

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Church Services</b></p> <p>9:00 Sacred Heart Catholic Outing - ML</p> <p>10:00 Catholic Communion - KL</p> <p>10:45 Nondenominational Service - A</p>	<p>9:30 Yoga Class (S)</p> <p>10:00 Carlotta News (S)</p> <p>11:00 Humor Stories (S)</p> <p><b>1:00 WU Apple &amp; Mac Class (JR)</b></p> <p>2:00 Room Visits (S)</p> <p>3:30 Malt Shop Music Social (S)</p> <p>4:30 Matching Game (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Morning Workout (S)</p> <p>10:00 Easy Piano Lessons (S)</p> <p>11:00 Mozart Music Reminiscing(S)</p> <p><b>2:30 WU Fashion Icons Through the Decades (LS)</b></p> <p>3:30 Bingo Social (S)</p> <p>4:30 Minute Mysteries (S)</p> <p>6:30 Evening Activity Basket (S)</p>	<p>9:30 Stretch Class (S)</p> <p>10:00 Art Group (S)</p> <p>11:00 Today in History (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Name 5 (S)</p> <p>3:30 Happy Hour Social (S)</p> <p>4:30 Afternoon Group Rosary (S)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Badminton (P)</p> <p>10:00 Sketch Class: Bald Eagle (S)</p> <p>11:00 History of Independence Day (S)</p> <p>3:00 Spectacular Firework Social</p> <p>3:30 Bingo (S)</p> <p>4:30 Patriotic Sing Along (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Tap Dancing Group (S)</p> <p>10:00 News &amp; Coffee (S)</p> <p>11:00 Trivia (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Wine &amp; Cheese Social (S)</p> <p>4:00 Rummy Card Game (S)</p> <p>6:00 Bible Study with Hope (S)</p>	<p>9:30 Upper Body Workout (S)</p> <p>10:00 Putting Challenge (S)</p> <p>11:00 No Sew Pillows for the Springs (S)</p> <p>2:30 Cherry Blossom Crafts (S)</p> <p><b>3:30-5:00 Music Social with Bob (A)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Dancing to 50's Music (S)</p> <p>6:30 Movie (T)</p>
<p>9:30 Lower Body Exercise (S)</p> <p>10:00 How Chocolate is Made (LS)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Discovering Coco Trees (S)</p> <p>3:00 Sending Coupons to the Troops (S)</p> <p>4:00 Blackjack Game (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Weight Lifting Class (S)</p> <p>10:00 Wellness Hour: Body Hydration (S)</p> <p>11:00 Folk Songs Piano Music (S)</p> <p><b>1:00 WU Apple &amp; Mac Class (JR)</b></p> <p>2:00 Room Visits (S)</p> <p>3:30 Happy Hour Social (S)</p> <p>4:30 News Updates (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Putting Group (P)</p> <p>10:00 Sketch Class: Self Portrait (S)</p> <p>11:00 Oldies but Goodies Tune (S)</p> <p><b>2:30 WU Fashion Icons Through the Decades (LS)</b></p> <p>3:30 Bingo Social (S)</p> <p>4:30 Reminiscing: Your Travels (S)</p> <p>6:30 Evening Activity Basket (S)</p>	<p>9:30 Warm-Up Exercise (S)</p> <p>10:00 Bible Verse Discussion (S)</p> <p>11:00 Bunco Dice Game (S)</p> <p>2:00 Build A Word Game (S)</p> <p>2:30 Room Visits (S)</p> <p>3:30 Wine &amp; Cheese Social (S)</p> <p>4:30 Memory Madness (S)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Morning Workout (S)</p> <p>10:00 Chronicle News (S)</p> <p>11:00 Music Appreciation: Sebastian Bach (S)</p> <p>3:00 Minute Mysteries (LS)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Golf Card Game (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Boxing Exercise (S)</p> <p>10:00 Hymnal Songs of Faith (S)</p> <p>11:00 Group Meditation (S)</p> <p>2:30 DIY Summer Bracelets (S)</p> <p>3:30 Record Music Social (S)</p> <p>4:30 Afternoon Walk (S)</p> <p>6:00 You Be The Judge (S)</p>	<p>9:30 Walking Group (S)</p> <p>10:00 History of Barbershops (S)</p> <p>11:00 Evolution of Hair Styles (LS)</p> <p>2:30 Barbershop Quartet Social (S)</p> <p><b>3:30-5:00 Music Social with Bob (A)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Quartet Music (S)</p> <p>6:30 Movie (T)</p>
