

JULY - 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Dr. Martynec Hours:</u> <i>Thursday, July 22nd</i> (by appointment only)</p> <p><u>Nurse Practitioner,</u> <u>Annie Baughman</u> Thursdays, 7/1, 7/8, 7/15, & 7/29 (by appointment only)</p>	<p>Self Serve Coffee available daily in Coffee Shop</p> <p><i>Coffee & Donuts</i> Tuesday at 9:30</p>	<p>Indoor Putting Green with Putter – available upon request at the Front Desk.</p> <p>ADDITIONAL GAMES AVAILABLE IN GREAT ROOM ENTERTAINMENT CENTER</p>	<p style="text-align: center;">Wii</p> <p style="text-align: center;">Monday, Wednesday & Friday at 11:15 <i>or upon request at the front desk</i></p>	<p>8:00 Strength Training 1 8:30 Resident Walk 10:00 Transportation Loop 10:30 Fit for Life 4:00 Sketching Group 7:30 Bridge Group 8:00 Billiard Sharks</p>	<p>8:00 Strength Training 2 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Grocery Shopping 10:30 Fit for Life</p>	<p>8:45 Water Aerobics 3 1:00 Games 7:45 Movie Night</p>
<p><u>1:00 Trivial Pursuit/Scrabble</u> 4 <u>1:00 Ladder Ball</u> <u>2:00 Poker</u> <u>3:00 Stitch & Chat</u></p> <p>Independence Day Barbeque</p> <p style="text-align: center;"><u>2:00 - 4:00</u></p>	<p>8:00 Strength Training 5 9:00 Aquatic Exercise 9:45 Resident Walk 10:30 Fit for Life 2:00 Bridge Group 7:30 Book Club <u>7:30 Mah Jongg</u></p>	<p>8:00 Strength Training 6 8:30 Resident Walk 9:30 Coffee & Donuts <u>10:00 Dining Committee Meeting</u> 10:30 Fit for Life 1:00 Canasta/Pinochle 7:45 DVD Lecture Series</p>	<p>8:00 Strength Training 7 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Transportation Loop <u>10:00 - 12:00 Bernie O'Neill's</u> <u>Traveling Office with Nick Antonini</u> <u>10:30 Art Committee Meeting</u> 10:30 Fit for Life</p>	<p>8:00 Strength Training 8 8:30 Resident Walk <u>9:15 Chair Yoga</u> 10:00 Transportation Loop 10:30 Fit for Life <u>1:30 Charades</u> 4:00 Sketching Group 7:30 Bridge Group 8:00 Billiard Sharks</p>	<p>8:00 Strength Training 9 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Grocery Shopping 10:30 Fit for Life <u>2:00 Phase 10 Card Game</u></p>	<p>8:45 Water Aerobics 10 1:00 Games 7:45 Movie Night</p>
<p><u>1:00 Trivial Pursuit/Scrabble</u> 11 <u>1:00 Ladder Ball</u> <u>2:00 Poker</u> <u>3:00 Stitch & Chat</u></p>	<p>8:00 Strength Training 12 9:00 Aquatic Exercise 9:45 Resident Walk 10:30 Fit for Life <u>11:00 Art Committee Meeting</u> 2:00 Bridge Group <u>7:45 Irish Dancers</u></p>	<p>8:00 Strength Training 13 8:30 Resident Walk 9:30 Coffee & Donuts 10:30 Fit for Life <u>11:30 Event Sharing Meeting</u> 1:00 Canasta/Pinochle <u>2:00 Charades</u> 7:45 DVD Lecture Series</p>	<p>8:00 Strength Training 14 9:00 Aquatic Exercise 9:45 Resident Walk <u>10:15 Manor Board Meeting</u> 10:00 Transportation Loop 10:30 Fit for Life <u>3:00 Happy Hour</u></p>	<p>8:00 Strength Training 15 8:30 Resident Walk 10:00 Transportation Loop 10:30 Fit for Live <u>2:00 Bingo with Grab Bag Prizes</u> 4:00 Sketching Group 7:30 Bridge Group 8:00 Billiard Sharks</p>	<p>8:00 Strength Training 16 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Grocery Shopping 10:30 Fit for Life</p>	<p>8:45 Water Aerobics 17 1:00 Games 7:45 Movie Night</p>
<p><u>1:00 Trivial Pursuit /Scrabble</u> 18 <u>1:00 Ladder Ball</u> <u>2:00 Poker</u> <u>3:00 Stitch & Chat</u></p>	<p>8:00 Strength Training 19 9:00 Aquatic Exercise 9:45 Resident Walk 10:30 Fit for Life 2:00 Bridge Group <u>2:30 Philadelphia Museum of Art presents "Late Renoir"</u> <u>7:30 Mah Jongg</u></p>	<p>8:00 Strength Training 20 8:30 Resident Walk 9:30 Coffee & Donuts 10:30 Fit for Life 1:00 Canasta/Pinochle <u>2:00 Wii Crosswords</u> 7:45 DVD Lecture Series</p>	<p>8:00 Strength Training 21 <u>8:30 - 9:30 Blood Pressure Screening</u> 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Transportation Loop 10:30 Fit for Life <u>2:00 Resident Association Meeting</u></p>	<p>8:00 Strength Training 22 8:30 Resident Walk <u>9:15 Chair Yoga</u> 9:45 - 10:15 Billiards 10:00 Transportation Loop 10:30 Fit for Life 4:00 Sketching Group 7:30 Bridge Group 8:00 Billiard Sharks</p>	<p>8:00 Strength Training 23 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Grocery Shopping 10:30 Fit for Life <u>1:30 Charades</u></p>	<p>8:45 Water 24 1:00 Games 7:45 Movie Night</p>
<p><u>1:00 Trivial Pursuit /Scrabble</u> 25 <u>1:00 Ladder Ball</u> <u>2:00 Poker</u> <u>3:00 Stitch & Chat</u></p>	<p>8:00 Strength Training 26 9:00 Aquatic Exercise 9:45 Resident Walk 10:30 Fit for Life 2:00 Bridge Group <u>7:30 Mah Jongg</u></p>	<p>8:00 Strength Training 27 8:30 Resident Walk 9:30 Coffee & Donuts 10:30 Fit for Life <u>10:00 Parx Casino</u> 1:00 Canasta/Pinochle 7:45 DVD Lecture Series</p>	<p>8:00 Strength Training 28 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Transportation Loop 10:30 Fit for Life <u>7:45 Central Park DVD</u></p>	<p>8:00 Strength Training 29 8:30 Resident Walk 9:45 - 10:15 Billiards 10:00 Transportation Loop 10:30 Fit for Life <u>1:30 Charades</u> 4:00 Sketching Group 7:30 Bridge Group 8:00 Billiard Sharks</p>	<p>8:00 Strength Training 30 9:00 Aquatic Exercise 9:45 Resident Walk 10:00 Grocery Shopping 10:30 Fit for Life <u>3:00 - 3:30 Birthday Club</u></p>	<p>8:45 Water 31 1:00 Games 7:45 Movie Night</p>