

SUN	MON	TUE	WED	THUR	FRI	SAT
					8:00 AM Morning Stretch (Channel 901) 8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901) 9:00 AM Errand Express -Douglassville Loop 9:30 AM Encouraging Ourselves - Dr. Charles Stanley (Channel 901) 10:15 AM Meditation w/Donna (Theater) 12:30 PM Art Class (Community Room) 1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 1:30 PM Waffles & Ice-cream w/ Donna & Michele (Bottle Bar) 2:00 PM Poker (3rd Floor West Rear) 3:00 PM Catholic Church Service w/ Deacon Paul from Immaculate Conception Church (Theater) 3:15 PM Bowling w/Michele (3rd Floor Bridge) 3:30 PM Rosary (Channel 901) 6:30 PM Shuffleboard (2nd Floor Game Room) 6:30 PM Movie Night (Theater) 9:00 PM Instant Calming & Relaxation (Channel 901)	8:00 AM Chair Stretches (Channel 901) 9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901) 10:00 AM Morning Positive Energy- Guided Meditation (Channel 901) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Afternoon Movie (Theater) 1:00 PM Cornhole Practice- Resident Run (Community Room) 1:30 PM Chair Travel-25 Greatest Natural Wonders of the World (Channel 901) 2:30 PM Bingo w/Jenna (Community Room) 3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901) 6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)
HAPPY BIRTHDAY MARIE DESTEFANO DEEP FRIED CLAM DAY 7:00 AM Chair Yoga for Seniors (Channel 901) 8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901) 8:30 AM Catholic Sunday Mass (Channel 901) 9:30 AM Pottstown Presbyterian Sunday Service (Channel 901) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Afternoon Movie (Theater) 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 2:00 PM Ice Cream Floats w/Jenna (Bottle Bar) 3:00 PM Patriotic Entertainment w/ Steve Walker (Atrium) 6:30 PM Movie Night (Theater) 8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)	Independence Day NATIONAL BBQ DAY 8:00 AM 10 Minute Morning Stretch (Channel 901) 9:30 AM MORNING ENCOURAGEMENT Start Your Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901) 10:15 AM Chair Dancing w/ Joanne (Community Room) 1:00 PM 4th Of July - Independence Day Documentary (Channel 901) 1:00 PM Patriotic Music by Steven Simpson (Back Patio Weather Permitting or Atrium) 1:00 PM Sassy Stitchers (2nd Floor Kitchen) 3:00 PM Bingo (Community Room) 4:00 PM Tom on piano (Living Room) 6:30 PM Shuffleboard (2nd Floor Game Room) 6:30 PM Movie Night (Theater) 8:00 PM Disney's Celebrate America Fourth of July Fireworks at The Magic Kingdom (Channel 901) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)	8:00 AM Morning Stretch (Channel 901) 8:30 AM Men's Breakfast (Dining Room) 9:00 AM Errand Express- Walmart Please sign up in Activity Binder 10:00 AM St Gabe's Pre School Reading Group (Living Room) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Outing to Upland Square & Kiwi Yogurt 1:00 PM Bible Study (Theater) 1:00 PM Energizing Chair Yoga (Channel 901) 2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater) 3:00 PM Dining Services Meeting (Dining Room) 3:00 PM Sit and Be Fit "On the Beach" (Channel 901) 3:45 PM Happy Hour w/ Beer & Wine (Back Patio Weather Permitting) 6:30 PM Movie Night (Theater) 6:30 PM Pool League (2nd Floor Game Room) 9:00 PM Relaxing Sleep Meditation (Channel 901)	FRIED CHICKEN DAY 8:00 AM Safe Stretching (Channel 901) 9:00 AM 7 Helpful Hand Exercises (Channel 901) 10:00 AM Seated Tai Chi W/Betsy (Community Room) 10:30 AM Blood Pressure Clinic (PDR) 12:30 PM Mini Manicures w/Donna & Michele (2nd Floor Kitchen) 1:00 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room) 2:00 PM Town Hall (Dining Room) 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 3:15 PM Quarter/Dime Bingo (Community Room) 3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901) 6:30 PM Cornhole Resident Run 6:30 PM Mini Series -Longmire (Theater) 7:00 PM Movie Night- The Blue Gardenia (Channel 901) 9:00 PM Instant Calming & Relaxation (Channel 901)	GLOBAL FORGIVENESS DAY 8:00 AM Back Stretch (Channel 901) 8:45 AM Outing to The Turkey Hill Experience 9:00 AM Positive Morning Affirmations (Channel 901) 10:00 AM Senior Chair Fitness (Channel 901) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 1:00 PM KUBB GAME (Community Room) 2:30 PM Entertainment w/Glenn Faul (Atrium) 3:30 PM Happy Hour (Bottle Bar) 6:30 PM Movie Night (Theater) 9:00 PM Peaceful, Relaxing Music for Sleep (Channel 901)	FREEZE POP DAY 8:00 AM Morning Stretch (Channel 901) 8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901) 10:15 AM Meditation w/Donna (Theater) 12:30 PM Errand Express -Douglassville Loop 1:00 PM "Just Us Gals" (Theater) 1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 2:00 PM Poker (3rd Floor West Rear) 2:00 PM A Freeze Pop on the patio 2:30 PM Quarter/Dime Bingo (Community Room) 3:30 PM Rosary (Channel 901) 6:30 PM Shuffleboard (2nd Floor Game Room) 6:30 PM Movie Night (Theater) 9:00 PM Instant Calming & Relaxation (Channel 901)	NATIONAL SUGAR COOKIE DAY 8:00 AM Chair Stretches (Channel 901) 9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901) 10:00 AM Morning Positive Energy- Guided Meditation (Channel 901) 10:00 AM Cardio Drumming w/Kim (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Afternoon Movie (Theater) 1:00 PM Cornhole Practice- Resident Run (Community Room) 2:30 PM Bingo w/Hannah (Community Room) 3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901) 6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)
7:00 AM Chair Yoga for Seniors (Channel 901) 8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901) 8:30 AM Catholic Sunday Mass (Channel 901) 9:30 AM Pottstown Presbyterian Sunday Service (Channel 901) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Afternoon Movie (Theater) 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 2:30 PM Entertainment w/Aaron Gulla on Piano (Living Room) 6:30 PM Movie Night (Theater) 8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)	NATIONAL BLUEBERRY MUFFIN DAY 8:00 AM 10 Minute Morning Stretch (Channel 901) 9:15 AM Volunteering at the Pottstown Community Table 9:30 AM MORNING ENCOURAGEMENT Start Your Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901) 10:30 AM Seated Exercise (Community Room) 12:30 PM Noodle Ball (Community Room) 1:00 PM Sassy Stitchers (2nd Floor Kitchen) 1:30 PM Chair Travel-Mauritius - Tropical Paradise in the Indian Ocean (Channel 901) 2:00 PM Bingo (Community Room) 3:30 PM Happy Hour (Bottle Bar) 4:00 PM Entertainment w/ Tom on the Piano (Living Room) 6:30 PM Shuffleboard (2nd Floor Game Room) 6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)	8:00 AM Morning Stretch (Channel 901) 10:00 AM St Gabe's Pre School Reading Group (Living Room) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Errand Express- Redners Please sign up in Activity Binder 12:30 PM Seated Volleyball (Community Room) 1:00 PM Bible Study (Theater) 1:00 PM Energizing Chair Yoga (Channel 901) 2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater) 2:45 PM "Just Us Gals" (Theater) 3:00 PM Sit and Be Fit "On the Beach" (Channel 901) 3:00 PM Movie Outing & DINNER TBA 6:30 PM Movie Night (Theater) 6:30 PM Pool League (2nd Floor Game Room) 9:00 PM Relaxing Sleep Meditation (Channel 901)	8:00 AM Safe Stretching (Channel 901) 9:00 AM 7 Helpful Hand Exercises (Channel 901) 10:30 AM Seated Exercise (Community Room) 11:30 AM Lunch Outing to The Collegeville Bakery 12:30 PM Bowling w/Michele (3rd Floor Bridge) 1:00 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room) 2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 2:00 PM Quarter/Dime Bingo (Community Room) 3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901) 6:30 PM Cornhole Resident Run 6:30 PM Mini Series -Longmire (Theater) 7:00 PM Movie Night- It's a Mad Mad World (Channel 901) 9:00 PM Instant Calming & Relaxation (Channel 901)	HAPPY BIRTHDAY LORETTA ALMQUEST CANDLELIGHT DINNER "Night in Venice" 8:00 AM Back Stretch (Channel 901) 9:00 AM Positive Morning Affirmations (Channel 901) 9:00 AM Errand Express -Douglassville Loop 9:15 AM Walking Club w/Donna & Dawn (Meet in Lobby) 10:00 AM Senior Chair Fitness (Channel 901) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 