

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ILD-Independent Living Dining CC-Coffee Cafe AR- Activity Room Mail Delivery is Monday thru Saturday	CMR-Comm. Room CH-Chapel	<b>NRVC July 2022 Activity Calendar</b>			1 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Color me calm / word find & 4th of July snacks (AR)	2
3 <b>Vonnie Gone July 4-8</b>	4 <b>Independence Day - Michelle and Haley gone</b> 9:00 Exercise (CH) 9:25 Yoga (CH) 1:00 Tabletop Games (CC) 2:30 Men's Club (AR) 2:30 Tea Time (CC)	5 9:00 Exercise (CH) 1:00 Tabletop Games (CC) <b>2:30 Tenant Meeting (ILD)</b> <b>NO TRAVEL TUESDAY</b>	6 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Wii Bowling (CH) 1-3:30 Foot Care Public Health Sign up at front desk (CMR 2nd floor in MAIN building) \$26.00 due at time of service	7 9:00 Exercise (CH) 10:30 Chapel with Pastor Tom (CH) 2:30 BINGO (ILD)	8 9:00 Exercise (CH) 9:25 Yoga (CH)  <b>Haley Gone July 8</b>	9
10	11 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 1:00 Tabletop Games (CC) 2:30 Men's Club (AR) 2:30 Tea Time (CC)	12 9:00 Exercise (CH) 1:00 Tabletop Games (CC) 1:30 Farkle (AR) 2:15 Travel Tuesday (CH) <b>2:30 Knowledge at Northridge (CH Main Building) Must RSVP at front desk</b>	13 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Wii Bowling (CH) 3:30 Movie night (CH)	14 9:00 Exercise (CH) 10:30 Chapel (CH) with Pastor Tom (CH) 2:30 BINGO (ILD)	15 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Trivia (CH)	16 <b>Michelle Gone July 14-18</b>
17	18 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 1:00 Tabletop Games (CC) 2:30 Men's Club (AR) 2:30 Tea Time (CC)	19 9:00 Exercise (CH) 1:00 Tabletop Games (CC) 1:30 Farkle (AR) 2:15 Travel Tuesday (CH)	20 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Wii Bowling (CH) 4:00 Live Music: Two Guys Named Dave (ILD)	21 9:00 Exercise (CH) 10:30 Chapel with Pastor Tom (CH) 2:30 BINGO (ILD)	22 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Watermelon Bowling (front of building)	23
24  31	25 9:00 Exercise (CH) 9:25 Yoga (CH) 1:00 Tabletop Games (CC) 2:30 Men's Club (AR) 2:30 Tea Time (CC) 3:30 Happy Hour (ILD) <b>National Wine &amp; Cheese Day (ILD)</b>	26 9:00 Exercise (CH) <b>12:00 Lunch &amp; Learn (CH Main Building) Must RSVP at front desk</b> 1:00 Tabletop Games (CC) 1:30 Farkle (AR) 2:15 Travel Tuesday (CH)	27 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Wii Bowling (CH)	28 9:00 Exercise (CH) 10:30 Chapel with Pastor Tom (CH) 2:30 BINGO (ILD)	29 9:00 Exercise (CH) 9:25 Yoga (CH) 9:50 Exercise: Level 2 (CH) 2:30 Group outing to Ada Hayden park (RSVP at front desk)	30