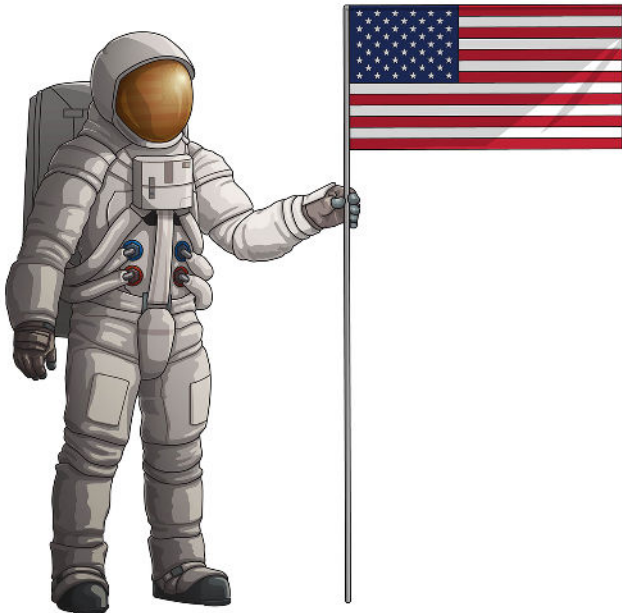


JULY

Sunday			Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MC MP B DR L CR GR T FC	Memory Care Multipurpose Rm Bistro Dining Rm Lobby Craft Rm Game Rm Theater Fitness Ctr	(1st Fl) (1st Fl) (1st Fl) (1st Fl) (1st Fl) (2nd Fl) (2nd Fl) (3rd Fl) (3rd Fl)			1 10:00 - Perk, Pastries, & Chronicles (B) 11:30 - Spiritual Study Group: David & Goliath (B) 1:00 - AMERICA TV Series: The Story of Us - Westward (T) 3:00 - EXERCISE: Group Physical Therapy w/ Mallory (she's back!!!) (FC) 3:30 - America 250- The Revolution: 10 Unheard Voices - Discussion & take-home study (B)	2 10:30 - Virtual Bowling Game (MR) 11:30 - Forever Fit Exercise *Tue./Thur. with Memory Care (MC) 1:00 - AMERICA TV Series: The Story of Us - Division (T) 2:00 - Fourth of July themed BINGO (B) 3:30 - HOLIDAY Happy Hour! Wear your best Red, White, & Blue! (B) 6:30 - Patriotic Sing-along w/ Jeanne & Duaine (L)	3 Due to the holiday weekend, scheduled activities will be reduced. We hope everyone enjoys the extra time to relax & celebrate. Regular programming will resume Monday! 9:45 - Forever Fit Exercise (FC) 11:15 - Resident Walking Club & Birdwatchers Club (L) 12:45 -Memory Cafe: Alzheimer's & Dementia Support Group (MR) 1:30 - Popcorn & Movie: The Blue Angels (T) 3:30- No Happy Hour today 4:00 - AMERICA TV Series: The Story of Us -Heartland (B) 8:30 - Bistro: DSM 32nd Annual Yankee Doodle Pops Concert on the capital lawn LIVE KCCI & IPR Radio	4  1:00 - Resident Led Social: Open Pool Game (GR) 3:00 -Resident Led Game: Virtual Bowling Game (MR) 4:00 -AMERICA TV Series: The Story of Us -Civil War(T)
5 9:30 - Lutheran Church of Hope Livestreamed Service (T) 10:30 - Resident Led Activity: Game Room w/ "Downton Abbey" (GR) 3:30 - Resident Led Activity: Game Room w/ "The Durells in Corfu" TV (GR) *No AMERICA: The Story of Us - Today*	* 6 9:45 - Forever Fit Exercise (FC) 10:30 - Men's Group (DR) 1:30 - Women's Coffee (B) 3:30- Resident Led Dice Game: Left, Right, Center (CR) 4:00 - AMERICA TV Series: The Story of Us - Cities (T) 4:00 - Cranium Crunches Group & Take Games (CR) Happy Birthday Vi M.! Happy Birthday Jeanne O.!	7 9:45 - Birdwatchers & Walking Clubs (Library) 10:30 - Bus: ALDI (L) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 1:00 - Movie Matinee: Sheep Detectives (T) 1:30 -Bus: Steak'N'Shake (L) 2:00 - Parkinson's Support Group (MR) 3:00 - BINGO! (B) 4:00 - AMERICA TV Series: The Story of Us - Boom! (T)	8 10:00 - Perk, Pastries, and Chronicles (B) 10 -10:30 Hearing Aid Servicing (L) 11:00 - Spiritual Study Group: A Sound of Silence (B) 11:30 - DISCUSSION: In Defense of Humanity -The Popes Paper on Artificial Intelligence (B) 1:00 - AMERICA TV Series: The Story of Us- Bust! (T) 2:00 - Lemonades & Meet'n'Greet w/ new activities coordinator Rachel! (B) 3:00 - Group Physical Therapy w/ Mallory (FC)	9 10:30 - Virtual Bowling Game (MR) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 1:15 -July Activity Calendar: Bring your Highlighter! & Next Month's Planning(B) 1:00 - AMERICA TV Series: The Story of Us - WWII (T) 2:00 - 2:00 - BINGO (B)(B) 3:30 - Resident Led Council (B)	10 *Trixie's Salon by appt.* 9:45 - Forever Fit Exercise (FC) 11:00 - Birdwatchers Club & Walking Club (meets in library) 11:30 - B4 Lunch Challenger: A little friendly competition before lunch! (B) 1:30 - Popcorn & Movie: Arthur the King (T) 3:30 - Happy Hour w/ Live Music (B) Entertainment: The Somebuddies Band *No AMERICA: The Story of Us - Today*	11 1:00 - Resident Led Social: Open Pool Game (GR) 3:00 - Resident Led Activity: Virtual Bowling (MR) 4:00 - AMERICA TV Series: The Story of Us -Superpower (T)		

