












# July 2019 Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7	1	2	3	4	5	6	
	<p>9:30am Weekly Sneak Peek, <i>MP</i></p> <p>10:00am Strength &amp; Circuit Training with Stephanie, <i>MP</i></p> <p>12:00pm Lecture; Albert Kahn, The Architect of Detroit with Wendy Evans, <i>MP</i></p> <p>2:00pm Lecture; Esther The Queen with Julie Chamberlain, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:00pm Musical Evening; Craig Marsden, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i></p> <p>2:00pm Crafts with Dorothy; Create a Decorated Note Pad, <i>CR</i></p> <p>3:00pm Golden Tones Rehearsal, <i>MP</i></p> <p>3:00pm Tea Time Social, <i>CO</i></p> <p>7:15pm Educational Movie; Madagascar, The Land Where Evolution Ran Wild, <i>MP</i></p>	<p>9:30am Brains and Balance Class with Carol, <i>MP</i></p> <p>11:00am Current Events Forum with Linda, <i>MP</i></p> <p>1:00pm Art Class with Chloe, <i>CR</i></p> <p>2:00pm Chef Demo, <i>DR</i></p> <p>3:00pm Smoothie Social, <i>CO</i></p> <p>7:15pm Movie; A Streetcar Named Desire, <i>MP</i></p>	<p>10:00am Super Fitness Class with Stephanie, <i>MP</i></p> <p>3:00pm Hors D'oeuvre Social, <i>CO</i></p> <p>3:00pm 4th of July Barbeque, <i>DR</i></p> <p>8:00pm Musical Evening; A Capitol 4th, <i>MP</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>3:00pm Parfait Social, <i>CO</i></p> <p>7:15pm Movie; Bohemian Rhapsody, <i>MP</i></p>	<p>10:00am Musical Saturday Morning; Oklahoma!, <i>MP</i></p> <p>3:00pm Punch &amp; Tea Sandwich Social, <i>CO</i></p> <p>7:15pm Movie; Three Identical Strangers, <i>MP</i></p>	
7	8	9	10	11	12	13	
<p>11:00am Puzzle Time, <i>CO</i></p> <p>1:00pm Afternoon Movie Yentil, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:15pm Movie; Crazy Rich Asians, <i>MP</i></p>	<p>9:30am Weekly Sneak Peek, <i>MP</i></p> <p>10:00am Strength &amp; Circuit Training with Stephanie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:00pm Musical Evening; Pianist &amp; Vocalist Brian Dishell, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>10:00am Shopping Shuttle, <i>LR</i></p> <p>11:00am Lecture; Things You Didn't Know About The Presidents of the U.S. with Ken Sidlow, <i>MP</i></p> <p>1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i></p> <p>3:00pm Golden Tones Rehearsal, <i>MP</i></p> <p>3:00pm Tea Time Social, <i>CO</i></p> <p>7:15pm Educational Movie; Black Hole Apocalypse, <i>MP</i></p>	<p>9:30am Brains and Balance Class with Carol, <i>MP</i></p> <p>11:00am Current Events Forum with Linda, <i>MP</i></p> <p>1:00pm Art Class with Chloe, <i>CR</i></p> <p>1:30pm Outing; Miniature Golf Adventure, <i>LR</i></p> <p>3:00pm Smoothie Social, <i>CO</i></p> <p>7:15pm Movie; Great Escape, <i>MP</i></p>	<p>10:00am Super Fitness Class with Stephanie, <i>MP</i></p> <p>1:30pm Outing; Hostess Tammy's Custard Shop, <i>LR</i></p> <p>2:00pm Crafts with Dorothy; Create a Beaded Bracelet, <i>CR</i></p> <p>3:00pm Hors D'oeuvre Social, <i>CO</i></p> <p>7:00pm Musical Evening; Ragtime Pianist Peter Bergin, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>3:00pm Parfait Social, <i>CO</i></p> <p>7:15pm Movie; Avalon, <i>MP</i></p>	<p>10:00am Musical Saturday Morning; Flower Drum Song, <i>MP</i></p> <p>3:00pm Ice Cream Social, <i>CO</i></p> <p>7:15pm Movie; The Russians Are Coming The Russians Are Coming, <i>MP</i></p>	
14	15	16	17	18	19	20	
<p>11:00am Puzzle Time, <i>CO</i></p> <p>1:00pm Afternoon Movie; Zorba The Greek, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:15pm Movie; The Way We Were, <i>MP</i></p>	<p>9:30am Weekly Sneak Peek, <i>MP</i></p> <p>10:00am Strength &amp; Circuit Training with Stephanie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:00pm Musical Evening; Featuring Richard Sennema, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>10:00am Shopping Shuttle, <i>LR</i></p> <p>1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i></p> <p>3:00pm Golden Tones Rehearsal, <i>MP</i></p> <p>3:00pm Tea Time