

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30 Flex & Stretch (GR) 11:15 Outing: Michaels 1:30 Art Throbs! Surrealism 2:30 Activity Chat with Heather (CS) 3:30 Afternoon Walk (BS) 6:15 Uncorked Tuesdays (BS)	2 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Gemma (PR) 2:00 Bingo (BS) 3:30 Classical Music Prgm (TR) 6:15 Movie Night (TR)	3 10:30 Balance Class (CS) 11:00Coffee & Chats (BS) 12:00 Lunch Outing: Lincoln Yard (FD) \$ 1:30 Walking Club (FD) 3:00 Chair Volleyball (CS) 6:15 Netflix Night (TR)	4th of July 4 10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 1:30 Alcohol ink fireworks art (CS) 2:00 4th of July Backyard Party! (BS/CY) 6:15 Courtyard Chats (CY)	5 10:30 Chair Exercises (CS) 11:00 Morning Reflections (CS) 1:30 Walking Club (FD) 2:00 Movie: The Nutty Professor (TR) 3:00 Afternoon Art (CS)
6 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 2:00 Classical Music Prgm (TR) 3:00 Word Games (BS)	World Chocolate Day 7 10:30 Weight Training (CS) 11:00 Coffee & Chocolate 2:00 Baking Club: Chocolate Bark (CS) 3:30 Walking Club (FD) 6:15 Documentary Night (TR)	8 10:30 Flex & Stretch (GR) 11:00 Coffee & News (BS) 11:15 Bus Outing: Target (FD) 1:30 Art Throbs! Painting with a Twist (CS) 2:00 Menu Chats (DR) 3:30 Sing Fit (CS) 6:15 Wall of Honor Dedication	9 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:00-4:00 Traveling Sales Gals Vendor Shopping Day (PR) 1:30 Dog Visit-Abby(PR) 2:00 Bingo! (BS) 6:15 Courtyard Chats (CY)	Nat. Pina Colada Day 10 9:30 am Bus Outing: Detroit Zoo! (FD) \$ 10:30 Balance Class (CS) 1:30 Pina Coladas! (BS) 3:30 ALZ Fundraiser: Pie int the Face of a Leader! 6:15 Cards Night (GR)	Nat. French Fry Day 11 10:30 Chair Aerobics (CS) 11:00 Cath. Communion (TR) 1:00 Live w James Duprey (PR) 3:00 French Fry Bar Happy Hour-(BS) 6:15 Movie Night (TR)	12 10:30 Chair Exercises (CS) 11:00 Morning Art (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: Baby Mama (TR) 3:30 Walking Club
13 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Puzzles (BS) 2:00 Classical Music Prgm (TR) 3:00 Fact or Fiction (BS)	14 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 Men’s Club (BS) 3:30 Bridge Club (GR) 6:15 Courtyard Games (CY)	15 10:30 Flex & Stretch (CS) 11:00 Coffee & News (BS) 11:15 Bus Outing: Clawson Steakhouse (FD) \$ 1:30 Art Throbs! (TR) 3:00 Game Hour 6:15 Uncorked Tuesday (BS)	Nat. Hot Day Day 16 10:30 Sit & Fit (CS) 1:30 Dog Visit-Gemma (PR) 2:00 Rainbow Feathers Bird Club Rescue (PR) 3:00 Book Club (LI) 3:30 Classical Music Prgm 6:15 Netflix Night (TR)	17 10:30 Balance Class (CS) 10:00 Outing: Belle Isle Conservatory and Picnic 11:00 Coffee & Games (BS) 2:00 Live with Timeless Duo 3:00 Chair Volleyball (CS) 6:15 Uno! (BS)	Nat. Tattoo Day! 18 10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 11:00 Catholic Communion 1:30 Walking Club (FD) 3:00 Brews & Tattoos Happy Hour (BS) 6:15 Movie Night- (TR)	19 10:30 Chair Exercises (CS) 11:00 Morning Meditation (CY) 1:30 Sing Fit (CS) 2:00 Movie: Me Time (TR) 3:00 Golf Putting (CY)
Nat. Ice Cream Day 20 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 1:30 Ice Cream Bar (BS) 2:00 Classic Music Prgm (TR) 3:00 Courtyard Games (CY)	Shark Week Fun Day 21 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 Shark Fact or Fiction (CY) 3:00 Welcome Party! (BS) 6:15 Shark Week Show (TR)	22 10:30 Flex & Stretch (CS) 11:30 Bus Outing: Kroger 1:30 Mobile Cart 2:30 Menu Chats (CS) 3:00 Resident Council (CS) 6:15 Art Throbs-Painting with a Twist! (CS)	23 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 2:00 Bingo (BS) 3:00 Live with Henrick (PR) 3:30 Classic. Music Prgm (TR) 6:15 Cards Night (GR)	Shark Week Fun Day 24 10:00 Bus Outing: Sea Life Michigan Aquarium (FD) \$ 10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 1:30 Sing Fit (CS) 3:00 Shark Trivia! (BS) 6:15 Movie Night-JAWS!	Family Reunion Day 25 10:30 Chair Aerobics (CS) 11:00 Cath. Communion(TR) 11:00 Vitals Clinic (CS) 1:30 Shark Sun Catchers (CS) 3:00 Shark & Bday Happy Hour 6:15 Family Reunion Night! (CY/BS)	26 10:30 Chair Exercises (CS) 11:00 Morning Art (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: The Meg (TR) 3:00 Walking Club (CY)
27 10:00 Stream Sun. Mass(TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 2:00 Classical Music Prgm (TR) 3:00 Sing Fit (CY)	28 10:30 Weight Training (CS) 11:00 Coffee & Chats (BS) 2:00-4:00 Dementia training and Memory Care Tour with Cole (CS) 6:15 Courtyard Chats (CY)	29 10:30 Flex & Stretch (CS) 10:30 Lunch Outing: 4 th Tavern Lake House \$ 1:30 Watercolor Art (CS) 3:30 History Lecture with Lincoln’s Lawyer William Herndon (BS) 6:15 Uncorked Tuesdays (BS)	30 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 2:00 Bingo (BS) 3:30 Classic. Music Prgm (TR) 6:15 Documentary Night (TR)	31 10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 12:30 Bus Outing: Westborn Market (FD) 3:00 Chair Volleyball (CS) 6:15 Cards Night (GR)		

Calendar Key

BS – Bistro

TR – Theatre

CS – Creative Studio

CY – Courtyard

FD– Front Desk

DA – Dining Area

GR-Game Room

PR: Piano Room