

JULY 2024

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|--|---|
|  | 9:30 Bus Walmart 1 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Noodle Ball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR) | 9:00 Light and lively (AR) 2 10:00 Episcopal Church Services (AR) 10:00 Tech Help (AR) 1:00 Bingo (AR) 2:00 Juice Shakes (B) 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 3 10:00 Bible Study w/Andy (AR) 10:00 Movement & Balance (TR) 10:00 Dining Room Service meeting w/Josh (ILDR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Meet & Greet (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 4 10:00 VA Coffee Hour (AR) 1:00 Bingo (AR) 1:00 Gym Fitness 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 5 10:00 Flyswatter Volleyball (AR) 10:00 Manicure (AR) 2:30 Happy Hour (AR) 5:30 Movie Cinema (TR) | 9:00 Light & lively (AR) 6 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR) |
| 9:00 Light & lively (AR) 7 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR) | 9:30 Bus Safeway 8 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Ladder Toss (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR) | 9:00 Light and lively (AR) 9 9:30 Mount Vernon Library (L) 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (TR) 10:00 Tech Help (AR) 1:00 Bingo (AR) 2:00 Juice Shakes (B) 5:30 Movie Cinema (TR) | 9:00 Light Lively (AR) 10 10:00 Bible Study w/Andy (AR) 10:00 Book Club (B) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Sweet Sensations/Jason Lloyd (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 11 10:00 VA Coffee Hour (AR) 10:00 IL Residents Meeting (ILDR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Qigong (TR) 2:00 Gym Fitness 2:30 AL Resident Meeting (AR) 4:00 Free Hearing Aid Cleaning (AR) 5:30 Movie Cinema (TR) | Take Away Table 12 9:00 Light & Lively (AR) 9:30 Bus Skagit Casino 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 2:30 Happy Hour (AR) 5:30 Movie Cinema (TR) | 9:00 Light & lively (AR) 13 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR) |
| 9:00 Light & Lively (AR) 14 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR) | 9:30 Bus Fred Meyer 15 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Noodle Ball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR) | 9:00 Light and lively (AR) 16 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (TR) 10:00 Tech Help (AR) 1:00 Bingo (AR) 2:00 Juice Shakes (B) 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 17 10:00 Bible Study w/Andy (AR) 10:00 Hawthorne Presentation (LV) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Stretching w/Jana (TR) 2:00 Sweet Sensations/Stan Wing (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) | 9:30 Veterans Breakfast (AR) 18 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 5:30 Movie Cinema (TR) | 9:00 Light & Lively (AR) 19 9:30 Bus Skagit Valley Food Co-op & Eatery 10:00 Flyswatter Volleyball (AR) 2:30 Happy Hour (AR) 5:30 Movie Cinema (TR) | 9:00 Light & lively (AR) 20 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR) |
| 9:00 Light & lively (AR) 21 10:00 TV church services (TR) 1:30Taste & Tell w/Polla (AR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR) | 9:30 Bus Grocery Outlet 22 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Ladder Toss (AR) 5:30 Movie Cinema (TR) | 9:00 Light and lively (AR) 23 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (TR) 10:00 Tech Help (AR) 1:00 Bingo (AR) 1:00 Elder Law Presentation: Wills Trusts, POA's (TR) 2:00 Juice Shakes (B) 5:30 Movie Cinema (TR) | 9:00 Light & lively (AR) 24 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 10:00 Movement & Balance (TR) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 1:15 Cardio Drumming (TR) 2:00 Sweet Sensation/David Lee Howard (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) | 9:00 Foot Care Nurse 25 9:00 Light & Lively (AR) 10:00 VA Coffee Hour (AR) 10:00 Park Walk 1:00 Bingo (AR) 1:15 Tai-Chi (TR) 2:00 Gym Fitness 3:00 Music w/WA Old Time Fiddlers Assoc (LV) 5:30 Movie Cinema (TR) | Take Away Table 26 9:00 Light & Lively (AR) 9:30 Bus Museum Northwest Art La Conner/Lunch 10:00 Manicure (AR) 10:00 Flyswatter Volleyball (AR) 10:00 Manicures 2:00 Happy Hour w/Mary Whiton (LV) (AR) 5:30 Movie Cinema (AR) | 9:00 Light & lively (AR) 27 9:30 Coffee & News (AR) 10:00 Cornhole (AR) 1:00 Bingo (AR) 3:00 Trivia (AR) 5:30 Movie Cinema (TR) |
| 9:00 Light & Lively (AR) 28 10:00 TV Church Services (TR) 1:00 Sunday Matinee (TR) 3:00 Flyswatter Volleyball (AR) 5:30 Movie Cinema (TR) | 9:30 Bus Fred Meyer 29 10:00 Meet & Greet Eldercare Chaplains (AR) 1:00 Bunco (B) 1:00 Movie/Documentary (LV) 2:00 Noodle Ball (AR) 3:30 Zumba (LV) 5:30 Movie Cinema (TR) | 8:00 Men's Breakfast w/Maintenance Team (AR) 30 10:00 Episcopal Church Services (TR) 10:00 Fitness Class (TR) 10:00 Tech Help (AR) 1:00 Bingo (AR) 5:30 Movie Cinema (TR) | 9:00 Light & lively (AR) 31 10:00 Bible Study w/Judy (LV) 10:00 Book Club (B) 1:00 Pinochle (B) 1:00 Sherry's Designs (L) 2:00 Birthday Bash w/ The Esquires (LV) 3:00 Documentary Series (TR) 5:30 Movie Cinema (TR) | | | |