

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|--|
| | | 8:30 AM A Day in History 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 10:30 AM Travel Series (Theater) 2:00 PM Balloon Toss (Lounge) 6:30 PM Tea Time (Dining Room) | 8:30 AM A Day in History 2 9:30 AM Coffee Time 10:00 AM Sit and Be Fit (Lounge) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.) 6:30 PM Hand Massage/Music (Lounge) | 8:30 AM A Day in History 3 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10 :00 AM Garden (Outdoors) 11:45 AM 4 th of July Lunch 1:00 PM National Rock Day/ Rock Painting (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge) | 8:30 AM A Day in History 4 9:30 AM Gardening (Outdoors) 10:00 AM Men’s Mug Club; Coffee (FR) 10:30 AM Morning Drive and Coffee | 10:00 AM Coffee Time 5 11:00 AM Games/Puzzles (Dining Room) 1:00 PM Cardio Drumming (Exercise Room) 2:00 PM Movie (Lounge) |
| 6 1:00 PM Cookie Social (Dining Room) 2:00 PM Communion 2:30 PM Church Service; (AL DR) 3:00 PM Coffee Time | 8:30 AM A Day in History 7 9:30 Coffee Time 10:00 AM Cardio Drum (Lounge) 10:30 AM Garden (Outdoors) 2:00 PM Ashton’s Science Lab (Courtyard) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge) | 8:30 AM A Day in History 8 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 2:00 PM Freezer Pop Mobile Cart (Hallway) 3:00 PM World Discovery (Cafe) 6:30 PM Tea Time (Dining Room) | 8:30 AM A Day in History 9 9:30 AM Coffee Time 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.) 3:00 PM Live; Valerie V. - Admin at the Historical Society of Iowa 6:30 PM Hand Massage/Music (Lounge) | 8:30 AM A Day in History 10 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:30 AM Garden (Outdoors) 2:00 PM UNO (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge) | 8:30 AM A Day in History 11 9:30 AM Garden (Outdoors) 10:00 AM Men’s Mug Club; Coffee (FR) 2:00 Live; Anne, Marcia & Susan on Piano (Common Area) 6:30 PM Essential Oils (Lounge) | 10:00 AM Coffee Time 12 11:00 AM Games/Puzzles (Dining Room) 1:00 PM Cardio Drumming (Exercise Room) 2:00 PM Movie (Lounge) |
| 13 1:00 PM Snack Social (Dining Room) 2:30 PM Church Service; Bob Johnson (AL DR) 3:00 PM Coffee Time (Cafe) | 8:30 AM A Day in History 14 9:00 AM Garden (Outdoors) 9:30 AM Coffee Time 10:30 AM LIVE; Jim Quales (IL DR) 2:00 PM Field Trip; Da Scoop 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge) | 8:30 AM A Day in History 15 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 1:00 PM Wii (Lounge) 3:00 PM Riley’s Farewell Party (IL DR) 6:30 PM Tea Time (Dining Room) | 8:30 AM A Day in History 16 10:00 AM Sit and Be Fit (Lounge) 9:30 AM Music Therapy(Lounge) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.) 2:30 Live; Clay Willie (IL DR) 6:30 PM Hand Massage/Music (Lounge) | 8:30 AM A Day in History 17 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 1:00 PM Basketball (Lounge) 3:00 PM Hymn Sing (AL DR) 3:30 PM National Lottery Ticket Day (Dining Room) 6:30 PM Read A Story (Lounge) | 8:30 AM A Day in History 18 9:30 AM Garden (Outdoors) 10:00 AM Men’s Mug Club (FR) 10:30 Morning Drive and Coffee 2:00 PM Aggravation (Dining Room) 6:30 PM Essential Oils (Lounge) | 10:00 AM Coffee Time 19 11:00 AM Games/Puzzles (Dining Room) 1:00 PM Cardio Drumming (Exercise Room) 2:00 PM Movie (Lounge) |
| 20 1:00 PM Cookie Social (Dining Room) 2:30 PM Church Service; Doug Harris (AL DR) 3:00 PM Coffee Time | 8:30 AM A Day in History 21 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 1:00 PM Rummikub (Dining Room) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge) | 8:30 AM A Day in History 22 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 2:30 PM Paint Butterfly Houses (Cafe) 6:30 PM Tea Time (Dining Room) | 8:30 AM A Day in History 23 10:00 AM Sit and Be Fit (Lougne) 1:30 PM Bingo (AL DR) 2:30 PM Dog Therapy (Apt.) 3:00 PM Chef’s Nutrition (Cafe) 6:30 PM Hand Massage/Music (Lounge) | 8:30 AM A Day in History 24 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Live; Tom Hofer (IL DR) 3:00 PM Hymn Sing (AL DR) 6:30 PM Read A Story (Lounge) | 8:30 AM A Day in History 25 9:30 AM Garden (Outdoors) 10:00 AM Men’s Mug Club (FR) 10:30 Morning Drive and Coffee 3:00 PM Glamorous Grandma Day (Cafe/CA) 6:30 PM Essential Oils (Lounge) | 10:00 AM Coffee Time 26 11:00 AM Games/Puzzles (Dining Room) 1:00 PM Cardio Drumming (Exercise Room) 2:00 PM Movie (Lounge) |
| 27 1:00 PM Snack Social (Dining Room) 2:30 PM Church Service; Nazarene Church(AL DR) 3:00 PM Coffee Time | 8:30 AM A Day in History 28 9:00 AM Garden (Outdoors) 9:30 AM Coffee Time 10:00 AM Cardio Drum (Lounge) 2:00 PM Milkshakes (Cafe) 3:00 PM Hymn Sing (AL DR) 6:30 PM Magazine (Lounge) | 8:30 AM A Day in History 29 9:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 10:00 AM Garden (Outdoors) 2:00 PM Craft (Dining Room) 6:30 PM Tea Time (Dining Room) | 8:30 AM A Day in History 30 9:30 PM Music Therapy 10:00 AM Sit and Be Fit (Lounge) 1:30 PM Bingo/Store (AL DR) 2:30 PM Dog Therapy (Apt.) 3:00 PM Monthly Birthday Party (Cafe) 6:00 PM Sounds of Inspiration Gospel Quartet (AL DR) | 8:30 AM A Day in History 31 10:00 AM Chair Exercise (ER) 9:30 AM Coffee Time 3:00 PM Hymn Sing (AL DR) 3:30 PM Stop by Lindsay’s Office for a Treat! 6:30 PM Read A Story (Lounge) | | |