

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	2 9:00 Morning Coffee	3 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub	4 9:00 Morning Coffee 10:00 Catholic Mass 2:00 Wii Bowling 3:30 Concordia United Methodist	5 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD	6 <i>10:30 -St John's Lutheran Church Communion in Diningroom</i>
Kelly on Vacation July 30-August 7						
7	8 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	9 9:00 Morning Coffee 1:00 Trivia in Dining Room 6:30 Aging In God's Grace	10 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 9:00 Fire Alarm Test 1:30 Activities -Roundtable Discussion in Dining Room 3:00 Pontoon Boat Ride	11 9:00 Morning Coffee 10:10 Catholic Communion in Library 2:00 Wii Bowling 3:30 St John's Lutheran Church	12 9:00 Morning Coffee w/ Pastry 9:00 Walmart Shopping 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta-Sign up	13
14	15 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	16 9:00 Morning Coffee 1:30 Pictionary 5:30 Movie & Popcorn –	17 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub	18 9:00 Morning Coffee 10:10 Catholic Communion in Library 1:00 Bingo w/ Julie 2:00 Wii Bowling 3:30 Blackhawk United Methodist Church 6:30– Larry Busch Band Outdoor Concert	19 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <i>Kelly Off</i>	20
21	22 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	23 9:00 Morning Coffee 1:30 Pool in Activity Room 3:00 Birthday Celebrations Watch kiddos	24 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:00 Bible Study with Julie 11:00 Lunch @ Number 1 Kitchen 9:30 Chair Yoga DVD 1:00 Rummikub	25 9:00 Morning Coffee 10:10 Catholic Communion in Library 2:00 Wii Bowling 3:30 St John's Lutheran	26 9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta-Sign up	27
28	29 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games	30 9:00 Morning Coffee 1:30 Penny Ship, Captain and Crew	31 9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub			

September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 <i>Craig doctor 8</i>	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>	<i>31</i>					

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30			

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31