1:00 PM "Ask a Nurse " w/ Mariah Accent Health- Topic COPD (Community Room) 4:00 PM Candlelight - Happy Hour & Entertainment w/Mossimo Brutto (Atrium) 5:00 PM Candlelight Dinner -EVERYONE EATS AT 5pm (Dining Room) 6:30 PM Movie Night (Theater) 9:00 PM Peaceful, Relaxing Music for Sleep (Channel 901)	HAPPY BIRTHDAY TOM WHEATLEY NATIONAL TAPIOCA PUDDING DAY 8:00 AM Morning Stretch (Channel 901) 8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901) 10:00 AM Catholic Church Service (Theater) 10:00 AM Today is Med Collection Day -Please drop off between 10 & 12 1:00 PM Art Class (Community Room) 1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901) 1:15 PM Volunteering at the Exeter Food Pantry 2:00 PM Poker (3rd Floor West Rear) 2:30 PM KUBB GAME (Community Room) 3:30 PM Rosary (Channel 901) 4:00 PM Catholic Church Service (Channel 901) 6:30 PM Shuffleboard (2nd Floor Game Room) 6:30 PM Movie Night (Theater) 9:00 PM Instant Calming & Relaxation (Channel 901)	HAPPY BIRTHDAY RICK DAVIS! 8:00 AM Chair Stretches (Channel 901) 9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901) 10:00 AM Morning Positive Energy- Guided Meditation (Channel 901) 10:30 AM Seated Exercise (Community Room) 12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room) 12:30 PM Bingo (Community Room) 2:00 PM Connect 4 Game W/ Jenna (Back Patio Weather Permitting or Community Room) 3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901) 3:00 PM Cornhole Practice- Resident Run (Community Room) 6:30 PM Movie Night (Theater) 9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)

July 2022

Donna McDonald- Lifestyle & Leisure Director x5006

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>7:00 AM Chair Yoga for Seniors (Channel 901)</p> <p>8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901)</p> <p>8:30 AM Catholic Sunday Mass (Channel 901)</p> <p>9:30 AM Pottstown Presbyterian Sunday Service (Channel 901)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Afternoon Movie (Theater)</p> <p>1:30 PM Coloring & Conversation W/Jenna (Community Room)</p> <p>2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>3:00 PM Entertainment by Resident Perry Sanville on his violin (Atrium)</p> <p>6:30 PM Movie Night (Theater)</p> <p>8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)</p>	<p>8:00 AM 10 Minute Morning Stretch (Channel 901)</p> <p>9:00 AM Errand Express- Giant/Target Please sign up in Activity Binder</p> <p>9:30 AM MORNING ENCOURAGEMENT Start Your Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901)</p> <p>10:15 AM Chair Dancing w/Joanne (Community Room)</p> <p>11:30 AM Lunch & Learn w/ Tri County Health & Hospice, Accent Health & Fox Rehab (Community Room)</p> <p>1:00 PM Sassy Stitchers (2nd Floor Kitchen)</p> <p>2:30 PM Bingo (Community Room)</p> <p>4:00 PM Entertainment w/Tom on Piano (Living Room)</p> <p>6:00 PM Men's Club -Bible, Brats & Beer-All Men welcome (Community Room)</p> <p>6:30 PM Shuffleboard (2nd Floor Game Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)</p>	<p>8:00 AM Morning Stretch (Channel 901)</p> <p>9:30 AM Outing to Roots Farmers Market</p> <p>10:00 AM St Gabe's Pre School Reading Group (Living Room)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Seated Exercise (Community Room)</p> <p>1:00 PM Bible Study (Theater)</p> <p>1:00 PM Energizing Chair Yoga (Channel 901)</p> <p>2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)</p> <p>2:30 PM Seated Volleyball (Community Room)</p> <p>3:00 PM Sit and Be Fit "On the Beach" (Channel 901)</p> <p>3:30 PM Happy Hour (Bottle Bar)</p> <p>6:15 PM Cardio Drum Exercise Class w/ Kim (Community Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>6:30 PM Pool League (2nd Floor Game Room)</p> <p>9:00 PM Relaxing Sleep Meditation (Channel 901)</p>	<p>NATIONAL LOLLIPOP DAY</p> <p>8:00 AM Safe Stretching (Channel 901)</p> <p>8:30 AM Breakfast w/ the Managers (Bottle Bar)</p> <p>9:00 AM 7 Helpful Hand Exercises (Channel 901)</p> <p>10:00 AM Yucha Hearing Aids- Cleaning & Service (Sign up in living room)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>10:30 