

Calendar of Events

Independent Living

July 2024
Senior Star at Elmore Place

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Keys</p> <p>2nd Floor Table by Rm 210 Assisted Living Family Room (2nd Floor) Bar/Lounge IL Dining Room Meet in Lobby Multipurpose Room (2nd Floor) Pool</p> <p>2nd Floor ALFR B/L ILDR ML MR P</p>	<p>Dakim Brain Fitness 1</p> <p>8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:00 🎯 Target Trip (RSVP) [ML] 9:45 🏊 Sit & Be Fit [MR] 11:00 🐾 Therapy Dog Visit [B/L] 11:30 🍳 Cooking with Kate: Mini Omlets [ILDR] 2:00 🎲 25 Cent Bingo & Laughter Yoga! [ILDR]</p>	<p>9:00 🎵 Drums Alive [MR] 9:30 📖 Visit from the Library [B/L] 9:45 🎶 Light & Lively [MR] 10:30 🌹 Rosary [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 12:00 🎯 Senior Housing 101 Presentation (CEU Event) [ILDR] 1:00 🧘 RL Tai Chi, Chair Yoga or Wii Games! [MR] 2:00 🎶 Balance Improv. Class [MR] 2:45 🎵 Music on the Porch 🎵 [B/L] 6:00 🎴 Card Games</p>	<p>8:00 🏊 RL Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🎶 Exercises + Balloon Volleyball [MR] 10:00 🎯 Hy-Vee Outing (RSVP) [ML] 10:45 🌟 Bible Study with Paul [MR] 12:30 🎲 Jeopardy [B/L] 2:00 🏊 Wii Bowling [MR] 3:00 🍳 Food Forum [ILDR] 6:00 🎴 Card Games</p>	<p>9:45 🏊 Resident Led Small Ball Exercises [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 11:00 🌟 Resident led Devotionals [B/L] 11:30 🍳 4th of July Cookout [ILDR] 2-4 🎨 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎯 Shoot Pool with a Neighbor</p>	<p>8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏊 Resident Led Sit & Be Fit [MR] 2:00 🎲 Happy Hour with Darlene Breuwet! [ML] 6:00 🎬 Movie Night: Call of the Wild [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! 6 Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! 7 Shapemaster 8:00a 🌟 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🎨 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:00 🎯 Target Trip (RSVP) [ML] 9:45 🏊 Sit & Be Fit [MR] 10:30 🎨 French with Jeannine [B/L] 11:30 🍳 Cooking with Kate: Cuban Sliders [ILDR] 2:00 🏊 Beginner Tai Chi [MR] 2:15 🏊 Advanced Tai Chi [MR] 2:45 🎵 Monday Mixers: Canadian Caesar & Canada Documentary! [B/L]</p>	<p>9:00 🎵 Drums Alive [MR] 9:45 🎶 Light & Lively [MR] 10:30 🌹 Rosary [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 11:00 🎯 Walgreen's Outing (RSVP) [ML] 1:00 🧘 RL Tai Chi, Chair Yoga or Wii Games! [MR] 2:00 🎶 Balance Improv. Class [MR] 2:30 🎨 Paint, Color & Sip on the Patio! [B/L] 6:00 🎴 Card Games</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🎶 Exercises + Balloon Volleyball [MR] 10:00 🎯 Hy-Vee Outing (RSVP) [ML] 12:30 🎲 Jeopardy [B/L] 2:00 🏊 Small Group Exercise (RSVP Req'd) 2:00 🏊 Wii Bowling [MR] 6:00 🎴 Card Games</p>	<p>8:45 🎯 Ageless Grace [ILDR] 9:45 🏊 Small Ball Exercises [MR] 11:00 🎲 25 Cent Bingo [ILDR] 11:00 🏊 Open Swim (with a Buddy) [P] 1:30 🎨 Happy Hour with Ron Lubbers [ILDR] 2-4 🎨 Hand Craft Group [2nd Floor] 3:00 🎲 IL Open House Event [ML] 6:00 🎯 Shoot Pool with a Neighbor</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🎬 Friday Funnies with Kate! [MR] 11:30 🎲 Lunch Outing: Pizza Ranch (RSVP Req'd) [ML] 2:00 🎲 Happy Hour & Yard Games [ML] 6:00 🎬 Movie Night: Happiness for Beginners (Netflix) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! 