Novi Lakes Health Campus
Life Enrichment Calendar

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Outings: Please sign up in Life Enrichment Office $-Denotes a fee involved. Please see Life Enrichment for further details.		1 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch. 103	2 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 All About National Parks Talk 11:00 Rick Steves Ch. 103 2:00 Whiteboard Word Games 3:00 Happy Hour!	3 9:45 Morning Meditation 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103
4 Independence Day 10:00 Exercise 10:00 Exercise Channel 103 11:00 Coffee and Discussion 2:00 Walking Club 3:00 Afternoon Meditation	5 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Rosary Channel 103 11:00 Musical Monday Ch. 103 2:00 Cooking Demo: S'Mores Brownie Crisps 3:00 Bingo!	6 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 2:00 Craft: Firework Canvases 3:00 Campus in Color: Garden Chat/Weeding 5:30 Bingo Store	7 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Catholic Mass-Channel 103 11:00 Craft: Bubble Paintings 2:00 Strawberry Sundae Social 3:00 Soul Fit: Week 1 5:30 Wine Down Wednesday	8 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 2:00 Colorful Games 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch. 103	9 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Whiteboard Word Games 3:00 Happy Hour!	10 9:45 Morning Meditation 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103
11 10:00 Exercise 10:00 Exercise Channel 103 11:00 Coffee and Discussion 2:00 Sundae Bar! 3:00 Afternoon Meditation	12 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Rosary Channel 103 11:00 Musical Monday-Les Miserables Ch. 103 2:00 Cooking Demo: Madeline Cookies 3:00 Bingo	13 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 France Trivia 11:00 Trivia 2:00 Craft: Eiffel Tower Paintings 3:00 Campus in Color: Garden Chat/Weeding 5:30 Snack Cart	14 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Catholic Mass-Channel 103 11:00 Craft: Eiffel Towers 2:00 Movie: Under the Tuscan Sun & Popcorn Ch. 103 3:00 Soul Fit: Week 2 5:30 Wine Down Wednesday with French Wine and	15 Tax Day 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Bistro 11:00 Tour the Louvre Ch. 103 2:00 Gondola Rides 3:00 French Photo Booth 4:30 Theme Dinner!!!	16 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Whiteboard Word Games 3:00 Happy Hour with Paul!	17 9:45 Morning Meditation 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103 2:30 No Regrets

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:00 Exercise 10:00 Exercise Channel 103 11:00 Coffee and Discussion 2:00 Walking Club 2:30 Afternoon Meditation 3:00 Pucker Up Social	19 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Rosary Channel 103 11:00 Musical Monday Ch. 103 2:00 Breyer's Ice Cream Social 3:00 Bingo	20 9:00 Daily Chronicles-RR 10:00 Chef's Corner 10:00 Exercise Channel 103 11:00 Trivia 2:00 Craft: Dried Flower Suncatchers 3:00 Campus in Color: Garden Chat/Weeding 4:00 Fortune Cookie Conversations 5:30 Bingo Store	21 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise 10:00 Exercise Channel 103 10:30 Catholic Mass-Channel 103 11:00 Craft: Sun Catchers 2:00 Movie & Popcorn: Mrs. Doubtfire Ch. 103 3:00 Soul Fit: Week 3 5:30 Wine Down Wednesday	22 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch. 103	23 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Novi Lakes Olympics: Opening Ceremony Social 3:00 Happy Hour!	24 9:45 Morning Meditation 10:00 Exercise Channel 103 10:00 Novi Olympic Games: Discus Throw 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103
25 10:00 Exercise Channel 103 10:00 Novi Lakes Olympic Games: Ribbon Dancing 11:00 Coffee and Discussion 2:00 Walking Club 3:00 Afternoon Meditation	26 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Olympic Games: Ladder Ball 10:30 Rosary Channel 103 11:00 Musical Monday Ch. 103 2:00 Cooking Demo: Coffee Milkshakes 3:00 Bingo	27 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Balloon Tennis 11:00 Resident Council-Assisted Living 11:00 Trivia 2:00 Craft: Plastic Flowers 2:30 Resident Council-Health Center 3:00 Campus in Color:	28 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Javelin Throw 10:30 Catholic Mass-Channel 103 11:00 Craft: Group Flower Poster-HCAR 2:00 Milk Chocolate Social 3:00 Soul Fit: Week 4	29 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Target Shooting 11:00 Trivia 2:00 Outing: Kensington & Dairy Queen-$ 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch.	30 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Whiteboard Word Games 3:00 Happy Hour!	31 9:45 Morning Meditation 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103

