration MA 3:00 Current Events Discussion Group with Jim Smith AR 6:30 Game Night GR / Poker Night with Jim McGuire D 7:00 Movie: Money Pit A	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Rosary MR 1:00 Card Making Class w/Nancy AR 1:30 Parcheesi Class w/Adrian GR 2:30 Ambassador Meeting RC 2:30 Documentary and Discussion Group A 3:00 Happy Hour L 7:00 Movie: Analyze This A	10:00 Summer Woodshop Projects with Bill Urfer and David Strong WS 1:00 Nordic Walking Club with Carol Alfoldy FR 3:00 PBS: Ken Burns Presents "The West" - Death Runs Riot A 7:00 Movie: Cold Mountain A
9:00 Church Loop I O 9:30 Church Loop 2 O 10:00 Catholic Mass A 10:00 Church Loop 3 O 10:45 Church Loop 4 O 2:00 Worship Service with Rev. Mike VandenBerg and Pianist Carol DeRuiter A 7:00 Movie: Love & Mercy A	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 West Main Shopping Loop O 10:00 Fresh Flower Arranging with Kristina DR 10:30 Stained Glass Class AS 1:30 Parcheesi Class w/Adrian GR 3:00 Documentary & Discussion Group with Larry Smith A 3:00 Grand Haven Dinner Outing: The Unicorn Tavern O 7:00 Movie: Green Book A	9:00 Balance Class WA 9:30 Cardio WA 10:30 National Cheesecake Day Celebration MA 1:30 Volleyball WA 3:00 Documentary and Discussion Group A 6:30 Game Night GR	9:00 Morning Exercise A 9:30 Morning Exercise A 10:00 Big Shopping Loop O 10:00 Catholic Mass MR 11:00 CorsoCare Creations: Summer Creations AR 3:30 Creative Cocktails with Heidi: Bloody Mary Bar L 5:00 Out of Favor Boys at Bates Alley O	Sue Gardner and Rick Shields will be speaking on Wednesday, July 24th at 3:00 in the Auditorium. Rick, who has visited Cuba four times, with the most recent trip in 2016, and Sue, who visited in February, will be discussing the evolving landscape in Cuba.	Hailie Aukerman, an Occupational Therapist at Powerback Rehab, will lead a range of exercises, including Cardio, at 9:00 and 9:30 every Tuesday and Thursday morning in the West Atrium. We look forward to seeing you there!	,
Calender Key: A – Auditorium	AS - Art Studio		•	· ·	WA - West Atrium	Cropy Dop 17
A - Auditorium AG - Art Gallery	C - CorsoCare Office D - Den			RC - Resident Conference Room	WS - Woodshop	STORYPOINT
AR - Activity Room	DR - Dining Room			UC - Upper Courtyard		Senior Living