


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Blueberry Month 1 10:00 Let the Bible Speak 10:30 Exercise Tape 6:30 Brookridge Troubadours	10:15 Sittercise 2 1:30 Catholic Mass 2:30 Musical Bingo 3:45 CE Birding Basics W/ Scot Stewart 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 3 10:00 PE Movin' & Groovin' w/Jen 10:30 Decorate for the Parade! 12:30 Tai Chi w/Debi 2:00 Independence Day Parade! 6:30 Bingo	Independence Day 4 1:00 AE Exercise tape 3:30 CE Armchair Explorer	9:15 Morning Coffee and Conversation 5 10:00 Moving for better Balance 1:30 Resident Council 3:00 Crafts w/Debi 6:30 Games w/Kristy	9:00 Manicures /classic TV 6 10:15 Sittercise w/ YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Dave Berry 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 7 2:00 Bowling 3:00 LL Games w/ Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 8 10:30 Exercise Tape 3:30 SS Gospel Hour w/ Dale, Jerry & Bob 6:30 Brookridge Troubadours 6:30 Brookridge Troubadours	10:15 Sitter Yoga w/ YMCA 9 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 10 10:00 PE Movin' & Groovin' w/Jen 12:30 Tai Chi w/Debi 1:30 U.P. Health Systems-"HEALTHY LIVING" 3:00 Crafts w/Debi 6:30 Bingo	9:00 Footcare w/Kate's place 11 10:00 Green Thumbs Up Garden Club 11:00 Trivia 1:00 AE Exercise tape 1:15 Shopko trip 1:30 Rosary w/Fae 3:00 CC Wags & Wiggles- Pet Therapy 3:30 CE Armchair Explorer	9:15 Morning Coffee and Conversation 12 10:00 Moving for better Balance 2:00 "Lake Superior and Tahquamenon Falls"-Dr. James Surrell 4:00 L-C-R- Game 6:30 SS Matters of the Heart	9:00 Manicures /classic TV 13 10:15 Sittercise w/ YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Hour w/Jim Pederson 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 14 2:00 Bowling 3:00 LL Games w/ Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 15 10:30 Exercise Tape 2:30 SS Worship. Service w/ Jim Larson 6:30 Brookridge Troubadours 6:30 Brookridge Troubadours	10:15 Sittercise 16 1:30 Catholic Mass 2:30 Musical Bingo 3:45 CE Birding Basics W/ Scot Stewart 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 17 9:30 U.P. Health and Hospice- Blood Pressure and Diabetic checks 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Jen 3:00 Throw Back Movie Matinee 6:30 Bingo	11:00 Trivia w/ Brian 18 1:00 AE Exercise tape 1:30 Rosary w/Fae 3:00 CC Wags & Wiggles- Pet Therapy 3:30 CE Armchair Explorer	9:15 Morning Coffee and Conversation 19 10:00 Moving for better Balance 3:00 Book Club w/Lynn Brown 6:30 Games w/Kristy	National Lollipop Day! 20 9:00 Manicures /classic TV 10:15 Sittercise w/ YMCA 1:00 Tai Chi w/Kristy 2:00 LL Happy Hour w/Bob Buchkoe 7:00 Movie Night w/ Popcorn	10:15 Exercise Tape 21 2:00 Bowling 3:00 LL Games w/ Friends 6:30 Bingo w/Steve
10:00 Let the Bible Speak 22 10:30 Exercise Tape 6:30 Brookridge Troubadours 6:30 Brookridge Troubadours	10:15 Sitter Yoga w/ YMCA 23 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 24 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 1:30 A Novel Idea (Reading Group) 3:30 Worship w/ Marquette Hope United Methodist 4:00 Art w/Lynn Brown 6:30 Bingo	10:00 Green Thumbs Up Garden Club 25 11:00 Trivia 1:00 AE Exercise tape 1:30 Rosary w/Fae 2:00 Cooking w/Adam 3:00 CC Wags & Wiggles- Pet Therapy 3:30 CE Armchair Explorer	9:15 Morning Coffee and Conversation 26 10:00 Moving for better Balance 2:00 Adventures w/ Fred "Grannot Loma" 4:00 Brookridge Sharp Shooters 6:45 Marquette City Band @ Presque Isle	9:00 Manicures /classic TV 27 10:15 Sittercise w/ YMCA 1:00 Tai Chi w/Debi 2:00 LL Happy Birthday-Happy Hour w/Sunshine Girls 7:00 Movie Night w/Popcorn	10:15 Exercise Tape 28 1:00 Crafts w/Libby and Savanah 2:30 Bowling 3:30 LL Coffee Clutch 6:30 Bingo w/Steve
10:00 Let the Bible Speak 29 10:30 Exercise Tape 6:30 Brookridge Troubadours 6:30 Brookridge Troubadours	National Cheesecake Day! 30 10:15 Sittercise 1:30 Catholic Mass 2:30 Musical Bingo 3:30 Flex & Stretch 4:00 SS Women's Bible Study 6:30 Millionaire w/Dave	9:15 Morning Prayer & Praise 31 10:00 PE Movin' & Groovin' w/Jen 1:00 Tai Chi w/Debi 1:30 Give a Dog a Bone!-making Dog treats for UPAWS 6:30 Bingo	 1901 Division Street Marquette, MI 49855 (906) 225-4488			AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support