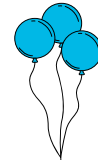



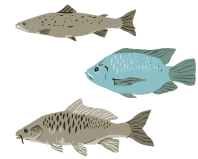







2025 July

Find us on 

 **SERENITY** a Randall Residence
Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>HAPPY BIRTHDAY Mike S. 7/11 Sue M. 7/25 Bud H. 7/28</p> 		<p>1 8:30- Coffee @ bistro 10- stretches 10:30- Trivia 11- 1 on 1 activities 1- Bingo 2:30- Therapy dog visit 3- resident led uno</p>	<p>2 10- exercise w/ noodle 10:30- Noodle Ball 1- Bingo \$ 2:15- Shopping @ Hope Chest 2:30- Resident led games</p>	<p>3 10- exercise w/ weights 10:30- Facts of Martha's Vineyard 1- Bingo 2:30- Rich Gilmore and patriotic refreshments in the AR</p>	<p>4  10- Take a stroll in the hall 1- Resident led Bingo 3- Social hr in livingroom</p>	<p>5 1- Resident led games</p> 
<p>6 St. Monica's Church @ 9:35am</p>	<p>7 10- Chair yoga 10:30- \$ store outing 1- Throw back bingo\$ 2:30- Florida keys documentary in AR w/ popcorn</p> 	<p>8 10- Morning stretches 10:30- bag toss 1- Bingo 2:30- Music performance by Stephanie w/ St. Francis Woods</p>	<p>9 10- Exercise w/ noodle 10:30- Noodle ball - Therapy dog visit 1- Bingo \$ 2:30- 1 on 1 activities</p>	<p>10 10- exercise w/ weights 10:30- refreshments & color 11:15- Pam on the harp during lunch 1- Bingo 2:30- Sip & Color 3- Manicures</p>	<p>11 9am- Trip to the Fish Hatchery 10- Exercise video 10:30- Trivia 1- Uno 2- Rummikub</p> 	<p>12 1- Resident led Bingo</p>
<p>13 St. Monica's Church @ 11am</p>	<p>14 10- Chair yoga 10:3- Bingo store 1- Bingo \$ 2:30- Movie Matinee in AR "Alcatraz: lost evidence"</p>	<p>15 10- Morning stretches 10:30- Trivia 12:30- Resident in-service on posture w/ PTS therapy 1- Bingo w/ PTS 2:30- Therapy dog visit 6p- Music w/ Averyvill Church</p>	<p>16 10- exercise w/ noodle 10:30- noodle ball 1- Bingo \$ 2:30- Monthly B-day party in the AR</p>	<p>17 10- Exercise w/ weights 10:30- Finish the phrase 1- Bingo 2- Food Committee meeting in the AR 3- Manicures</p>	<p>18 10- morning stretches 10:30- Trivia 1- Music performance by Tim Caraway 2:30- Uncle Bob' Ice Cream Trip</p>	<p>19 1- Resident led Uno</p>
<p>20 St. Monica's Church @ 9:35am</p> 	<p>21 10- Chair yoga 10:30- Wii bowling 1- Bingo \$ 2:15- Shopping at Burlington Coat factory</p>	<p>22 10- morning stretches 10:30-Trivia 1- Bingo 2:30- Music performance by Scott Hendrix in AR</p>	<p>23 10- exercise w/ noodle 10:30- Noodle ball 1- Bingo \$ 2:30- Lemon shake up at the Bistro by St. Francis woods.</p> 	<p>24 10a-noon Illinois eye center doing free screening in the living room 10- Morning stretches 10:30- Manicures 1- Bingo 2:30- Resident council</p>	<p>25 10- Morning stretches 10:30- Lunch @ Steak N Shake 1pm- 1 on 1 activity 2:30- Bob & Judy Duo performance</p> 	<p>26 1- Resident led Bingo</p>
<p>27 St. Monica's Church @ 11am</p>	<p>28 10- Chair yoga 10:30- Bingo store 1- Bingo \$ 2:15- Shopping @ Farm N Fleet</p>	<p>29 10- Morning stretches 10:30- Trivia 1- Bingo 2:30- Lets play UNO 3- Manicures 6- Social hour in living room</p> 	<p>30 10- exercise w/ noodle 10:30- Noodle ball 1- Bingo \$ 2:30- 1 on 1 activity assessments.</p>	<p>31 10- exercise w/ weights 10:30- Brain Teasers 1- Bingo 2:30- Taste of the islands</p>		<p>Join Randall University as we travel to the American Islands in July. Join us for a month of fun</p>