

JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 4TH OF JULY MILKSHAKE (ML) 3:00 TRIVIA (ML)	2 10:00 AL EXERCISE (AL/FL) 10:30 SILVERSNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 12:30 SHOP AT MEIJER 2:00 MEN'S PLANNING SESSION (VMR) 2:00 BINGO (EH) 7:00 MUSIC: LARRY DAVIS (EH)	3 9:30 MINDFUL MOVEMENT (WC) 9:30 CATHOLIC SERVICES (C) 10:15 STRENGTH & FLEX (WC) 1:00-3:00 NEXT TO NEW (LL) 1:00 LEARN TO PLAY HAND AND FOOT (AS) 3:00 TED TALKS (FL)	4 HAPPY Independence Day 1:30 MOVIE: TOP GUN & POPCORN (EH) 8:00 FIREWORKS SHOW-STREAMED (EH)	5 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 MOVIE: A LEAGUE OF THEIR OWN & POPCORN (EH) 4:00-6:00 SOCIAL HOUR (EH)	6 PUZZLES & BRAIN TEASERS (AS) 1:30-2:30 BIBLE STUDY (VMR)	
7 PICK UP DEVOTIONS & BRAIN TEASERS (AS) 2:00 BOOK TALK (VMR) 3:30 VESPERS (C)	8 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 WATERMELON CUPS (ML) 3:00 CRAFT TIME (FL)	9 10:00 AL EXERCISE (AL/FL) 10:30 SILVERSNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 12:30 SHOP AT WAL-MART 2:00 BINGO (EH) 7:00 MUSIC: BRIAN & MARY ROSS (EH)	10 9:30 MINDFUL MOVEMENT (WC) 9:30 CATHOLIC SERVICES (C) 10:15 STRENGTH & FLEX (WC) 1:00-3:00 NEXT TO NEW (LL) 1:00 LEARN TO PLAY HAND AND FOOT (AS) 3:00 TED TALKS (FL)	11 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 2:00 TECH TIME (AS) 2:30 WALKING CLUB (WC) 6:30 BINGO (EH)	12 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 MOVIE: THE MAN ON THE MOON & POPCORN (EH)	13 PUZZLES & BRAIN TEASERS (AS) 1:30-2:30 BIBLE STUDY (VMR)	
14 PICK UP DEVOTIONS & BRAIN TEASERS (AS) 2:00 BOOK TALK (VMR) 3:30 VESPERS (C)	15 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 AL RESIDENT ORIENTATION (FL) 2:00 POPSICLES (OUTSIDE) 7:00 MUSIC: PAUL WHITE (EH)	16 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 12:30 SHOP AT MEIJER 1:30 READING GROUP (AS) 2:00 BINGO (EH)	17 9:30 MINDFUL MOVEMENT (WC) 9:30 CATHOLIC SERVICES (C) 10:15 STRENGTH & FLEX (WC) 1:00-3:00 NEXT TO NEW (LL) 1:00 LEARN TO PLAY HAND AND FOOT (AS) 2:00 NEW RES. ORIENTATION (VMR) 3:00 TED TALKS (FL)	18 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 1:00 RESIDENT ASSOCIATION (EH) 2:00 TECH TIME (AS) 2:30 WALKING CLUB (WC) 6:30 BINGO (EH)	19 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 10:30 RESIDENT/EMPLOYEE COOKOUT (EH) 2:00 MOVIE: CHEAPER BY THE DOZEN & POPCORN (EH) 4:00-6:00 SOCIAL HOUR (EH)	20 PUZZLES & BRAIN TEASERS (AS) 1:30-2:30 BIBLE STUDY (VMR)	
21 PICK UP DEVOTIONS & BRAIN TEASERS (AS) 2:00 BOOK TALK (VMR) 3:30 VESPERS (C)	22 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 ROOTBEER FLOATS (ML) 3:00 CRAFT TIME (FL)	23 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 12:30 SHOP AT WAL-MART 1:30 READING GROUP (AS) 2:00 BINGO (EH) 7:00 MUSIC: DENNI GLANDER (EH)	24 9:30 MINDFUL MOVEMENT (WC) 9:30 CATHOLIC SERVICES (C) 10:15 SEATED DANCERCISE (WC) 1:00-3:00 NEXT TO NEW (LL) 1:00 LEARN TO PLAY HAND AND FOOT (AS) 3:00 TED TALKS (FL) 3:00 MUSIC: GEORGE LOPEZ (EH)	25 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 2:00 TECH TIME (AS) 2:00 IU HEALTH SPEAKER (EH) 2:30 WALKING CLUB (WC) 6:00 BINGO STORE (EH) 6:30 BINGO (EH)	26 9:30 MINDFUL MOVEMENT (WC) 10:15 STRENGTH & FLEX (WC) 2:00 MOVIE: ROSE HILL & POPCORN (EH)	27 PUZZLES & BRAIN TEASERS (AS) 1:30-2:30 BIBLE STUDY (VMR)	
28 PICK UP DEVOTIONS & BRAIN TEASERS (AS) 2:00 BOOK TALK (VMR) 3:30 VESPERS (C)	29 9:30 MINDFUL MOVEMENT (WC) 9:30 MASSAGES WITH MYRA (FL) 10:15 STRENGTH & FLEX (WC) 11:30 CAMMACK STATION 3:00 ICE CREAM SUNDAES (G)	30 10:00 AL EXERCISE (AL/FL) 10:30 SILVER SNEAKERS (WC) 11:00 MOVEMENT GROUP (E) 12:30 SHOP AT MEIJER 1:30 READING GROUP (AS) 2:00 BINGO (EH)	31 9:30 MINDFUL MOVEMENT (WC) 9:30 CATHOLIC SERVICES (C) 10:15 SEATED DANCERCISE (WC) 1:00-3:00 NEXT TO NEW (LL) 1:00 LEARN TO PLAY HAND AND FOOT (AS) 3:00 TED TALKS (FL)	LOCATION KEY: MAIN LOUNGE (ML) EVENT HALL (EH) WELLNESS CENTER (WC) ESSEX (E) ACTIVITY SUITE (AS) ASSISTED LIVING (AL) LOWER LEVEL (LL) CHAPEL (C) FIRESIDE LOUNGE (FL) LIBRARY (L) VILLAGE MEETING ROOM (VMR) GAZEBO (G)			
WESTMINSTER VILLAGE INDEPENDENT/ASSISTED LIVING ACTIVITY CALENDAR CONTACT THE LIFE ENRICHMENT TEAM WITH ANY QUESTIONS AT 7652882155 EXT 1156							