Novi Lakes Health Campus
Assisted Living

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		-All activity time and locations are subject to change. -Outings: Please sign up in Life Enrichment Office $-Denotes a fee involved. Please see Life Enrichment for further details. -Outings are weather permitting.		1 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **3:00** Walking Club-Outside Weather Permitting **4:30** Dinner & a Documentary Ch. 103	2 **9:00** Daily Chronicles-RR **10:00** Cardio Drumming **10:00** Exercise Ch. 103 **11:00** All About National Parks Talk **11:00** Rick Steves Ch. 103 **2:00** Whiteboard Word Games **3:00** Happy Hour!	3 **9:45** Morning Meditation **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **1:30** Tunes & Floats **2:30** Afternoon Matinee Ch. 103
4 Independence Day **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Coffee and Discussion **2:00** Walking Club **3:00** Afternoon Meditation **3:30** Spa Day	5 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **10:30** Rosary Channel 103 **11:00** Musical Monday Ch. 103 **2:00** Cooking Demo: S'Mores Brownie Crisps **3:00** Bingo!	6 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **2:00** Craft: Firework Canvases **3:00** Campus in Color: Garden Chat/Weeding **5:30** Bingo Store	7 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **10:30** Catholic Mass-Channel 103 **11:00** Craft: Bubble Paintings **2:00** Strawberry Sundae Social **3:00** Soul Fit: Week 1 **5:30** Wine Down Wednesday	8 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **2:00** Colorful Games **3:00** Walking Club-Outside Weather Permitting **4:30** Dinner & a Documentary Ch. 103	9 **9:00** Daily Chronicles-RR **10:00** Cardio Drumming **10:00** Exercise Ch. 103 **11:00** Rick Steve's Travel Ch. 103 **2:00** Whiteboard Word Games **3:00** Happy Hour!	10 **9:45** Morning Meditation **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **1:30** Tunes & Floats **2:30** Afternoon Matinee Ch. 103
11 **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Coffee and Discussion **2:00** Sundae Bar! **3:00** Afternoon Meditation **3:30** Spa Afternoon	12 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **10:30** Rosary Channel 103 **11:00** Musical Monday-Les Miserables Ch. 103 **2:00** Cooking Demo: Madeline Cookies **3:00** Bingo	13 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **11:00** France Trivia **11:00** Trivia **2:00** Craft: Eiffel Tower Paintings **3:00** Campus in Color: Garden Chat/Weeding **5:30** Snack Cart	14 **9:00** Daily Chronicles-RR **10:00** Exercise **10:00** Exercise Channel 103 **10:30** Catholic Mass-Channel 103 **11:00** Craft: Eiffel Towers **2:00** Movie: Under the Tuscan Sun & Popcorn Ch. 103 **3:00** Soul Fit: Week 2 **5:30** Wine Down Wednesday with French Wine and Brie	15 **9:00** Daily Chronicles-RR **10:00** Exercise Channel 103 **10:00** Novi Lakes Bistro **11:00** Tour the Louvre Ch. 103 **2:00** Gondola Rides **3:00** French Photo Booth **4:30** Theme Dinner!!!	16 **9:00** Daily Chronicles-RR **10:00** Cardio Drumming **10:00** Exercise Ch. 103 **11:00** Rick Steve's Travel Ch. 103 **2:00** Whiteboard Word Games **3:00** Happy Hour with Paul!	17 **9:45** Morning Meditation **10:00** Exercise **10:00** Exercise Channel 103 **11:00** Trivia **1:30** Tunes & Floats **2:30** Afternoon Matinee Ch. 103 **2:30** No Regrets