<p>9:30 Exercise Class (S)</p> <p>10:00 Trivial Pursuit (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Horseshoe Game (S)</p> <p><b>2:00 Sight Seeing Tour (KL)</b></p> <p>3:00 Exploring Types of Sharks (S)</p> <p>4:00 Sharks Trivia (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Upper Body Exercise (S)</p> <p>10:00 Coffee, News &amp; Donuts (S)</p> <p>11:00 Memory Game (S)</p> <p><b>1:00 WU Apple &amp; Mac Class (JR)</b></p> <p>2:00 Room Visits (S)</p> <p>3:30 Craft Hour (S)</p> <p>4:30 Finish The Lyrics (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Fitness Class (S)</p> <p>10:00 Baking Club: Mini Pies (S)</p> <p>11:00 The Life of Ruby Stevens (S)</p> <p><b>1:30 Resident Council (S)</b></p> <p><b>2:30 WU Fashion Icons Through the Decades (LS)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Hollywood Trivia (S)</p> <p>6:30 Evening Activity Basket (S)</p>	<p>9:30 Movements to Music (S)</p> <p>10:00 Hinduism Discussion (S)</p> <p>11:00 Singing Devotion (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 1950's Music Social (S)</p> <p>4:00 Poker Game (S)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Tap Dancing Class (S)</p> <p>10:00 Glamour Hour (S)</p> <p>11:00 Early 1960's Tunes (S)</p> <p>3:00 Thank You Letters for CNAs (S)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Hand Massage Therapy (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Stretch &amp; Flex Exercise (S)</p> <p>10:00 Hot Topics (S)</p> <p>11:00 Oldies but Goodies Music (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Poetry Reading Social (S)</p> <p>4:00 Blackjack Game (S)</p> <p>6:00 Evening Devotion (S)</p>	<p>9:30 Balance Class (S)</p> <p>10:00 Facts about the Moon (S)</p> <p>11:00 Painting Moon Phases (S)</p> <p>2:30 Upcycle Crafts (S)</p> <p><b>3:30-5:00 Music Social with Jackie (A)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Meditation (S)</p> <p>6:30 Movie (T)</p>
<p>9:30 Chair Aerobics (S)</p> <p>10:00 No Sew Pillows for Animal Shelters (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Putting Game (S)</p> <p>3:00 Opera Group (S)</p> <p>4:00 Bunco Dice Game (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Stretch Band Exercise (S)</p> <p>10:00 News Hour (S)</p> <p>11:00 Classical Piano Music (S)</p> <p><b>1:00 WU Apple &amp; Mac Class (JR)</b></p> <p>2:00 Room Visits (S)</p> <p>3:30 Karaoke Social (S)</p> <p>4:30 Afternoon Humor: Quotes (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Moving to Music (S)</p> <p>10:00 Writers Corner: Summer Treats (S)</p> <p>11:00 Jenga Game (S)</p> <p><b>2:30 WU Fashion Icons Through the Decades (LS)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Trivial Pursuit (S)</p> <p>6:30 Evening Activity Basket (S)</p>	<p><b>9:30 Local Donuts Shop Outing (KL)</b></p> <p>10:00 Art Class (S)</p> <p>11:00 Reminisce: Summer