

# July 2021

Golden Pond Senior Living (AL, IL)

ANY CHANGES TO THE CALENDAR WILL BE POSTED ON THE DAILY WHAT'S HAPPENING (Located at the Front Desk and all Elevators)

Please check daily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>DIMENSIONS OF WELLNESS</b> 	<b>MEETING PLACES</b> MC-DR - MC Dining Room MC-AC - MC Activity Room MC-GR - MC Green Room			<b>1</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>MCAC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>2</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>MCAC</b> 10:00 Micah the Dog, <b>MC-GR</b> 11:30 Lunch, <b>MC-DR</b> 2:00 Live Music w/ Jerry Lopes, <b>MCAC</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>3</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>
<b>4</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>5</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Painting Time, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>6</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:45 Exercise with Andre, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Live Music with Skip Morgan, <b>MC-AC</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>7</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:45 Exercise with Andre, <b>GR</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>8</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>9</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Micah the Dog, <b>MC-GR</b> 10:30 Live Music w/Rich Turnage, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>10</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>
<b>11</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>12</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Painting Time, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>13</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>14</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:45 Exercise with Andre, <b>GR</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 3:30 Alvin The Musician, <b>MC-AC</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>15</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>16</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 10:00 Micah the Dog, <b>MC-GR</b> 11:30 Lunch, <b>MC-DR</b> 3:15 Live Music with Linda Bracamonte, <b>MC-AC</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>17</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>
<b>18</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>19</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Painting Time, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>20</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>21</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:45 Exercise with Andre, <b>MC-GR</b> 10:00 Coffee & Chronicles, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>22</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:30 Art Reveals w/Artisan Mind, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>23</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 10:00 Micah the Dog, <b>MC-GR</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>24</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>
<b>25</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>26</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Painting Time, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>27</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>28</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:45 Exercise with Andre, <b>MC-GR</b> 10:00 Coffee & Chronicles, <b>MC-AC</b> 11:30 Lunch, <b>MC-DR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>29</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>30</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 10:00 Micah the Dog, <b>MC-GR</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>GR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>	<b>31</b> 8:00 Breakfast Time, <b>MC-DR</b> 9:40 Morning Stretch, <b>MC-AC</b> 10:00 Coffee & Chronicles, <b>AC</b> 11:30 Lunch, <b>MC-DR</b> 1:00 Creative Expressions, <b>MGR</b> 4:30 Dinner, <b>MC-DR</b> 6:30 Evening Games, <b>MC-AC</b> 6:30 Evening Snack, <b>MC-DR</b>