13 Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! 14 Shapemaster 8:00a 🌟 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🎨 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:00 🎯 Target Trip (RSVP) [ML] 9:45 🏊 Sit & Be Fit [MR] 11:30 🍳 Cooking with Kate: Classic Chocolate Chip Cookies [ILDR] 2:00 🏊 Beginner Tai Chi [MR] 2:15 🏊 Advanced Tai Chi [MR] 2:45 🎵 Monday Mixers Social Hour: The Canadian Cocktail [B/L] 3:00 🎨 Alzheimer's / Dementia Support Group</p>	<p>9:00 🎵 Drums Alive [MR] 9:45 🎶 Light & Lively [MR] 10:30 🌹 Rosary [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 1:00 🧘 RL Tai Chi, Chair Yoga or Wii Games! [MR] 2:00 🎶 Let's Get Groovy - Tie Dyeing Shirts [MR] 2:45 🎵 Music on the Porch 🎵 [B/L] 6:00 🎴 Card Games</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🎶 Exercises + Balloon Volleyball [MR] 10:00 🎯 Hy-Vee Outing (RSVP) [ML] 10:45 🌟 Bible Study with Paul [MR] 12:30 🎲 Jeopardy [B/L] 2:00 🏊 Small Group Exercise (RSVP Req'd) 2:00 🏊 Wii Bowling [MR] 3:00 🎯 Program Suggestions & Ambassador Meeting [B/L] 6:00 🎴 Card Games</p>	<p>8:45 🎯 Ageless Grace [ILDR] 9:45 🏊 Small Ball Exercises [MR] 11:00 🌟 Devotionals [B/L] 11:00 🏊 Open Swim (with a Buddy) [P] 1:00 🎬 Catholic Mass (AL) [ALFR] 2:00 🎲 25 Cent Bingo [ILDR] 2-4 🎨 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎯 Shoot Pool with a Neighbor</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🎬 Friday Funnies with Kate! [MR] 11:30 🎲 Lunch Outing: The Machine Shed (RSVP Req'd) [ML] 2:00 🎲 Happy Hour with James Ryan [ML] 6:00 🎬 Movie Night: Glass Onion a Knives Out Mystery (Netflix) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! 20 Dakim Brain Fitness Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! 21 Shapemaster 8:00a 🌟 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🎨 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:00 🎯 Target Trip (RSVP) [ML] 9:45 🏊 Sit & Be Fit [MR] 10:30 🎨 French with Jeannine [B/L] 11:30 🍳 Make your own Ice-Cream (Bring Gloves or Tea Towel!) [ILDR] 2:00 🏊 Beginner Tai Chi [MR] 2:15 🏊 Advanced Tai Chi [MR] 2:45 🎵 Monday Mixers Social Hour & Canadian Taste Testers [B/L]</p>	<p>9:00 🎵 Drums Alive [MR] 9:45 🎶 Light & Lively [MR] 10:00 🎨 Brunch with a Friend! (Prospect Event) [ILDR] 10:30 🌹 Rosary [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 11:00 🎯 Walgreen's Outing (RSVP) [ML] 1:00 🧘 RL Tai Chi, Chair Yoga or Wii Games! [MR] 2:00 🎶 Balance Improv. Class [MR] 2:30 🎨 Christmas in July