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| <p>ACTIVITIES IN THIS SECTION ARE REGULARLY SCHEDULED</p> <p>8:40-10:15 Church Service - O 10:15 Westminster Presbyterian Church Shuttles - O</p> | <p>11:15 Seated Exercise - DR 1:30 WU - Flow-Motion - FC</p> | <p>9:30 Tai Chi - FC 1:30 WU-Stabilization Endurance - FC 1:30 Community Work - Flower Arrangements - M 3:00 Bible Hour - TC -5th 6:15 Balloon Volleyball - M</p> | <p>10:00 Seamstress Visit - DS 10:30 Strengthen Exercise - M 1:30 Bingo and Prizes - M 3:45 Ice Cream Social - DR</p> | <p>9:30 Tai Chi - FC 10:30 Catholic Service - DR 11:30 Chair Aerobics - M 1:30 WU-Strength Resistance Training - FC 6:15 Bowling Night - M</p> | <p>9:45 Dance Aerobics - FC 10:30 Ball Fitness - M 12:00 Summer Cookout - Patio 2:00 Shabbat Service - Conf</p> | <p>2:00 Matinee Movie-Whth-Ch-2 7:00 Evening Movie-Whth-Ch.2</p> |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| <p>10:30 WH Church Service - DR 5:00 Christian Worship Service - SR</p> <p style="text-align: right;">1</p> | <p>1:30 UNO Madness - M 3:45 Popcorn Social - M 4:00 WU-Famous People - Nellie Bly -M</p> <p style="text-align: right;">2</p> | <p>11:15 Chair Fitness - M 11:40 Who Am I? - M 3:30 Big Band Favorites w/ Tim, vocals/piano - DR</p> <p style="text-align: right;">3</p> | <p>10:30 Chair Aerobics - Inn-3rd 11:00 Jukebox Music of the 1950s w/Adam, vocals/guitar - DR 1:30 Trivia - Fourth of July - M 7:00 Fourth of July music by Old Dominion Trio - SR</p> <p style="text-align: right;">4</p> | <p>1:30 Crafts Creation - Sponge Painting - M 3:30 Music Man Bob, vocals/keyboard - DR</p> <p style="text-align: right;">5</p> | <p>11:00 WU - History Talk - Declaration of Independence - M 1:30 Aromatherapy - AR 3:00 Mix and Mingle & July Residents Birthdays Event w/ Ernie, vocals/guitar - SR</p> <p style="text-align: right;">6</p> | <p>10:30 Chair Exercise - Inn-3rd 11:15- Piano w/ James - DR 1:30- Art Coloring - M 2:30 Bingo - ART 4:00 WSH Summer Concert Series present Big Band/Swing music by: The Nitehawks Band - SR</p> <p style="text-align: right;">7</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:30 WH Church Service - DR 5:00 Christian Worship Service - SR</p> <p style="text-align: right;">8</p> | <p>11:30 Traveling Music w/Sylvia, accordion - Room Visit 1:30 UNO Madness - M 3:45 Popcorn Social - M 4:00 WU-Famous People - George W. Bush - M</p> <p style="text-align: right;">9</p> | <p>11:15 Chair Fitness - M 11:40 Summer Trivia - M 3:30 Country/Bluegrass music w/Kathy & Brad, vocals - DR</p> <p style="text-align: right;">10</p> | <p>10:30 WU - Painting Class - ART 11:00 News and Views - M 2:30 WU - The four wives of Ernest Hemingway by Elaine Flynn - SR 4:00 WU-Famous Places - Washington DC - DR</p> <p style="text-align: right;">11</p> | <p>1:30 Adult Coloring - M 3:30 Piano w/James - DR</p> <p style="text-align: right;">12</p> | <p>11:00 WU - History Talk - Battle of Kurks - M 1:15 Lovely Manicure - M 3:00 Mix & Mingle w/ Tim Ford, piano and Karen Gray, vocals "Big Band Favorites" - SR</p> <p style="text-align: right;">13</p> | <p>10:30 Chair Exercise - Inn-3rd 11:15 - Music of the 20s through the 60s -w/Tender, vocals/guitar SR 1:30 Trivia Challenge - M 2:30 Bingo - SR 3:45 Card Game - Canasta - Inn-4th</p> <p style="text-align: right;">14</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:30 WH Church Service - DR 5:00 Christian Worship Service-SR</p> <p style="text-align: right;">15</p> | <p>1:30 UNO Madness - M 2:00 WU - Life of John Sousa by Roger Koment, PhD - SR 3:45 Popcorn Social - M 4:00 WU-Famous People - Gerald Ford - M</p> <p style="text-align: right;">16</p> | <p>11:15 Chair Fitness - M 11:40 WU-Wellness Talk - Hydration Tips - M 3:30 - Jukebox Music of the 1950s w/Adam, vocals/guitar - DR</p> <p style="text-align: right;">17</p> | <p>10:30 WU - Art Pencils by Aref - ART 11:00 News and Views - M 4:00 WU - Cellphone 101 w/ Sonja - LL 4:00 WU-Famous Places - Virginia - DR</p> <p style="text-align: right;">18</p> | <p>11:15 Lunch Outing - Olive Garden - O 4:30 Americana Music by James West, piano - DR 5:00 American Cuisine - DR</p> <p style="text-align: right;">19</p> | <p>11:00 WU - History Talk - Austria's Ultimatum - M 1:15 Aromatherapy - M 3:00 Mix & Mingle w/ Old Dominion Trio " Music of the 40s,50s, 60s" - SR</p> <p style="text-align: right;">20</p> | <p>10:30 Stretch and Flex - Inn-3rd 11:15 Motown Hits music & more" w/ Jillard, sax - DR 1:15 Crafts Session - Sponge Painting - M 2:30 Bingo and Prizes - M 4:00 Puzzle Mania - Inn-4th</p> <p style="text-align: right;">21</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:30 WH Church Service - DR 2:30 Sunday Musicales : The Skytones Summer Concert w/guest musicians - SR 5:00 Christian Worship Service - SR</p> <p style="text-align: right;">22</p> | <p>1:30 UNO Madness - M 3:00 Community Sing - Along w/ Gideon - DR</p> <p style="text-align: right;">23</p> | <p>11:15 Chair Fitness - M 11: 40 Summer Fun Facts - M 3:30 "Variety of Classic Hits & more" w/ Ron, vocals/keyboard - DR</p> <p style="text-align: right;">24</p> | <p>10:30 WU - Painting Class - ART 11:00 News and Views - M 2:00 WU - Lecture on American Art, 1900-1945 - SR 4:00 WU- Famous Places - New York - DR</p> <p style="text-align: right;">25</p> | <p>1:30 Crafts Session - Popsicle Stick Frames - M 3:30 WU - Music Therapy w/Abigail - DR</p> <p style="text-align: right;">26</p> | <p>11:00 WU - History Talk - "25th Amendment" - M 1:15 Lovely Manicure - M 3:00 Mix & Mingle w/ Christian Drapkin's Jazz Duo - SR</p> <p style="text-align: right;">27</p> | <p>10:30 Chair Exercise - Inn-3rd 11:15 Piano w/James - DR 1:30 Fun Trivia - M 2:30 Bingo & Prizes - SR 3:45 Fun Trivia - Inn-4th</p> <p style="text-align: right;">28</p> | | | | | | | | | | | | | | | | | | | | | | | | |
| <p>10:30 WH Church Service - DR 5:00 Christian Worship Service - SR</p> <p style="text-align: right;">29</p> | <p>1:30 UNO Madness - M 3:45 Popcorn Social - M 4:00 WU-Famous People - Mother Theresa - M</p> <p style="text-align: right;">30</p> | <p>10:30 Open Communion - C 11:15 Chair Fitness - M 11:40 Name Game - M 3:30 "The Soul Tones of Swing " w/ Ernie,vocals, guitar - DR</p> <p style="text-align: right;">31</p> | <p><u>July Resident Birthdays</u></p> <table border="0"> <tr><td>Janice Horner</td><td>3</td></tr> <tr><td>Shakun Ghare</td><td>6</td></tr> <tr><td>Jean Vaart</td><td>8</td></tr> <tr><td>Nance Biehl</td><td>12</td></tr> <tr><td>Fred Grimani</td><td>14</td></tr> <tr><td>Ovie Miracle</td><td>17</td></tr> </table> | Janice Horner | 3 | Shakun Ghare | 6 | Jean Vaart | 8 | Nance Biehl | 12 | Fred Grimani | 14 | Ovie Miracle | 17 | <p><u>July Resident Birthdays</u></p> <table border="0"> <tr><td>Lawrence Barber</td><td>18</td></tr> <tr><td>Lois Smith</td><td>20</td></tr> <tr><td>Inez Desalle</td><td>23</td></tr> <tr><td>Elizabeth Bliss</td><td>28</td></tr> <tr><td>Ann Snead</td><td>30</td></tr> <tr><td>Paulina White</td><td>30</td></tr> </table> | Lawrence Barber | 18 | Lois Smith | 20 | Inez Desalle | 23 | Elizabeth Bliss | 28 | Ann Snead | 30 | Paulina White | 30 | | |
| Janice Horner | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Shakun Ghare | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Jean Vaart | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Nance Biehl | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fred Grimani | 14 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ovie Miracle | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lawrence Barber | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lois Smith | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Inez Desalle | 23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elizabeth Bliss | 28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p>PROGRAMS ARE SUBJECT TO CHANGE</p> | <p>If you are planning to sign up for any outings, please see Dee & Wanda</p> | <h1 style="color: #e91e63;">JULY 2018</h1> <p><i>The Springs</i></p> | <p>ACTIVITY LOCATOR KEY</p> <p>TC- Town Center-Independent Living C- Chapel (L level) L- Lobby LL- Lobby Library FC - Fitness Center (SL level)</p> | <p>PDR- Private Dining Room (L level) ART - Art Room (L level) DR- Dining Room AR - Activity Room MDR - Main Dining Room (L level) S- Solarium M - Martha Hall</p> | <p>Inn- Assisted Living O - Outing SR - Sky Room (10th floor) Conf- Conference Room T- Theater (L level) G - George Hall</p> |
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