


# July 2022 Independent Living Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR - MCA Art Room BR - Brownstone Community Room BRP - Brownstone Pub BVTV - Channel 1855 CP - SSH Creative Place LCR - GW Landing Community Room GW - Grace Woods GS - OCP Gathering Space MCAT - MCA Theater MR - MCA Music Room N - North Apartments NCMR - North Community Room NCFR - North Conference Room		NPD - North Community Room NL - North Lobby NC - Nason Center PAC - OCP Performing Arts Center RS - GW Reserve Community Rm REP - GW River's Edge Pub SDR - SSH Dining Room WC - Veale Wellness Center			9:15 Rosary (NCMR) <b>1</b> 9:45 Coffee & Conversation (NCMR) 10:00 Chair Exercises (RS) 11:00 Strengthening (WC) <b>11:00 Science Friday w/ Joe (PAC)</b> 12:30 North Pantry Open 12:45 Drumming (WC) 1:00 Virtual Reality (NPD) 2:00 Chair Exercise (BR) 2:30 Chapel Service (BVTV)	7:00 Movie (NCMR) <b>2</b>
9:30 Communion (CP) <b>3</b> 6:30 Hymn Sing (N)	 <b>MOST OFFICES CLOSED</b> <b>4</b>	9:30 Scribblers (NCFR) <b>5</b> 10:00 Rosary (CP) 10:00 Water Fitness (WC) 10:30 Mindfulness (NCMR) 11:00 Virtual Reality (BR) 1:00 Chair Exercise (NCMR) 2:00 Trivia (NCMR) 2:00 Trains Running (WC) 2:00 Yoga w/ Sue (WC) 2:30 Mindfulness (BR) 3:00 Chair Exercise (SDR) 3:30 Mindfulness (WC) 7:00 Tuesday Evening Program (PAC)	10:00 Chair Yoga <b>6</b> 10:00 Hands On Fiber Arts (CP) 10:30 GW Care Cards (RS) 11:00 Strengthening (WC) 12:00 Floor Core Pilates 12:30 North Pantry Open 1:00 Bereavement Support Group (RS) 1:00 Bridge (REP and BRP) 1:00 Coloring Fun (NPD) 2:00 Chair Exercise (BR) 2:00 Mindfulness (AR) 2:30 Karaoke (PAC) 3:00 Mindfulness (RS)	10:00 Water Fitness (WC) <b>7</b> 10:30 Care Cards (NCMR) 1:00 Care Cards (MCA) 1:00 SSH Pantry Open 1:00 Virtual Reality (NCMR) 1:30 Yoga w/ Sue (WC) 2:00 Chair Exercise (NCMR) 2:30 Chair Volleyball (WC) 3:00 Chair Exercise (SDR)	10:00 <b>Campus Corner (PAC)</b> <b>8</b> 10:00 Chair Exercise (RS) 11:00 Strengthening (WC) <b>11:00 Campus Corner (NCMR)</b> 12:00 Standing Balance (WC) 12:30 North Pantry Open 12:45 Drumming (WC) <b>1:00 Campus Corner (RS)</b> 2:00 Chair Exercise (BR) 2:30 Chapel Service (BVTV)	7:00 Movie (NCMR) <b>9</b>
9:30 Communion (CP) <b>10</b> <b>2:00 Bus Pickup</b> <b>Jukebox Jam</b> 6:30 Hymn Sing (N)	10:00 Chair Yoga (NCMR) <b>11</b> 10:00 Chair Exercise (RS) 11:00 Strengthening (WC) 11:00 Coloring Fun (CP) 12:00 Standing Balance (WC) 12:30 North Pantry Open 1:00 SSH Pantry Open 1:00 Laughter Club (MCAT) 1:00 Virtual Reality (RS) 6:00 SSH Bingo (SDR)	9:30 Coffee Club (BR) <b>12</b> 10:00 Water Fitness (WC) 10:00 Rosary (CP) 10:00 North Social Committee (NPD) 10:30 Mindfulness (NCMR) 11:00 Trivia (BRN) 1:00 Chair Exercise (NCMR) 1:30 GW Bookies (RS) <b>1:30 Resident Forum (NCMR)</b> 2:00 Yoga w/ Sue 2:00 Trains Running (WC) 2:00 Trivia (NCMR) 2:30 Mindfulness (BR) 3:00 Chair Exercise (SDR) 3:30 Mindfulness (WC)	10:00 Chair Yoga <b>13</b> 10:30 GW Care Cards (RS) 11:00 Strengthening (WC) 12:00 Floor Core Pilates 12:30 North Pantry Open 1:00 Bridge (REP and BRP) 1:00 Coloring Fun (NPD) 2:00 Chair Exercise (BR) 2:00 Virtual Reality (MCAT) 2:00 Mindfulness (AR) 3:00 Mindfulness (RS) 7:00 North Bingo (NCMR)	10:00 Water Fitness (WC) <b>14</b> 1:00 Care Cards (MCA) 1:00 SSH Pantry Open 1:00 Virtual Reality (NCMR) 1:30 Yoga w/ Sue 2:00 Chair Exercise (NCMR) 2:30 Chair Volleyball (WC) 3:00 Chair Exercise (SDR)	10:00 Chair Exercise (RS) <b>15</b> 11:00 Strengthening (WC) 12:00 Standing Balance (WC) 12:30 North Pantry Open 2:00 Chair Exercise (BR) 2:30 Chapel Service (BVTV)	7:00 Movie (NCMR) <b>16</b>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Communion (CP) <b>17</b> 6:30 Hymn Sing (N)	10:00 Chair Yoga (NCOMR) <b>18</b> 10:00 Chair Exercise (RS) 11:00 Strengthening 11:00 Coloring Fun (CP) 12:00 Standing Balance (WC) 12:30 North Pantry Open 1:00 SSH Pantry Open 1:00 Virtual Reality (RS)	9:30 Scribblers (NCFR) <b>19</b> 10:00 Rosary (CP) 10:00 Water Fitness (WC) 10:30 Mindfulness (NCOMR) 11:00 Virtual Reality (BR) 1:00 Chair Exercise (NCOMR) 2:00 Trivia (NCOMR) 2:00 Trains Running (WC) 2:00 Yoga w/ Sue (WC) 2:30 Mindfulness (BR) 3:00 Chair Exercise (SDR) 3:30 Mindfulness (WC) 7:00 Tuesday Evening Program (PAC)	10:00 Chair Yoga <b>20</b> 10:30 GW Care Cards (RS) 11:00 Strengthening 12:00 Floor Core Pilates 12:30 North Pantry Open 1:00 Bridge (REP and BRP) 1:00 Coloring Fun (NPD) 1:30 Dementia Caregiver Support (RS) 2:00 Chair Exercise (BR) 2:00 Virtual Reality (MCAT) 2:30 Karaoke (PAC) 2:00 Mindfulness (AR) 3:00 Mindfulness (RS)	10:00 Water Fitness (WC) <b>21</b> 10:30 Care Cards (NCOMR) 1:00 Care Cards (MCA) 1:00 SSH Pantry Open 1:00 Virtual Reality (NCOMR) 1:30 Yoga w/ Sue (WC) 2:00 Chair Exercise (NCOMR) 2:30 Chair Volleyball (WC) 3:00 Chair Exercise (SDR) <b>6:15 Bus Pick Up Funkology Trip</b>	10:00 Campus Corner (PAC) <b>22</b> 10:00 Chair Exercise (RS) 11:00 Strengthening (WC) <b>11:00 Campus Corner (NCOMR)</b> 12:00 Standing Balance (WC) 12:30 North Pantry Open 12:45 Drumming (WC) <b>1:00 Campus Corner (RS)</b> 2:00 Chair Exercise (BR) 2:30 Chapel Service (BTVV)	7:00 Movie (NCOMR) <b>23</b>
9:30 Communion (CP) <b>24</b> 6:30 Hymn Sing (N)	10:00 Chair Yoga (NCOMR) <b>25</b> 10:00 Chair Exercise (RS) 11:00 Strengthening (WC) 11:00 Coloring Fun (CP) <b>11:00 Lip Sync Show Playback (PAC)</b> 12:00 Standing Balance (WC) 12:30 North Pantry Open 1:00 SSH Pantry Open 1:00 Prayer Shawl (NC) 1:00 Laughter Club (MCAT) 1:00 Virtual Reality (RS) 6:00 SSH Bingo (SDR)	9:30 Coffee Club (BR) <b>26</b> 10:00 Rosary (CP) 10:00 Water Fitness (WC) 10:30 Mindfulness (NCOMR) 11:00 Trivia (BR) 2:00 Yoga w/ Sue (WC) <b>2:00 Learn with IN2L (NCOMR)</b> 2:00 Trains Running (WC) 2:30 Mindfulness (BR) 3:00 Chair Exercise (SDR) 3:30 Mindfulness (WC) <b>5:45 Bus pickup Ain't Too Proud</b>	10:00 Chair Yoga (NCOMR) <b>27</b> 10:30 GW Care Cards (RS) 11:00 Strengthening (WC) 12:00 Floor Core Pilates (WC) 12:30 North Pantry Open 1:00 Bridge (REP and BRP) 1:00 Coloring Fun (NPD) 1:00 Movement Café (WC) 2:00 Chair Exercise (BR) 2:00 Virtual Reality (MCAT) 2:00 Mindfulness (AR) 3:00 Mindfulness (RS)	10:00 Water Fitness (WC) <b>28</b> <b>10:30 Bookworms (PDR)</b> 1:00 Care Cards (MCA) 1:00 SSH Pantry Open 1:00 Virtual Reality (NCOMR) 1:30 Yoga w/ Sue (WC) 2:00 Chair Exercise (NCOMR) 2:30 Chair Volleyball (WC) 3:00 Chair Exercise (SDR)	10:00 Chair Exercise (RS) <b>29</b> 11:00 Strengthening (WC) 12:00 Standing Balance (WC) 12:30 North Pantry Open 12:45 Drumming (WC) 2:00 Chair Exercise (BR) 2:30 Chapel Service (BTVV)	<b>30</b>
9:30 Communion (CP) <b>31</b> 6:30 Hymn Sing (N)	AR - MCA Art Room BR - Brownstone Community Room BRP - Brownstone Pub BTVV - Channel 1855 CP - SSH Creative Place LCR - GW Landing Community Room GW - Grace Woods GS - OCP Gathering Space MCAT - MCA Theater MR - MCA Music Room N - North Apartments NCOMR - North Community Room NCFR - North Conference Room					

NPD - North Private Dining Room  
 NL - North Lobby  
 NC - Nason Center  
 PAC - OCP Performing Arts Center  
 RS - GW Reserve Community Rm  
 REP - GW River's Edge Pub  
 SDR - SSH Dining Room  
 WC - Veale Wellness Center

