










# Independent & Assisted Living Calendar JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Happiest of Birthdays To:</i></p> 	<p>7/1 Donna M. 7/9 Jane C. 7/12 Ralph R. 7/12 Gary R. 7/18 Jean M. 7/27 Edna H.</p>				<p>9:30 Sit &amp; Fit <sup>1</sup> 11:00 Catholic Communion 2:30 Team Trivia &amp; Ice Tea</p>	<p>9:30 Sit &amp; Fit <sup>2</sup> <b>*Manor Mart</b> 2:30 Cards &amp; Games Social in the Gathering Place <i>*Get together for Euchre!</i></p>
<p>6:00 TV Mass Ch 9 <sup>3</sup> 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7</p> 	<p>9:30 Sit &amp; Fit <sup>4</sup> *Manor Mart CLOSED 2:30 Cards &amp; Games <b>*Wear your Red, White &amp; Blue</b></p> 	<p>9:30 Sit &amp; Fit <sup>5</sup> 2:30 Tuesday Matinee &amp; Popcorn</p>	<p>9:30 Sit &amp; Fit <sup>6</sup> <b>Manor Mart Open</b>  10:00-11:00 <b>Shake of the</b></p>	<p>9:30 Sit &amp; Fit- Chair Yoga with Jennifer <sup>7</sup> 10:00 Coffee Clutch <b>2:30 July Birthday Celebration with Susan Frankland Music!</b></p>	<p>9:30 Sit &amp; Fit <sup>8</sup> 11:00 Catholic Communion <b>2:30 -4:00 Millie's Nail Oasis open</b></p>	<p>9:30 Sit &amp; Fit <sup>9</sup> <b>Manor Mart Open</b> 2:00-3:00 2:30 Cards &amp; Games Social in the Gathering Place</p>
<p>6:00 TV Mass Ch 9 <sup>10</sup> 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7</p>	<p>9:30 Sit &amp; Fit - Chair Yoga with Jennifer <sup>11</sup> <b>Manor Mart Open</b> 10:00-11:00</p>	<p>9:30 Sit &amp; Fit <sup>12</sup> <b>10:00 Devil's Lake Outing (for those signed up)</b> 2:30 July Fun Facts &amp; Snacks Table</p>	<p>9:30 Sit &amp; Fit <sup>13</sup> <b>Manor Mart Open</b> 10:00 -11:00 <b>Shake of the Day!</b> 2:30 Bingo </p>	<p>9:30 Sit &amp; Fit- Chair Yoga with Jennifer <sup>14</sup> 10:00 Coffee Clutch <b>2:30 BLINGO</b> <b>6:15: *Concerts in the Park Outing for those signed up</b></p>	<p>9:30 Sit &amp; Fit <sup>15</sup> 11:00 Catholic Communion <b>2:30 Watermelon Happy Hour</b></p> 	<p>9:30 Sit &amp; Fit <sup>16</sup> <b>Manor Mart Open</b> 2:00-3:00 2:30 Cards &amp; Games Social in the</p>
<p>6:00 TV Mass Ch 9 <sup>17</sup> 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7</p>	<p><b>9:00 Voting (in the Family Lounge)</b> <sup>18</sup> 9:30 Sit &amp; Fit- Chair Yoga with Jennifer <b>Manor Mart Open</b> 10:00-11:00 2:30 Cards &amp; Games</p>	<p>9:30 Sit &amp; Fit <sup>19</sup> 2:30 Lemonade &amp; Charades</p>	<p>9:30 Sit &amp; Fit Cardio Drumming <sup>20</sup>  <b>Manor Mart Open</b> 10:00-11:00 <b>Shake Of The Day!</b></p>	<p>9:30 Sit &amp; Fit Chair Yoga with Jennifer <sup>21</sup> 10:00 Coffee Clutch <b>2:30 POOL Party!</b></p>	<p>9:30 Sit &amp; Fit <sup>22</sup> 11:00 Catholic Communion <b>2:30 Strawberries &amp; Ice Cream Social</b></p>	<p>9:30 Sit &amp; Fit <sup>23</sup> <b>Manor Mart Open</b> 2:00-3:00 2:30 Cards &amp; Games Social in the Gathering Place</p>
<p>6:00 TV Mass Ch 9 <sup>24</sup> 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7</p>	<p>9:30 Sit &amp; Fit- Chair Yoga with Jennifer <sup>25</sup> <b>Manor Mart Open</b> 10:00-11:00</p>	<p>9:30 Sit &amp; Fit <sup>26</sup> <b>10:30 Park Picnic (For those signed up)</b> 2:30 Wine &amp; Crafts</p>	<p>9:30 Sit &amp; Fit Cardio Drumming <sup>27</sup>  <b>Manor Mart Open</b> 10:00-11:00 <b>Shake Of The</b> </p>	<p>9:30 Sit &amp; Fit- Chair Yoga with Jennifer <sup>28</sup> 10:00 Coffee Clutch 2:30 Armchair Travel To Ghana <b>5:00 Fine Dining Event</b> <b>6:15 Concerts in the Park outing for those signed up</b></p>	<p>9:30 Sit &amp; Fit <sup>29</sup> 11:00 Catholic Communion <b>2:30 -4:00 Millie's Nail Oasis Open</b></p>	<p>9:30 Sit &amp; Fit <sup>30</sup> <b>Manor Mart Open</b> 2:00-3:00 2:30 Cards &amp; Games Social in the Gathering Place</p>
<p>6:00 TV Mass Ch 9 <sup>31</sup> 7:00 TV Mass Ch 14 10:00 TV Lutheran Church Ch 7</p>	<p><b>11:00 WaunaFest Parade &amp; Picnic Lunch</b></p> 