AM Blood Pressure Clinic (PDR)</p> <p>12:30 PM Bowling w/Michele (3rd Floor Bridge)</p> <p>1:00 PM Mr. Softee- Free Ice-cream Cone (Outside under Portico)</p> <p>1:00 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room)</p> <p>2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>2:45 PM Quarter/Dime Bingo (Community Room)</p> <p>3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901)</p> <p>6:30 PM Cornhole Resident Run</p> <p>6:30 PM Mini Series -Longmire (Theater)</p> <p>7:00 PM Movie Night-Overboard (Channel 901)</p> <p>9:00 PM Instant Calming & Relaxation (Channel 901)</p>	<p>HAPPY BIRTHDAY ANITA STAUFFER!</p> <p>8:00 AM Back Stretch (Channel 901)</p> <p>9:00 AM Positive Morning Affirmations (Channel 901)</p> <p>10:00 AM Senior Chair Fitness (Channel 901)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:15 PM Shopping at The Philadelphia Premium Outlets</p> <p>1:00 PM Non Denominational Church Service w/Pastor Greg Frey & Pastor Jim Farnsworth (Theater)</p> <p>3:00 PM Entertainment w/The New Earth Band (Atrium)</p> <p>3:30 PM Happy Hour (Bottle Bar)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM Peaceful, Relaxing Music for Sleep (Channel 901)</p>	<p>HAPPY BIRTHDAY MARY FINOCCHIO!</p> <p>8:00 AM Morning Stretch (Channel 901)</p> <p>8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901)</p> <p>9:00 AM Errand Express -Douglassville Loop</p> <p>10:15 AM Meditation w/Donna (Theater)</p> <p>1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>1:00 PM Mini Manicures w/Donna & Michele (2nd Floor Kitchen)</p> <p>2:00 PM Poker (3rd Floor West Rear)</p> <p>2:30 PM "Just Us Gals" (Theater)</p> <p>3:30 PM Rosary (Channel 901)</p> <p>6:30 PM Shuffleboard (2nd Floor Game Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM Instant Calming & Relaxation (Channel 901)</p>	<p>OFFICIAL HOT DOG DAY</p> <p>8:00 AM Chair Stretches (Channel 901)</p> <p>9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901)</p> <p>10:00 AM Morning Positive Energy- Guided Meditation (Channel 901)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>10:30 AM Vendor Day Featuring Paparazzi Jewelry (Living Room)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Afternoon Movie (Theater)</p> <p>1:00 PM Cornhole Practice- Resident Run (Community Room)</p> <p>2:30 PM Bingo w/Hannah (Community Room)</p> <p>3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)</p>
<p>7:00 AM Chair Yoga for Seniors (Channel 901)</p> <p>8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901)</p> <p>8:30 AM Catholic Sunday Mass (Channel 901)</p> <p>9:30 AM Pottstown Presbyterian Sunday Service (Channel 901)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Afternoon Movie (Theater)</p> <p>2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>2:00 PM Lemonade and Treats w/Hannah (Back Patio Weather Permitting)</p> <p>6:30 PM Movie Night (Theater)</p> <p>8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)</p>	<p>8:00 AM 10 Minute Morning Stretch (Channel 901)</p> <p>9:30 AM MORNING ENCOURAGEMENT Start Your Day With God's Blessings - 1 Hour Morning Inspiration to Motivate (Channel 901)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>12:30 PM Bingo (Community Room)</p> <p>12:30 PM Errand Express- Aldi, Michaels & Dollar Tree Please sign up in Activity Binder</p> <p>1:00 PM Sassy Stitchers (2nd Floor Kitchen)</p> <p>4:00 PM Beer & Wine w/Tom on piano (Bottle Bar)</p> <p>6:30 PM Shuffleboard (2nd Floor Game Room)</p> <p>7:00 PM The Pottsgrove Community Band (Back Patio Weather Permitting)</p> <p>9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)</p>	<p>NATIONAL BAGELFEST</p> <p>8:00 AM Morning Stretch (Channel 901)</p> <p>8:15 AM Celebrate National Bagelfest w/Donna (Dining Room)</p> <p>9:00 AM Outing to Camden Aquarium</p> <p>10:00 AM A Visit from "Fabio" the Therapy Pony (Atrium)</p> <p>10:00 AM St Gabe's Pre School Reading Group (Living Room)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Seated Exercise (Community Room)</p> <p>1:00 PM Bible Study (Theater)</p> <p>1:00 PM Energizing Chair Yoga (Channel 