Social Hour [B/L] 6:00 🎴 Card Games</p>	<p>8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🎶 Exercises + Balloon Volleyball [MR] 10:00 🎯 Hy-Vee Outing (RSVP) [ML] 11:30 🎨 Canadian Themed Luncheon [ILDR] 12:45 🎲 Jeopardy [B/L] 2:00 🏊 Small Group Exercise (RSVP Req'd) 2:00 🏊 Wii Bowling [MR] 6:00 🎴 Card Games</p>	<p>8:45 🎯 Ageless Grace [ILDR] 9:00 🎯 Self Care Day : Nail Painting, Tea, Relaxing Music [B/L] 9:45 🏊 Small Ball Exercises [MR] 11:00 🌟 Devotionals [B/L] 11:00 🏊 Open Swim (with a Buddy) [P] 1:00 🎨 Nahant Marsh Presentation: Dragonflies [ILDR] 2:00 🎲 25 Cent Bingo [ILDR] 2-4 🎨 Hand Craft Group [2nd Floor] 3:00 🎴 Wordscapes [B/L] 6:00 🎯 Shoot Pool with a Neighbor</p>	<p>Paris Olympics 26 8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🏊 Sit & Be Fit [MR] 10:15 🎬 Friday Funnies with Kate! [MR] 11:30 🎲 Lunch Outing: Flips Pancake House (RSVP Req'd) [ML] 2:00 🎲 Happy Hour with Jordan Danielsen! [ML] 6:00 🎬 Movie Night: Queen Bees (Netflix) [B/L]</p>	<p>8:30am - 12pm Open Swim w/ a Buddy! 27 Dakim Brain Fitness Paris Olympics Shapemaster 10:00 🏊 Resident Led - One Mile Walking Tape [MR] 1:00 🎴 Card Games 1:00 🎴 Dominoes with Friends! 2:00 🎲 Shoot Pool with a Neighbor!</p>
<p>8:30am - 12pm Open Swim w/ a Buddy! 28 Paris Olympics Shapemaster 8:00a 🌟 Church Transportation [ML] 1:00 🎴 Card Games 2-4 🎨 Hand Craft Group [2nd Floor] 2:00 🎲 Shoot Pool with a Neighbor! 6:00 🎴 Kings in the Corner Card Game (Beginner Cards)</p>	<p>Paris Olympics 29 8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:00 🎯 Target Trip (RSVP) [ML] 9:45 🏊 Sit & Be Fit [MR] 11:30 🍳 International Taste & Travel : United Kingdom [ILDR] 2:00 🎨 Town Hall Meeting [ILDR] 2:45 🎵 Monday Mixers Social Hour [B/L]</p>	<p>Paris Olympics 30 9:00 🎵 Drums Alive [MR] 9:45 🎶 Light & Lively [MR] 10:30 🌹 Rosary [MR] 11:00 🏊 Open Swim (with a Buddy) [P] 12:45 🎨 Story & Picture Sharing : First Jobs [ILDR] 1:00 🧘 RL Tai Chi, Chair Yoga or Wii Games! [MR] 2:00 🎶 Balance Improv. Class [MR] 2:45 🎵 Music on the Porch 🎵 [B/L] 6:00 🎴 Card Games</p>	<p>Paris Olympics 31 8:00 🏊 Pool Class [P] 8:00 🏊 RL Pool Class [P] 8:30 🏊 Open Swim (with a Buddy) [P] 9:45 🎶 Exercises + Balloon Volleyball [MR] 10:00 🎯 Hy-Vee Outing (RSVP) [ML] 12:30 🎲 Jeopardy [B/L] 2:00 🏊 Small Group Exercise (RSVP Req'd) 2:00 🏊 Wii Bowling [MR] 3:00 🎨 Laughter Yoga & Guided Meditation [MR] 6:00 🎴 Card Games</p>	<p>Brain Power Exercise & Movement Expression Inner Strength Nourishment & Health Socialization Spirituality</p>		<p>Rock Steady Boxing A Parkinson's Specific Exercise class now offered on Tuesday's & Thursday's from 12pm- 1pm in Assisted Living (3rd Floor) <i>Give Parkinson's Disease a good PUNCH and have fun while doing it!</i></p>
<p>Keep Your Mind Sharp! The Dakim® Brain Fitness System is available every day in the Computer Lab located on the 2nd Floor. See Kate to register!!</p>						