## Independent Living

July

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Properly worn masks are required for all programs.  Open Gym and Open Craft Room anytime day and	Room Key  CMR-Community Room  CR- Craft Room  G- Gym in AL Basement  HW 1,2,3,4- Hallways 1,2,3,4th Floors	We will not be doing sign- up sheets unless noted on calendar.	Programs and times are subject to change.	10:00 Morning Stretch-CMR 1:00 Bingo with Janine-CMR	10:00 Fitness Fridays with Janine-CMR  1:30 Rolling Ice Cream Truck - HW 3	1-3 Arts and Crafts with
evening. Just no more than 5 at a time in each room and masks must be worn.  Thank you!	MH- Minnehaha Room MT- Movie Theater Pub-2 <sup>nd</sup> Floor Pub Redwood Room-Puzzle Rm. on 3 <sup>rd</sup> fl. TCU-Meet by TCU door next to Bistro on first floor	Sign-up sheets will be for 18-30 plus people depending on activity and space. Weekly sign-up sheets will be posted on Sunday evenings in the Communications Room Sign-Up Book.	If you have any questions, please contact Anna Anderhagen at 952-213- 6255.	<b>3:30</b> Grill and Chill Happy Hour with Patrick-CMR-sign up	2:00 Rolling Ice Cream Truck - HW 4 2:30 Rolling Ice Cream Truck - HW 1 3:00 Rolling Ice Cream Truck - HW 2	Janine-CMR
4 Happy Fourth of July!	<b>10:00</b> Introduction to Line Dancing with Kathy -CMR	9-12 Open Bus Transportation -sign up 10:00 Cardio Pump-CMR  1:30 Patriotic Music with Lyndon Peterson 1:30 Women's Coffee Group with Julie-MH -sign up 3:00 Women's Coffee Group with Julie-MH -sign up	9:00-11:30 Open Bus Transportation- sign up 10:00 Bridge Group - Redwood Room 1:00 Marshall's Farmer's Market Outing 3:30 Yankee Doodle Dandy	11:00 Meet Cherokee the Horse -IL Parking Lot 1:00 Bingo with Janine-CMR 3:30 Grill and Chill Happy Hour with Patrick-CMR-sign up	10:00 Fitness Fridays with Janine-CMR  1:30 Rolling Ice Cream Truck - HW 3 2:00 Rolling Ice Cream Truck - HW 4 2:30 Rolling Ice Cream Truck - HW 1 3:00 Rolling Ice Cream Truck	1:00 Tea and Trivia with Janine -CMR
11:00 Tai Chi -CMR  2:00 Introducing Chaplain John Meet and Greet (with Cookies and Coffee) -CMR	1:00 Music Inspired by the National Parks -CMR 2:00 Bible Study with Jeff-CMR 3:30 Grill and Chill Happy Hour with Jeff -CMR-sign up	9-12 Open Bus Transportation -sign up 10:00 Cardio Pump-CMR  1:30 Women's Coffee Group with Julie-MH -sign up 3:00 Women's Coffee Group with Julie-MH -sign up	14 9:00-11:30 Open Bus Transportation- sign up 10:00 Card Making with Maridale -CR 10:00 Bridge Group - Redwood Room	15 10:00 Morning Stretch-CMR 1:30 July Birthday Party Celebration -CMR 3:30 Grill and Chill Happy Hour with Patrick-CMR-sign up 4:00 Devotions-MH	10:00 Fitness Fridays with Janine-CMR  1:30 Rolling Ice Cream Truck - HW 3 2:00 Rolling Ice Cream Truck - HW 4 2:30 Rolling Ice Cream Truck - HW 1 3:00 Rolling Ice Cream Truck - HW 2	1-3 Arts and Crafts with Janine-CMR
11:00 Tai Chi -CMR	10:00 Introduction to Line Dancing with Kathy -CMR  2:00 Bible Study with Jeff-CMR  3:30 Grill and Chill Happy Hour with Jeff -CMR-sign up	9-12 Open Bus Transportation -sign up 9:30 Pax Christi Catholic Prayer Service with Communion-CMR 10:15 Cardio Pump-CMR  1:30 Women's Coffee Group with Julie-MH -sign up 3:00 Women's Coffee Group with Julie-MH -sign up	9:00-11:30 Open Bus Transportation- sign up 10:00 Bridge Group - Redwood Room  12:30-4 Bus Outing: Boat Ride and/or Fishing on Riley Lake	10:00 Morning Stretch-CMR  1:30 The Gallery Trio Music-CMR  3:30 Grill and Chill Happy Hour with Patrick-CMR-sign up	10:00 Fitness Fridays with Janine-CMR  1:30 Rolling Ice Cream Truck - HW 3 2:00 Rolling Ice Cream Truck - HW 4 2:30 Rolling Ice Cream Truck - HW 1 3:00 Rolling Ice Cream Truck - HW 2	1:00 All About Princess Diana
25 <b>11:00</b> Tai Chi -CMR	10:00 Book Club-Redwood Room  2:00 Bible Study with Jeff- CMR  3:30 Grill and Chill Happy Hour with Jeff -CMR-sign up	9-12 Open Bus Transportation -sign up 10:00 Cardio Pump-CMR 11:00 Prairie Bluff's Building Tour with Patrick/Colin meet in Main Lobby  1:30 Women's Coffee Group with Julie-MH -sign up 3:00 Women's Coffee Group with Julie-MH -sign up	9:00-11:30 Open Bus -sign up 10:00 Card Making with Maridale -CR 10:00 Bridge Group -Redwood Room 1:00 Bingo with Janine 3:00 Dave Solo Presentation: Introduction to Fraud Scam Awareness, Part 2 -CMR	8:30 Hot Breakfast with Executive Director, Katie 10:00 Morning Stretch-CMR 11:00 Devotions-MH  1:30 Grayson's Piano Concert-CMR 3:30 Grill and Chill Happy Hour with Patrick-CMR-sign up	10:00 Fitness Fridays with Janine-CMR  1:30 Rolling Ice Cream Truck - HW 3 2:00 Rolling Ice Cream Truck - HW 4 2:30 Rolling Ice Cream Truck - HW 1 3:00 Rolling Ice Cream Truck - HW 2	Happy National Talk in an Elevator Day!  Talk with Someone New Today, preferably in an Elevator!