

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<div>1</div> <div>9:15 Exercise W/ Mary Therese</div> <div>10:00 Val The Flutist</div> <div>1:30 Movie Matinee: Youve Got Mail</div>	<div>2</div> <div>Appointment Day</div> <div>10:00 Cardio Drumming</div> <div>1:30 Music and Massages (MC)</div> <div>3:00 Seashell Craft (MC)</div>	<div>3</div> <div>8:30 Coffee and Treats (FF)</div> <div>9:15 Sit and Fit (CR)</div> <div>1:30 Nails by Donna (S)</div>	<div>4th of July!</div> <div>4</div> <div>9:15 Exercise w/Powerback (CR)</div> <div>3:00 Happy Hour with Culinary/Watermelon Contest</div>	<div>5</div> <div>9:15 Saturday Stretches (MC)</div> <div>10:30 Social Media 101</div> <div>1:30 Kenna The Dog Visit</div> <div>3:00 Patio Time With Kait</div>
<div>6</div> <div>9:00 Catholic Communion (CR)</div> <div>10:00</div> <div>1:00 Non-Denominational Service (CR)</div> <div>2:30 BINGO! (MC)</div>	<div>7</div> <div>9:15 Move Your Body Monday (CR)</div> <div>1:30 Movie Matinee: Pretty Woman</div>	<div>8</div> <div>9:15 Workout Circle (CR)</div> <div>3:00 Beach Volleyball (MC)</div>	<div>9</div> <div>Appointment Day</div> <div>9:15 Cardio Drumming</div> <div>1:30 Visit w/Jada Mae (TC)</div> <div>1:30-3:00 IVAK Summer Fest?</div>	<div>10</div> <div>8:30 Coffee and Treats (FF)</div> <div>9:15 Sit and Fit (CR)</div> <div>1:30 Nails by Donna (S)</div> <div>3:00 Fairy Garden Planning (CR)</div>	<div>11</div> <div>9:15 Exercise w/Powerback (CR)</div> <div>10:45 Current Events</div> <div>1:30 BINGO! (CR)</div> <div>3:00 Culinary Demo Happy Hour</div>	<div>12</div> <div>9:15 Saturday Stretches (MC)</div>
<div>13</div> <div>9:00 Catholic Communion (CR)</div> <div>10:30</div> <div>1:00 Non-Denominational Service (CR)</div> <div>2:30 BINGO! (MC)</div>	<div>14</div> <div>9:15 Move Your Body Monday (CR)</div> <div>10:30 Ryan Lombard Music</div> <div>1:30 Des Moines Art Center Outing</div>	<div>15</div> <div>9:15 Workout Circle (CR)</div> <div>10:30 Rick Ludwig Music</div> <div>11:30 Lunch Bunch</div> <div>3:00 Crushing It with McKenna (and oreos)</div>	<div>16</div> <div>Appointment Day</div> <div>10:00 Cardio Drumming</div> <div>1:30 Resident Council</div> <div>3:00 Root Beer Float Bar</div>	<div>17</div> <div>8:30 Coffee and Treats (FF)</div> <div>10:00 Sit and Fit (CR)</div> <div>10:30 Christian Bible Study (T)</div> <div>1:30 Nails by Donna (S)</div> <div>3:00 Tattoos and Booze Happy Hour</div>	<div>18</div> <div>9:15 Exercise w/Powerback (CR)</div> <div>10:45 Current Events</div> <div>1:30 BINGO! (CR)</div> <div>3:00 IVAK Wheel Wash!</div>	<div>19</div> <div>1:30 Kenna The Dog Visit</div>
<div>20</div> <div>9:00 Catholic Communion (CR)</div> <div>10:30</div> <div>1:00 Non-Denominational Service (CR)</div> <div>2:30 BINGO! (MC)</div>	<div>21</div> <div>10:00 Move Your Body Monday</div> <div>10:30 David Watson Music</div> <div>1:30 Mobile Cart-</div>	<div>22</div> <div>10:00 Workout Circle</div> <div>1:30 Primrose Visit</div> <div>3:00 Let's Get Crafty: Squirt gun Painting</div>	<div>23</div> <div>Appointment Day</div> <div>10:00 Cardio Drumming</div> <div>1:30 Visit w/Jada Mae (TC)</div> <div>3:00 Gorgeous Gma Day- Spa Day (T)</div>	<div>24</div> <div>8:30 Coffee and Treats(FF)</div> <div>9:15 Sit and Fit (CR)</div> <div>1:30 Nails by Donna (S)</div> <div>3:00 Patio Par-TEA</div>	<div>25</div> <div>9:00 Veterans Breakfast (GR)</div> <div>9:15 Exercise w/Powerback (CR)</div> <div>10:45 Current Events</div> <div>1:30 BINGO! (CR)</div> <div>3:00 Birthday/New Resident Happy Hour (TC)</div>	<div>26</div> <div>9:15 Saturday Stretches (MC)</div> <div>1:30 Beach Volleyball</div>
<div>27</div> <div>9:00 Catholic Communion (CR)</div> <div>10:30</div> <div>1:00 Non-Denominational Service (CR)</div> <div>2:30 BINGO! (MC)</div>	<div>28</div> <div>9:15 Move Your Body Monday (CR)</div> <div>1:30 Piano Music w/Gary Wennerstrom (T)</div> <div>3:00 Blank Park Zoo program</div>	<div>29</div> <div>9:15 Workout Circle (CR)</div> <div>1:30 Clown Skits W Buttons</div> <div>3:00 Sip N Paint- Summer Edition (CR)</div>	<div>30</div> <div>Appointment Day</div> <div>10:00 Cardio Drumming (</div> <div>1:30 Resident Forum</div> <div>3:00 July Mixology</div>	<div>31</div> <div>8:30 Coffee and Treats (FF)</div> <div>10:00 Sit and Fit</div> <div>1:30 Nails by Donna</div> <div>3:00 Senior Science Lab: Science Experiment</div>	<div>Things to Plug In</div>	

Calendar Key

Theatre (T)
Private Dining Room (PD)
Community Room (CR)

Game Room (GR)
Dining Room (DR)
Town Center (TC)

First Floor Fireplace (FF)
Second Floor Fireplace (SF)
At Your Door (YD)

Memory Care Neighborhood (MC)
Community Outing (CO)
Salon (S)