Social, <i>CO</i></p> <p>7:15pm Educational Movie; Oceans, <i>MP</i></p>	<p>9:30am Brains and Balance Class with Carol, <i>MP</i></p> <p>11:00am Current Events Forum with Linda, <i>MP</i></p> <p>12:00pm Outing; Let's Go To The Movies! (Exact time and movie TBD), <i>LR</i></p> <p>1:00pm Art Class with Chloe, <i>CR</i></p> <p>3:00pm Smoothie Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>9:30am Outing; Mariner Museum &amp; Lunch at The Marine City Fish Company, <i>LR</i></p> <p>10:00am Super Fitness Class with Stephanie, <i>MP</i></p> <p>3:00pm Hors D'oeuvre Social, <i>CO</i></p> <p>4:30pm Signature Dining Event; Summer Barbeque, <i>DR</i></p> <p>7:00pm Musical Evening, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>3:00pm Parfait Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>10:00am Musical Saturday Morning, <i>MP</i></p> <p>2:00pm Lecture; FDR And The Art Of Presidential Leadership, <i>MP</i></p> <p>3:00pm Punch &amp; Tea Sandwich Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	
01	09	23	24	25	06	27	
<p>11:00am Puzzle Time, <i>CO</i></p> <p>1:00pm Afternoon Movie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>9:30am Weekly Sneak Peek, <i>MP</i></p> <p>10:00am Strength &amp; Circuit Training with Stephanie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:00pm Musical Evening, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>10:00am Shopping Shuttle, <i>LR</i></p> <p>1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i></p> <p>1:30pm Lecture; The Importance of Hydration with Dr. Matoo, <i>MP</i></p> <p>3:00pm Golden Tones Rehearsal, <i>MP</i></p> <p>3:00pm Tea Time Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>9:30am Brains and Balance Class with Carol, <i>MP</i></p> <p>9:30am Outing; Motor City Casino, <i>LR</i></p> <p>11:00am Current Events Forum with Linda, <i>MP</i></p> <p>11:00am Outing; Lunch on the River &amp; Diamond Jack's Detroit River Tour &amp; Cruise, <i>LR</i></p> <p>1:00pm Art Class with Chloe, <i>CR</i></p> <p>3:00pm Smoothie Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>10:00am Super Fitness Class with Stephanie, <i>MP</i></p> <p>11:30am Outing; Lunch at Mon Jin Lau, <i>LR</i></p> <p>3:00pm Signature Event Featuring Pianist Alvin Waddles, <i>LR</i></p> <p>4:00pm Signature Event Reception, <i>BI</i></p> <p>7:15pm Movie, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>3:00pm Meet Your New Neighbors Wine &amp; Cheese Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>10:00am Musical Saturday Morning, <i>MP</i></p> <p>3:00pm Ice Cream Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	
02	09	30	31	MEETING PLACES		DIMENSIONS OF WELLNESS	
<p>11:00am Puzzle Time, <i>CO</i></p> <p>1:00pm Afternoon Movie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>9:30am Weekly Sneak Peek, <i>MP</i></p> <p>10:00am Strength &amp; Circuit Training with Stephanie, <i>MP</i></p> <p>3:00pm Wine and Cheese Social Hour, <i>CO</i></p> <p>7:00pm Musical Evening, <i>LR</i></p>	<p>9:30am Chair Yoga with Linda, <i>MP</i></p> <p>10:00am Shopping Shuttle, <i>LR</i></p> <p>1:00pm Computer/Cell Phone Lab with Dorothy, <i>LI</i></p> <p>3:00pm Golden Tones Rehearsal, <i>MP</i></p> <p>3:00pm Tea Time Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>	<p>9:30am Brains and Balance Class with Carol, <i>MP</i></p> <p>11:00am Current Events Forum with Linda, <i>MP</i></p> <p>1:00pm Art Class with Chloe, <i>CR</i></p> <p>1:00pm Outing; Guided Tour of the New Neighborhood of Old Corktown, <i>LR</i></p> <p>3:00pm Smoothie Social, <i>CO</i></p> <p>7:15pm Movie, <i>MP</i></p>			<p><i>MP</i> - Multipurpose Room</p> <p><i>CO</i> - Conservatory</p> <p><i>LR</i> - Living Room</p> <p><i>LI</i> - Library</p> <p><i>CR</i> - Craft Room</p> <p><i>DR</i> - Dining Room</p> <p><i>BI</i> - Bistro</p>	<p> Physical</p> <p> Spiritual</p> <p> Vocational</p> <p> Intellectual</p> <p> Nutritional</p> <p> Emotional</p> <p> Environmental</p> <p> Social</p> <p> Health Services</p> <p> Purposeful</p>

