




Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Salon Open by Appointment 9:00 Exercise 9:00 Farmers Market Trip 9:30-3:00 Live Elephant Cam- <i>Ch. 900</i> 1:30 Hilldale Trip 1:30 Scrabble 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour 7:00 Table Games	2 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Dollar Store Trip 11:30-12:30 Independence Day Lunch 1:15 Matinee Movie- <u>only on Ch 900</u> 3:00 Office Closes until Tuesday <u>No Chair Exercise/Meditation on 900</u> 4:30 Happy Hour 	3
4 Independence Day 	5 Independence Day (Observed) <i>Office & Kitchen Closed No Trash Pickup No Transportation Service</i> 1:30 Writers' Group- <i>Theater</i> 4:30 Happy Hour 7:00 Cribbage	6 7:00 Trash Pickup 8:00 Office Reopens 9:00 Exercise 9:00 Walgreens Trip ("Senior Day") 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i> 6:30 Pool Players	7 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:30 "Make a Memory" Conservancy Talk 3:30 Chair Exercise- <i>Channel 900</i> 4:30 Happy Hour	8 Salon Open by Appointment 9:00 Exercise 9:00 Farmers Market Trip 9:30-3:00 Live Times Square Cam - <i>Channel 900</i> 1:30 Hilldale Trip 3:30 Chair Yoga- <i>Channel 900</i> 7:00 Table Games	9 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 Brennan's Cellars/Aldi Trip 1:15 Matinee Movie- <i>Theater & Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour	10
11	12 9:00 Exercise 9:30-3:00 Live Hawaii Cam- <i>Ch. 900</i> 1:30 Birthday Party 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour 7:00 Cribbage	13 9:00 Exercise 9:00 Walgreens Trip 10:30 Monroe Chamber Trio Concert 1:00 Qigong Exercise 1:30-3:30 Ice Cream Truck 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i>	14 <u>Library Books Due</u> Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 1:30 \$1/card BINGO! 3:30 Chair Exercise- <i>Channel 900</i> 4:30 Happy Hour	15 Salon Open by Appointment 9:00 Exercise 9:00 Farmers Market Trip 9:30 Liaison Committee Meeting 1:30 Hilldale Trip 1:30 Scrabble- <i>Coffee Shop Today!</i> <u>No Chair Yoga on Channel 900</u> 4:30 Happy Hour 7:00 Table Games	16 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 10:00 West Towne Mall Trip 1:15 Matinee Movie- <i>Theater & Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour	17
18	19 9:00 Exercise 10:30 COVID-19 New Normal Talk 2:00 "Mindfulness Improves Well-Being" Lecture Video- <i>Ch. 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour 7:00 Cribbage	20 9:00 Board of Directors Meeting <u>No Exercise due to Board Meeting</u> 9:00 Walgreens Trip 1:00 Qigong Exercise 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour- <i>Coffee Shop</i>	21 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 10:00 Activities Mtg with Stacie-Zoom 1:30 <u>Downsizing Event</u> 2:00 Kellerman White Torrey Trio Concert Video (replay)- <i>Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i>	22 Salon Open by Appointment 9:00 Exercise 9:00 Farmers Market Trip 10:30 Bi-Monthly Info Meeting 1:30 Hilldale Trip 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour 5:45 Concerts in the Park Trip 7:00 Table Games	23 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 1:15 Matinee Movie- <i>Theater & Ch 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour	24
25 	26 9:00 Exercise 9:30-3:00 Live Penguin Cam- <i>Ch. 900</i> 2:00 White Elephant Gift Exchange 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour 7:00 Cribbage	27 9:00 Coffee Klatch with Kay 9:00 Exercise 9:00 Walgreens Trip 10:30 "Jingle Tail" Game with Prizes 1:00 Qigong Exercise 3:00 A Capella Sing-a-Long <u>No Chair Yoga on Channel 900</u> 4:30 Happy Hour- <i>Coffee Shop</i>	28 Salon Open by Appointment 8:30 Coffee Social 9:00 Exercise 9:00-11:00 Nurse Visit 9:00 Pick 'n Save Trip 1:00-4:00 Foot Care by Appt 1:30 \$1/card Reindeer Snack BIN-GO! 3:30 Chair Exercise- <i>Channel 900</i> 4:30 Happy Hour	29 Salon Open by Appointment 9:00 Exercise 9:00 Farmers Market Trip 1:00 Kick Back & Snack- <i>Delivery & 900</i> 1:30 <u>Downsizing Event</u> 1:30 Hilldale Trip 3:30 Chair Yoga- <i>Channel 900</i> 4:30 Happy Hour 7:00 Table Games	30 Salon Open by Appointment 8:30 Trader Joe's Trip 9:00 Exercise 1:15 Christmas Matinee Movie - <i>Theater & Channel 900</i> 3:30 Chair Exercise- <i>Channel 900</i> 4:00 10-min Meditation- <i>Channel 900</i> 4:30 Happy Hour	31