

Independence Village of White Lake

Independent Living | Enhanced Living

July 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 Weight Workout w/Powerback (C) 12:00 Calendar/Activity Review (L) 12:45 Foot Care (GP) 1:00 Blood Pressure Check (L) 1:30 Cardio Drumming (GP) 3:30 Happy Hour (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	Nat'l Ice Cream Day 2 10:30 Cognitive Workshop (L) 11:00 Sit and Be Fit (GP) 12:30 Ice Cream Truck (Frt. Porch) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:30 BYOB Nightcaps (C) Kick Off!	3 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback (GP) 11:00 Lunch at Blue Pearl (S) 12:30 4 th of July Craft (GP) 2:00 Tic Tac Toe Putt Putt (GP) 3:30 Chair Volleyball (C)	Independence Day 4 11:00 Bend and Stretch (GP) 11:30 Early Dinner (EDR) 12:00 Early Dinner (MDR) 2:00 Popsicles on the Patio (FL) 3:00 4 th of July Activity Packet (FL) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	5 11:00 Weight Workout (GP) 12:30 Nickels Game (GP) 2:00 Freestyle Painting (GP) 2:30 Euchre Club (C) 3:30 Men's Pool (3-F)
6 11:00 Noodlecise & Weights (GP) 12:30 Mass/Communion w/St. Pat's (GP) 1:30 Ted Talks w/ Sydney (L) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	Shark Week 7 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Shopping at Meijer (S) 11:00 Theraband w/Powerback (GP) 1:30 Mass/Communion w/FR. Paul (GP) 2:00 Discovery Channel-Shark Week (L) 3:00 Rummikub (GP) 6:00 Poker Club (GP) 6:00 Walking Club (FL)	Nat'l Coke Day 8 11:00 Weight Workout w/Powerback (GP) 12:30 The Cola Challenge (GP) 1:00 Blood Pressure Check (L) 1:30 Grief Support (PDR) 2:00 Men's Brews & Banter (GP) 3:30 Shark Volleyball (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	Shark Week 9 10:00 Shark Scavenger Hunt (Bldg.) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:30 BYOB Nightcap (C)	Shark Week 10 10:15 Daily Devotion (L) 10:15 Belle Isle Aquarium (S) 11:00 Exercise w/Powerback (GP) 12:30 Polish Me Pretty Nails (GP) 2:00 Minute to Win It Games (GP) Shark Edition 3:30 Happy Hour (C) 4:00 Hearing Care (L)	11 10:15 Mindful Meditation (L) 11:00 Noodlecise (GP) 12:30 Chair Volleyball (C) 2:30 Grab & Go Iced Coffee (C) 3:00 Freestyle Painting (C) Self Guided 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	12 11:00 Weight Workout (GP) 12:30 Card Bingo (GP) 2:00 Movie Madness TBD(Theatre) 2:30 Euchre Club (FL) 3:30 Men's Pool (3F)
13 11:00 Noodlecise & Weights (GP) 12:30 Mass & Communion w/St. Pats (GP) 1:30 Movie Madness TBD (Theatre) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	14 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Shopping at Walmart (S) 11:00 Theraband w/Powerback (GP) 1:30 Prayer/Communion w/St. Pat's (GP) 6:00 Poker Club (GP) 6:00 Walking Club (FL)	Petting Farm 15 11:00 Weight Workout w/Powerback (GP) 12:15 Petting Farm (Front Lawn) 1:00 Blood Pressure Check (L) 2:00 Men's Brews & News (GP) 3:30 Happy Hour (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	16 11:00 Sit and Be Fit (GP) 12:30 Chat with Chef Dan (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (L) 6:00 Euchre Club (GP) 6:30 BYOB Nightcaps (C)	Tech Talk 17 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback (GP) 11:45 Tech Talk Thursday (C) 1:00 Cardio Drumming (GP) 2:30 Open Forum (GP) 3:30 Trivia & Treats (GP)	Tattoo Tour 18 10:15 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 11:30 Lunch at Hilltop Brewery (S) 12:30 Chair Volleyball (C) 2:00 Gardening with Stephanie (FL) 3:00 Tattoo Tour (GP) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	19 11:00 Weight Workout (GP) 1:00 Afternoon Entertainment (C) 2:30 Crafting with Sydney (C) 2:30 Euchre Club (GP) 3:30 Men's Pool (3-F)
Brunch 20 11:00 Noodlecise & Weights (GP) 11:30 Brunch, Residents Only (MDR, EDR) 12:00 Brunch, Resident & Guests (MDR) 1:00 Traveling Cart-Popsicles (TC) 2:00 Movie Madness TBD (Theatre) 6:00 Mexican Train Dominoes (L)	21 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Shopping at Kroger (S) 11:00 Theraband w/Powerback (GP) 1:30 Prayer/Communion w/St. Pats (GP) 6:00 Poker Club (GP) 6:00 Walking Club (FL)	22 11:00 Weight Workout w/Powerback (GP) 12:30 Cooking Club (C) 12:45 Foot Care (GP) 1:00 Blood Pressure Check (L) 1:30 Grief Support (PDR) 3:30 Happy Hour (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	Omelet Bar 23 8:30-9:30 Omelet Bar (MDR) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (GP) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's GP) 6:00 Euchre Club (GP) 6:30 BYOB Nightcaps (C)	Blood Drive 24 9:00-3:00 Blood Drive (GP) 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback (C) 12:30 Kensington Drive (S) and Ice Cream 12:30 Cardio Drumming (C) 3:30 Staff -vs- Resident Games (C) 6:00 Bunco (GP)	25 10:15 Mindful Meditation (L) 11:00 Noodlecise (GP) 12:30 Chair Volleyball (C) 2:00 Movie Madness (Theatre) Spy-with Melissa McCarthy 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	26 11:00 Weight Workout (GP) 12:30 Crafting with Amy (C) 2:30 Card Bingo (GP) 2:30 Euchre Club (C) 3:30 Men's Pool (3F)
27 11:00 Noodlecise & Weights (GP) 12:30 Mass/Communion w/St. Pat's (GP) 1:30 Ted Talks w/Sydney (L) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	28 10:15 Daily Devotion (L) 10:30 Massage with Annie, By Appt. 11:00 Shopping at Aldi (S) 11:00 Theraband w/Powerback (GP) 1:30 Prayer/Communion w/St. Pat's (GP) 3:00 Rummikub (GP) 6:00 Poker Club (GP) 6:00 Walking Club (FL)	29 10:30 Kindness Card Crew (L) 11:00 Weight Workout w/Powerback (GP) 12:30 Grab & Go Iced Coffee (C) 1:00 Blood Pressure Check (L) 2:00 Reminiscing with Stephanie (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	Friendship Day 30 10:00 Breakfast at Anna's House (S) 11:00 Sit and Be Fit (GP) 12:30 Movie Madness (Theatre) Nona and her Daughters 2:30 Bingo (GP) 3:30 Rosary with St. Pat's GP) 6:00 Euchre Club (GP) 6:30 BYOB Nightcaps (C)	31 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback (GP) 12:30 Culinary Showcase (GP) 1:30 Freestyle Painting (C) 2:00 Book Club (L) 2:00 Nurse Chat w/Donna (GP) 3:30 Happy Hour (C) Birthdays & New Residents		