901)</p> <p>1:30 PM July Birthday Party for residents whose birthday is this month (3rd Floor Card Room)</p> <p>2:00 PM Church Service w/Father Andrew from St Gabe's Church (Theater)</p> <p>3:00 PM Sit and Be Fit "On the Beach" (Channel 901)</p> <p>3:00 PM KUBB Game (Back Patio- Weather Permitting or Community Room)</p> <p>6:15 PM Cardio Drum Exercise Class w/Kim (Community Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>6:30 PM Pool League (2nd Floor Game Room)</p> <p>9:00 PM Relaxing Sleep Meditation (Channel 901)</p>	<p>8:00 AM Safe Stretching (Channel 901)</p> <p>9:00 AM 7 Helpful Hand Exercises (Channel 901)</p> <p>10:00 AM Tai Chi w/ Betsy (Community Room)</p> <p>12:30 PM Seated Volleyball (Community Room)</p> <p>1:00 PM Scrabble Club- Resident Run-All Welcome (3rd Floor Game Room)</p> <p>1:45 PM Yatzee w/Michele (2nd Floor Kitchen)</p> <p>2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>3:00 PM Quarter/Dime Bingo (Community Room)</p> <p>3:30 PM Meditation to Calm-Reduce Anxiety and Worry (Channel 901)</p> <p>6:30 PM Cornhole Resident Run</p> <p>6:30 PM Mini Series -Longmire (Theater)</p> <p>9:00 PM Instant Calming & Relaxation (Channel 901)</p>	<p>8:00 AM Back Stretch (Channel 901)</p> <p>9:00 AM Positive Morning Affirmations (Channel 901)</p> <p>9:00 AM Errand Express -Douglassville Loop</p> <p>9:15 AM Walking Club w/Donna & Dawn (Meet in Lobby)</p> <p>10:00 AM Senior Chair Fitness (Channel 901)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>11:15 AM International Dining Club Lunch Outing Fogo De Chao -Brazilian Cuisine</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:45 PM Bowling w/Michele (3rd Floor Bridge)</p> <p>1:30 PM Joyce Meyer: How to Make Every Day Better with God by Your Side (Channel 901)</p> <p>2:30 PM Entertainment w/Rob Balanoff (Atrium)</p> <p>3:30 PM Happy Hour (Bottle Bar)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM Peaceful, Relaxing Music for Sleep (Channel 901)</p>	<p>NATIONAL LASAGNA DAY</p> <p>8:00 AM Morning Stretch (Channel 901)</p> <p>8:30 AM 30 Minute Whole Body Chair Exercise (Channel 901)</p> <p>9:00 AM 1 Hour of BEAUTIFUL Hymns with lyrics (Channel 901)</p> <p>9:30 AM Outing to the Green Dragon Farmers Market</p> <p>10:15 AM Meditation w/Michele (Theater)</p> <p>1:00 PM "Just Us Gals" (Theater)</p> <p>1:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>2:00 PM Poker (3rd Floor West Rear)</p> <p>3:00 PM 90's Group (Community Room)</p> <p>3:30 PM Rosary (Channel 901)</p> <p>6:30 PM Shuffleboard (2nd Floor Game Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM Instant Calming & Relaxation (Channel 901)</p>	<p>HAPPY BIRTHDAY JUDY MOYER!</p> <p>HAPPY BIRTHDAY DAVID WEISS!</p> <p>NATIONAL CHEESECAKE DAY</p> <p>8:00 AM Chair Stretches (Channel 901)</p> <p>9:00 AM 20 Minute Qigong Daily Routine for Stretching and Flexibility (Channel 901)</p> <p>10:00 AM Morning Positive Energy- Guided Meditation (Channel 901)</p> <p>10:30 AM Seated Exercise (Community Room)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Afternoon Movie (Theater)</p> <p>1:00 PM Cornhole Practice- Resident Run (Community Room)</p> <p>2:30 PM Bingo w/Jenna (Community Room)</p> <p>3:00 PM Chair Dancing- "Can't Stop The Feeling" (Channel 901)</p> <p>3:45 PM Entertainment w/Cindy McGrath (Atrium)</p> <p>6:30 PM Movie Night (Theater)</p> <p>9:00 PM "Clear the Clutter" Reduces Stress & Anxiety (Channel 901)</p>
<p>7:00 AM Chair Yoga for Seniors (Channel 901)</p> <p>8:00 AM Morning Prayer - A prayer to start the day with God's Blessings (Channel 901)</p> <p>8:30 AM Catholic Sunday Mass (Channel 901)</p> <p>9:30 AM Pottstown Presbyterian Sunday Service (Channel 901)</p> <p>12:15 PM Bridge Club- Resident Run- All Welcome (3rd Floor Game Room)</p> <p>12:30 PM Afternoon Movie (Theater)</p> <p>2:00 PM 25 Minute Chair Exercises w/ Light Weights (Channel 901)</p> <p>2:30 PM Quarter/Dime Bingo w/ Jenna (Community Room)</p> <p>6:30 PM Movie Night (Theater)</p> <p>8:00 PM Evening Meditation for Calm Positive thoughts (Channel 901)</p>						

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