Vacations (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Summer Camp Theme Day Social (S)</p> <p>4:00 Music &amp; Relaxation (S)</p> <p>6:30 Bingo (A)</p>	<p>9:30 Weight Lifting Class (S)</p> <p>10:00 Writers Corner: Current Events (S)</p> <p>11:00 Name the Famous Leo (S)</p> <p>3:00 Thought of the Day (S)</p> <p>3:30 Bingo Social (S)</p> <p>4:30 Inspirational Quotes (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Yoga Class (S)</p> <p>10:00 Judaism Beliefs Discussion (S)</p> <p>11:00 Memorable Quotes (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Piano Social with Rowena (S)</p> <p>4:00 Scrabble Challenge Game (S)</p> <p>6:00 Brain Fitness (S)</p>	<p>9:30 Zumba Class (S)</p> <p>10:00 History of Cowboys (S)</p> <p>11:00 Western Trivia (S)</p> <p>2:30 Crafts Hour (S)</p> <p><b>3:30-5:00 Music Social with Bob (A)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Afternoon Stroll (S)</p> <p>6:30 Movie (T)</p>
<p>9:30 Stretch Class (S)</p> <p>10:00 News Hour (S)</p> <p>10:00 Catholic Communion Service (KL)</p> <p>10:45 Sunday Church (A)</p> <p>11:00 Writers Corner: First Loves (S)</p> <p><b>3:30 Monthly Resident Birthday Social (S)</b></p> <p>4:30 Spades Card Game (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Morning Workout (S)</p> <p>10:00 Current Events (S)</p> <p>11:00 Sentimental Reflections: America's Heritage (S)</p> <p><b>1:00 WU Apple &amp; Mac Class (JR)</b></p> <p>2:30 Room Visits (S)</p> <p>3:30 Happy Hour (S)</p> <p>4:30 Afternoon Walk (S)</p> <p>6:30 Movie (T)</p>	<p>9:30 Aerobics Class (S)</p> <p>10:00 Science &amp; Faith Discussion (S)</p> <p>11:00 Music Reminisce of 1940's (S)</p> <p><b>2:30 WU Fashion Icons Through the Decades (LS)</b></p> <p>3:30 Bingo (S)</p> <p>4:30 Connect 4 Challenge Game (S)</p> <p>6:30 Evening Activity Basket (S)</p>	<p>9:30 Table Tennis Game (S)</p> <p>10:00 Morning Headlines (S)</p> <p>11:00 The Moody Blues Tunes (S)</p> <p>2:00 Room Visits (S)</p> <p>3:00 Meet Your New Neighbor (S)</p> <p>4:00 Art Appreciation: Leonardo da Vinci (S)</p> <p>6:30 Bingo (A)</p>	<p><b>Medical Transportation</b></p> <p>Monday - Friday 8:00 a.m. - 4:00 p.m.</p> <p>Saturday and Sunday No Medical Transportation</p>	<p><b>Carlotta Movie Theater</b></p> <p>Daily Showings 2:00 p.m. 6:30 p.m.</p> <p>If you have any request for a movie please contact Rowena at ext. 7717.</p>	<p><b>Saturday Music Social</b></p> <p>Come down every Saturday to the TC Auditorium for some wine, lite snacks and entertainment. Each Saturday there will be a different performer from 3:30 p.m. - 5:00 p.m.. This is a great way to spend an afternoon.</p>
<p><b>Watermark University</b></p> <p>Watermark University or WU provides meaningful opportunities to learn, teach, and grow, resulting in a life of overall wellbeing. For more information please contact Vanessa at ext. 7789.</p>	<p><b>Color Code</b></p> <p>Blue = Watermark University</p> <p>Green = Outings outside the Community</p> <p>Red = Live Entertainment</p>	<p><b>JULY 2019</b></p> <p><i>The Springs</i></p>			<p><b>ACTIVITY LOCATOR KEY</b></p>	
<p>Calendar subject to change without notice</p>						<p>A- TC Auditorium KL- Koerner Lounge Room LS- Linked Senior Kiosk ML- Main Lobby P- Springs Patio RG- Rose Garden S- Springs T- Theater WU- Watermark University Class</p>