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18 10:00 Exercise 10:00 Exercise Channel 103 11:00 Coffee and Discussion 2:00 Walking Club 2:30 Afternoon Meditation 3:00 Pucker Up Social	19 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 10:30 Rosary Channel 103 11:00 Musical Monday Ch. 103 2:00 Breyer's Ice Cream Social 3:00 Bingo	20 9:00 Daily Chronicles-RR 10:00 Chef's Corner 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 2:00 Craft: Dried Flower Suncatchers 3:00 Campus in Color: Garden Chat/Weeding 4:00 Fortune Cookie Conversations 5:30 Bingo Store	21 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise 10:00 Exercise Channel 103 10:30 Catholic Mass-Channel 103 11:00 Craft: Sun Catchers 2:00 Movie & Popcorn: Mrs. Doubtfire Ch. 103 3:00 Soul Fit: Week 3 5:30 Wine Down Wednesday	22 9:00 Daily Chronicles-RR 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch. 103	23 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Novi Lakes Olympics: Opening Ceremony Social 3:00 Happy Hour!	24 9:45 Morning Meditation 10:00 Exercise Channel 103 10:00 Novi Olympic Games: Discus Throw 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103
25 10:00 Exercise Channel 103 10:00 Novi Lakes Olympic Games: Ribbon Dancing 11:00 Coffee and Discussion 2:00 Walking Club 3:00 Afternoon Meditation	26 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Olympic Games: Ladder Ball 10:30 Rosary Channel 103 11:00 Musical Monday Ch. 103 2:00 Cooking Demo: Coffee Milkshakes 3:00 Bingo	27 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Balloon Tennis 11:00 Resident Council-Assisted Living 11:00 Trivia 2:00 Craft: Plastic Flowers 2:30 Resident Council-Health Center 3:00 Campus in Color: Garden Chat/Weeding 5:30 Snack Cart	28 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Javelin Throw 10:30 Catholic Mass-Channel 103 11:00 Craft: Group Flower Poster-HCAR 2:00 Milk Chocolate Social 3:00 Soul Fit: Week 4	29 9:00 Daily Chronicles-RR 10:00 Exercise Channel 103 10:00 Novi Lakes Olympics: Target Shooting 11:00 Trivia 2:00 Outing: Kensington & Dairy Queen-$ 3:00 Walking Club-Outside Weather Permitting 4:30 Dinner & a Documentary Ch. 103	30 9:00 Daily Chronicles-RR 10:00 Cardio Drumming 10:00 Exercise Ch. 103 11:00 Rick Steve's Travel Ch. 103 2:00 Whiteboard Word Games 3:00 Happy Hour!	31 9:45 Morning Meditation 10:00 Exercise 10:00 Exercise Channel 103 11:00 Trivia 1:30 Tunes & Floats 2:30 Afternoon Matinee Ch. 103