*Schedule subject to change

* RSVP book is found at the dining room entrance on the wall **

Culinary Suggestion/Comment Box found in Lobby **

Meadowview Programs comment/suggestion box located in the lobby*

JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 10:00 - Catholic Communion (T) 10:30 - Resident Led Activity: Game Room w/ "Downton Abbey" (GR) 2:00 - Lutheran Church of Hope Sunday Recast (T) 3:30 - Resident Led Activity: Puzzles or Games & "The Durells in Corfu" (GR) Happy Birthday Lynda H.!	13 9:50 - Forever Fit Exercise (FC) 10:30 - Men's Group (DR) 11:00 - "Stronger Together" Support Group- All are welcome (MR) 1:00 - Bible Study w/ Redemption Hill Church (B) 1:30 - Women's Coffee (B) 2:45 - In-House Manicures (B) 3:30 - Resident Led Dice Game: Left, Right, Center (CR) 4:00 - America 250- TV Series: America The Story of Us - Finale - Millenium (T)	14 10:00 - HyVee Grocery (L) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 12:30 - Bus: Harbach Center BINGO! Susan calling! (L) 1:00- MOVIE: Girls Just Wanna Have Fun (T) 2:00 - SOCIAL: Cherry Cream French Sodas (B) 3:00 - BINGO! (B) 4:30 - Game: PHASE 10 (B) Happy Birthday Mary H.!	15 10:00 - Perk, Pastries, & Chronicles (B) 11:00 - Spiritual Study Group (B) 2:00 - Bible Study w/ Debbie (B) 3:00 - Group Physical Therapy w/Mallory (FC) 4:00 - CRAFT: Rainbow Suncatchers (CR)	16 10:30 - Virtual Bowling Game (MR) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 1:15 - Virtual Bowling Game (MR) 2:00 - BINGO (B) 3:00 - Mary Kay (B) 4:00 - INTRO to diamond art (CR)	17 9:50 - Forever Fit Exercise (FC) 11:00 - Birdwatchers Club & Walking Club (meets in library) 11:00 - Hymn Sing! (B) 1:30 - Popcorn & Movie: The Jerk w/ Steve Martin (T) 3:30 - Happy Hour (B)	18 SAM'S Salon by appt. 1:00 - Resident Led Social: Open Pool Game (GR) 3:00 - Resident Led Activity: Virtual Bowling (MR)
19 9:30 - Lutheran Church of Hope Livestreamed Service (T) 10:30 - Resident Led Activity: Game Room w/ "Downton Abbey" (GR) 6:00 - Sunday Game Players Group (B) *Game on in MR if available (5:45-6:30)*	20 9:50 - Forever Fit Exercise (FC) 10:30 - Men's Group (DR) 1:30 - Women's Coffee (B) 3:30 - Resident Led Dice Game: Left, Right, Center (CR) 4:00 - Cranium Crunches: Group & Take-homes (B)	21 10:30 - Bus: Target (L) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 1:00- Movie Matinee: Get On Up (James Brown) (T) 1:30 - The Palms Theater IMAX: The Odyssey (2.5-hour runtime) *Recommended to by seats early online* (L) 3:00 - BINGO! (B) 4:15 - The Books Lovers Club - What book are you reading