

July 2022

Four Seasons Retirement Community
RC

US/Eastern (EDT)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|--|--|--|---|---|-------------------------------------|
| | | | | | 1 | 2 |
| | | | | | 11:00am Range of Motion Exercise, <i>EL</i> 1:30pm Bingo, <i>RCAR</i> 3:00pm Catholic Communion Service, <i>C</i> | 2:00pm Afternoon Movie, <i>RCAR</i> |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11:00am Chapel, <i>C</i> | 11:30am Fourth of July Lunch, <i>DR</i> | 11:00am Balance & Strength Class, <i>EL</i> 2:00pm Reminiscing Game, <i>DRL</i> 3:30pm Community Update, <i>C</i> | 9:00am Kroger, <i>FE</i> 11:00am Range of Motion Exercise, <i>EL</i> | 10:30am Bible Study, <i>RCAR</i> 11:00am Balance & Strength Class, <i>EL</i> 3:30pm First United Methodist Chapel Service, <i>C</i> | 11:00am Range of Motion Exercise, <i>EL</i> 1:30pm Bingo, <i>RCAR</i> 3:00pm Catholic Communion Service, <i>C</i> | 2:00pm Afternoon Movie, <i>RCAR</i> |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 11:00am Chapel, <i>C</i> | 9:00am Rabbit the Barber, <i>FE</i> 11:00am Chair Exercise Video, <i>EL</i> 2:00pm Chat with Karen, <i>DRL</i> | 10:15am Bookmobile, <i>FE</i> 11:00am Balance & Strength Class, <i>EL</i> 2:00pm Pack School Backpacks, <i>RCAR</i> | 9:00am Walmart Trip, <i>FE</i> 9:00am Mender Service Drop off, <i>FE</i> 11:00am Range of Motion Exercise, <i>EL</i> 11:30am Birthday Celebration Lunch, <i>PDR</i> | 10:30am Bible Study, <i>RCAR</i> 11:00am Balance & Strength Class, <i>EL</i> | 11:00am Range of Motion Exercise, <i>EL</i> 1:30pm Bingo, <i>RCAR</i> 3:00pm Catholic Communion Service, <i>C</i> | 2:00pm Afternoon Movie, <i>RCAR</i> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 11:00am Chapel, <i>C</i> | 11:00am Chair Exercise Video, <i>EL</i> 2:00pm Book Club, <i>RCAR</i> | 10:00am Lunch Outing to Clifty Falls State Park, <i>FE</i> 11:00am Balance & Strength Class, <i>EL</i> | 9:00am Kroger, <i>FE</i> 11:00am Range of Motion Exercise, <i>EL</i> | 10:30am Bible Study, <i>RCAR</i> 11:00am Balance & Strength Class, <i>EL</i> 1:30pm Family Chiropractic & Wellness Event, <i>PDR</i> 3:30pm St. Peter's Lutheran Service, <i>C</i> | 11:00am Range of Motion Exercise, <i>EL</i> 1:30pm Bingo, <i>RCAR</i> 3:00pm Catholic Communion Service, <i>C</i> | 2:00pm Afternoon Movie, <i>RCAR</i> |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 11:00am Chapel, <i>C</i> | 11:00am Chair Exercise Video, <i>EL</i> 2:00pm Christmas In July Party, <i>DRL</i> | 10:00am Resident Council, <i>RCAR</i> 10:15am Bookmobile, <i>FE</i> 11:00am Balance & Strength Class, <i>EL</i> 2:00pm Bingo Challenge, <i>RCAR</i> | 9:00am Walmart Trip, <i>FE</i> 11:00am Range of Motion Exercise, <i>EL</i> 2:00pm Pina Colada Cake in a Mug, <i>RCAR</i> | 10:30am Bible Study, <i>RCAR</i> 11:00am Balance & Strength Class, <i>EL</i> 1:30pm Just Because Popcorn, <i>RCAR</i> | 11:00am Range of Motion Exercise, <i>EL</i> 1:30pm Bingo, <i>RCAR</i> 3:00pm Catholic Communion Service, <i>C</i> | 2:00pm Afternoon Movie, <i>RCAR</i> |
| 31 | | | | | | |
| 11:00am Chapel, <i>C</i> | | | | | | |

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| AWL = "A" Wing Lounge | CL = Card Lounge | C = Chapel | DR = Dining Room | DRL = Dining Room Lounge | DP = Dog Park |
| EL = Exercise Lounge | EL = Exersice Lounge | FE = Front Entrance | L = Library | M-L = M-L Lounge | NHL = North Hall Lounge |
| PDR = Private Dining Room | PL = Puzzle Lounge | RCAR = RC Activity Room | RC = Residential Center | SL = Seasons Lounge | |