Novi Lakes Health Campus
Health Center

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality		-All activity time and locations are subject to change. -Outings: Please sign up in Life Enrichment Office $-Denotes a fee involved. Please see Life Enrichment for further details. -Outings are weather permitting.	<u>Birthdays</u>	1 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia V 3:00 Walking Club-Outside Weather Permitting L 4:30 Dinner & a Documentary Ch. 103	2 K 9:00 Daily Chronicles-RR V 10:00 Cardio Drumming V 10:00 Exercise Ch. 103 L 11:00 All About National Parks Talk L 11:00 Rick Steves Ch. 103 K 2:00 Whiteboard Word Games S 3:00 Happy Hour!	3 I 9:45 Morning Meditation V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia M 1:30 Tunes & Floats K 2:30 Afternoon Matinee Ch. 103
4 Independence Day V 10:00 Exercise V 10:00 Exercise Channel 103 MN 11:00 Coffee and Discussion S 2:00 Walking Club I 3:00 Afternoon Meditation I 3:30 Spa Day	5 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 I 10:30 Rosary Channel 103 M 11:00 Musical Monday Ch. 103 CC 2:00 Cooking Demo: S'Mores Brownie Crisps K 3:00 Bingo!	6 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia GF 2:00 Craft: Firework Canvases S 3:00 Campus in Color: Garden Chat/Weeding GF 5:30 Bingo Store	7 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 I 10:30 Catholic Mass-Channel 103 A 11:00 Craft: Bubble Paintings S 2:00 Strawberry Sundae Social 3:00 Soul Fit: Week 1 S 5:30 Wine Down Wednesday	8 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia K 2:00 Colorful Games V 3:00 Walking Club-Outside Weather Permitting L 4:30 Dinner & a Documentary Ch. 103	9 K 9:00 Daily Chronicles-RR V 10:00 Cardio Drumming V 10:00 Exercise Ch. 103 L 11:00 Rick Steve's Travel Ch. 103 K 2:00 Whiteboard Word Games S 3:00 Happy Hour!	10 I 9:45 Morning Meditation V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia M 1:30 Tunes & Floats K 2:30 Afternoon Matinee Ch. 103
11 V 10:00 Exercise V 10:00 Exercise Channel 103 MN 11:00 Coffee and Discussion S 2:00 Sundae Bar! I 3:00 Afternoon Meditation I 3:30 Spa Afternoon	12 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 I 10:30 Rosary Channel 103 M 11:00 Musical Monday-Les Miserables Ch. 103 CC 2:00 Cooking Demo: Madeline Cookies K 3:00 Bingo	13 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 France Trivia K 11:00 Trivia GF 2:00 Craft: Eiffel Tower Paintings S 3:00 Campus in Color: Garden Chat/Weeding S 5:30 Snack Cart	14 K 9:00 Daily Chronicles-RR V 10:00 Exercise V 10:00 Exercise Channel 103 I 10:30 Catholic Mass-Channel 103 A 11:00 Craft: Eiffel Towers S 2:00 Movie: Under the Tuscan Sun & Popcorn Ch. 103 3:00 Soul Fit: Week 2 S 5:30 Wine Down Wednesday with French Wine and Brie	15 K 9:00 Daily Chronicles-RR V 10:00 Exercise Channel 103 S 10:00 Novi Lakes Bistro L 11:00 Tour the Louvre Ch. 103 S 2:00 Gondola Rides V 3:00 French Photo Booth L 4:30 Theme Dinner!!!	16 K 9:00 Daily Chronicles-RR V 10:00 Cardio Drumming V 10:00 Exercise Ch. 103 L 11:00 Rick Steve's Travel Ch. 103 K 2:00 Whiteboard Word Games S 3:00 Happy Hour with Paul!	17 I 9:45 Morning Meditation V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia M 1:30 Tunes & Floats K 2:30 Afternoon Matinee Ch. 103 I 2:30 No Regrets

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25 V 10:00 Exercise Channel 103 V 10:00 Novi Lakes Olympic Games: Ribbon Dancing MN 11:00 Coffee and Discussion S 2:00 Walking Club I 3:00 Afternoon Meditation	**26** K 9:00 Daily Chronicles-RR V 10:00 Exercise Channel 103 V 10:00 Novi Olympic Games: Ladder Ball I 10:30 Rosary Channel 103 M 11:00 Musical Monday Ch. 103 CC 2:00 Cooking Demo: Coffee Milkshakes K 3:00 Bingo	**27** K 9:00 Daily Chronicles-RR V 10:00 Exercise Channel 103 V 10:00 Novi Lakes Olympics: Balloon Tennis S 11:00 Resident Council-Assisted Living K 11:00 Trivia GF 2:00 Craft: Plastic Flowers S 2:30 Resident Council-Health Center S 3:00 Campus in Color: Garden Chat/Weeding S 5:30 Snack Cart	**28** K 9:00 Daily Chronicles-RR V 10:00 Exercise Channel 103 V 10:00 Novi Lakes Olympics: Javelin Throw I 10:30 Catholic Mass-Channel 103 A 11:00 Craft: Group Flower Poster-HCAR S 2:00 Milk Chocolate Social 3:00 Soul Fit: Week 4	**29** K 9:00 Daily Chronicles-RR V 10:00 Exercise Channel 103 V 10:00 Novi Lakes Olympics: Target Shooting K 11:00 Trivia O 2:00 Outing: Kensington & Dairy Queen-$ V 3:00 Walking Club-Outside Weather Permitting L 4:30 Dinner & a Documentary Ch. 103	**30** K 9:00 Daily Chronicles-RR V 10:00 Cardio Drumming V 10:00 Exercise Ch. 103 L 11:00 Rick Steve's Travel Ch. 103 K 2:00 Whiteboard Word Games S 3:00 Happy Hour!	**31** I 9:45 Morning Meditation V 10:00 Exercise V 10:00 Exercise Channel 103 K 11:00 Trivia M 1:30 Tunes & Floats K 2:30 Afternoon Matinee Ch. 103