

Activities Calendar

July 7th to July 13th

Sunday July 7th	Monday July 8th	Tuesday July 9th	Wednesday July 10th	Thursday July 11th	Friday July 12th	Saturday July 13th
<p>2:00pm Movie Showing stay tuned... Laurel Room</p>	<p>8:30am Water Aerobics Pool</p> <p>9:30am Sit and Tone with Renee Laurel Room</p> <p>1:00pm Meditation Board Room</p> <p>12:45pm Rummikub Card Room</p> <p>1:30pm Open Games Card Room</p> <p>2:00pm Documentary Showing stay tuned... Laurel Room</p> <p>2:30pm Short Stories - Carol Stenson Zoom</p> <p>3:00pm Ice Cream Social Garden Grille</p> <p>4:00pm Ambassador Niles Lecture Laurel Room</p>	<p>8:30am Water Aerobics Pool</p> <p>9:30am Chair Pilates with Tamara Laurel Room</p> <p>11:15am Shopping Trip Front Entrance</p> <p>1:00pm Hearts Club Card Room</p> <p>2:30pm Art with Michelle Activity Room</p> <p>3:00pm Bible Study Card Room</p> <p>3:00pm Great Courses Laurel Room/ Zoom</p> <p>4:00pm Camera Discussion Group Parlor</p> <p>7:30pm Movie Showing stay tuned... Laurel Room</p>	<p>8:30am Water Aerobics Pool</p> <p>9:30am Stretch with Renee Laurel Room</p> <p>11:00am Catholic Mass Laurel Room</p> <p>2:00pm Intermediate Bridge Card Room</p> <p>3:00pm Afternoon Tea Garden Grille</p> <p>3:30pm Beginner Bridge Card Room</p> <p>4:00pm Bob Schwartz Lecture Laurel Room</p> <p>5:00pm Pub Night Pub</p>	<p>8:30am Water Aerobics Pool</p> <p>9:30am Arthritis Mobility with Tamara Laurel Room</p> <p>11:00am Protestant Service Card Room</p> <p>1:00pm Mahjong Card Room</p> <p>3:00pm Trivia Parlor</p> <p>4:00pm Opera Lecture Laurel Room</p> <p>7:00pm Poker Night Card Room</p> <p>7:30pm Movie Showing stay tuned... Laurel Room</p>	<p>8:30am Water Aerobics Pool</p> <p>9:30am Sit and Tone with Renee Laurel Room</p> <p>11:30am Bus Trip to Tod's Point *sign up required Front Entrance</p> <p>11:15am Yoga Laurel Room</p> <p>2:00pm Healthcare Lecture Dehydration Laurel Room</p> <p>4:00pm Happy Hour Living Room</p>	<p>9:00am Morning Exercise Laurel Room</p> <p>1:30pm Bingo Activity Room</p> <p>1:45pm Opera Showing Faust Laurel Room</p> <p>7:30pm Chris Coogan in Concert Laurel Room</p>



We tend to be more critical with ourselves than we would be with others. Make sure you afford yourself the same understanding and grace that you would a friend.



Have you seen how gorgeous the meadow is lately? All of the native plants are in bloom. Butterflies and bees are fluttering around. It is definitely worth a visit. Enjoy!

Managers On Duty			
Independent Living			
13-Jul	Natalia Iartchikova	phone	203-595-2321
14-Jul	Natalia Iartchikova		
Health Center			
13-Jul	Trina Annosier	phone	203-595-2331
14-Jul	Trina Annosier		