now? (Library)	22 10:00 - Perk, Pastries, & Chronicles (B) 11:30 - Shane presents... (B) 2:00 -WINTER in JULY: Card Painting & Wine (B) 3:00 - Group Physical Therapy w/ Mallory (FC) 4:00 - CARDS: Players group - bring your game or learn a new one! (B)	23 11:30 - Forever Fit Exercise *Tue./Thur. in Memory Care (MC) 1:15 - Virtual Bowling Game (MR) 2:00 - BINGO (B) 3:30 - WINTER in JULY: Ornament Pressing, Cutting, & Prepping (CR) Happy Birthday Millie S.!	24 *Trixie's Salon by appt.* 9:50 - Forever Fit Exercise (FC) 11:00 - Birdwatchers Club & Walking Club (meets in library) 1:30 - Popcorn & Movie: From Time to Time (L) 3:30 - Happy Hour (B)	25 1:00 - Resident Led Social: Open Pool Game (GR) 3:00 - Resident Led Activity: Virtual Bowling (MR) Happy Birthday Carol L.!
26 10:00- Catholic Communion (T) 10:30 - Resident Led Activity: Game Room w/ "Downton Abbey" (GR) 2:00- Lutheran Church of Hope Sunday Recast (T) 3:30 - Resident Led Activity: Game Room w/ "The Durells in Corfu" TV (GR)	27 9:50 - Forever Fit Exercise (FC) 10:30 - Men's Group (DR) 11:00 - "Stronger Together" Support Group- All are welcome (MR) 1:15 - Open Door w/ Idonis(B) 1:45 - Women's Coffee (B) 2:45 - In-House Manicures (B) 3:30 - Resident Led Dice Game: Left, Right, Center (CR) 4:00 - Cranium Crunches: Group & Take-homes (B) Happy Birthday Joyce J.!	28 10:45 - Grub Club: Rookies Sports Bar & Grill (L) 11:30 - Forever Fit Exercise *Tue. & Thu. w/ Memory Care (MC) 1:00- Movie Matinee: Christmas Around the World (T) 1:30 Bus: Fareway Meat & Grocery (L) 3:00 - BINGO! (B) 4:15 Poetry Readers Group - Bring 1 favorite to share (Library) Happy Birthday Jack!	29 10:00 - Perk, Pastries, & Chronicles (B) 11:00 - Spiritual Study Group (B) 1:30 - Decorate for Birthday Party! (B) 2:00- July Birthday Celebration w/ cake & Ice Cream! (B) 3:00 - Group Physical Therapy w/ Mallory (FC) 4:00 - PRESENTATION + Q&A - Medicaid 101 (B)	30 11:30 - Forever Fit Exercise *Tue./Thur. in Memory Care (MC) 1:15 - Virtual Bowling Game (MR) 2:00 - BINGO (B) 3:30 - WINTER in JULY: Ornament Painting (CR)	31 *No Forever Fit Exercise Today (FC) 11:00 - Birdwatchers Club & Walking Club (meets in library) 1:30 - Popcorn & Movie: Candy Cane Lane (L) 3:30 -Happy Hour: New Resident Welcome(B)	Are you a- Painter (Looking for a leader!)? Musician? Christmas Caroler? Have something cool to share? Collector? Storyteller? Theater Actor/ess? Volunteer? Mahjong Player? Holiday Decorator? Fisherperson? Kid/Grandkid musician, poet, singer? Do you have a talent you want to share? We love sharing our talents and want to hear from you!