



TOWER PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<p>1</p> <p>10:00 Seated Balance Strength - S</p> <p>1:00 Game Day - L</p> <p>7:00 Summer Hours - K</p>
<p>2</p> <p>2:00 Foyle's War Episode 1 - K</p> <p>8:00 Movie Repeats - K</p>	<p>3</p> <p>8:30 Fit & Function-Alb 9:30 Jewelry Repair - L 9:30 Seated Stretch & Strength - K 10:00 Book Club - L 10:30 Chair Yoga -Alb 1:30 Caregivers Support Group - K 2:00 Knitting - S 2:30 Current Events- M 7:00 Documentary : My Life as a Turkey - K</p>	<p>4</p> <p style="text-align: center;"></p> <p>6:30 Opera Night: Pirates of Penzance - K</p>	<p>5</p> <p>9:00 Party Committee - M 9:30 Seated Stretch & Strength - K 11:00 Personal Training by Appointment - W 12:30 Fruit Stand - L 1:00 Paraffin Wax - W 3:00 Summer Worship - C 3:00 Standing Moves for Better Balance - S</p>	<p>6</p> <p>9:30 Seated Dynamic & Static Stretch - S 10:00 David Smith-Alb 10:30 Chair Yoga - S 11:00 Chair Massage-W 1:45 Exercise and Socialize - S 7:00 Sunset Limited - K</p>	<p>7</p> <p>8:45 Enhance Fit - S 10:00 Seated Stretch & Strength - K 10:15 Watercolors W/Kim - S 11:00 Paraffin Wax - W 11:40 Chair Massage-W 1:00 Philosophy - Questions of Value - K 7:00 Lost in the Stars - K</p>	<p>8</p> <p>10:00 Seated Balance Strength - S</p> <p>1:00 Game Day - L</p> <p>7:00 Jackie - K</p> <p style="text-align: right;">Over →</p>

ALB - ALBERTSON CENTER
(Chapel)

B - BOARD ROOM

C - CHAPEL

CO - CHAPLAIN'S OFFICE

H - HUB RECEPTION LEVEL A

K - KINNEAR THEATER

L - 1ST FLOOR LOBBY

M - MCKNIGHT CLASSROOM

S - THE STUDIO

W - WELLNESS CENTER

10K - 10TH FLOOR
KITCHEN

10 - 10TH FLOOR
SOLARIUM

10W - 10TH FLOOR WEST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 2:00 Foyle's War Episode 2 - K 8:00 Repeats 2:00 Showing - K	10 8:30 Fit & Function-Alb 9:30 Seated Stretch & Strength - K 10:00 Book Club - L 10:30 Chair Yoga - Alb 2:00 Knitting - S 2:30 Current Events-M 7:00 The End of Poverty	11 10: Shakespeare - M 10:15 Watercolors w/Kim - S 11:15 Film Comm - M 1:00 Blood Pressure Check - W 1:45 Easy Enhance Fitness - S 4:00 Tai Chi for Better Balance - Alb	12 9:30 Seated Stretch and Strength - K 11:00 Personal Training by Appointment-W 12:30 Fruit Stand - L 1:00 Paraffin Wax - W 3: Summer Worship-C 3:00 Standing Moves for Better Balance - S 7:00 Gilbert & Sullivan - Alb	13 9:30 Seated Dynamic & Static Stretch - S 10: David Smith - Alb 10:30 Chair Yoga - S 11: Chair Massage - W 1:45 Exercise and Socialize - S 7:00 The Gardener's Son - K	14 8:45 Enhance Fit - S 9:30 Mass - C 10:00 Seated Stretch & Strength - K 10:15 Watercolors w/Kim - S 11:00 Paraffin Wax - W 11:40 Chair Massage-W 7:00 Letter From an Unknown Woman - K	15 10:00 Seated Balance Strength - S 10:30 Dove of the Desert Church Choir - Alb 1:00 Game Day - L 7:00 Fences - K
16 2:00 Foyle's War Episode 3 - K 8:00 Repeats 2:00 Showing - K	17 8:30 Fit & Function-Alb 9:30 Seated Stretch & Strength - K 10:00 Book Club - L 10:30 Chair Yoga - Alb 1:30 Caregivers Support Group - K 2:00 Knitting - S 2:30 Current Events-M 7:00 - The Gleaners	18 10: Shakespeare - M 1:45 Easy Enhance Fitness - S 2:00 CEO/Resident Meeting - Alb 4:00 Tai Chi for Better Balance - Alb 6:30 Ukulele Lessons - Alb	19 9:30 Seated Stretch and Strength - K 10:00 QA Library Tech Help - Alb 11:00 Personal Training by Appointment-W 12:30 Fruit Stand - D 1:00 Paraffin Wax - W 2:00 Program Plan Committee - M 3: Summer Worship-C 3:00 Standing Moves for Better Balance - S	20 NAME TAG DAY BIRTHDAY NIGHT 9:30 Seated Dynamic & Static Stretch - S 10: David Smith-Alb 10:30 Chair Yoga - S 11: Chair Massage - W 1:45 Exercise and Socialize - S 2:00 Book Mobile - H 7:00 No Country For Old Men - K	21 FOOT CLINIC - ALU 8:45 Enhance Fit - S 10:00 Seated Stretch & Strength - K 10:15 Watercolors w/Kim - S 11:00 Paraffin Wax - W 11:40 Chair Massage-W 1:00 Philosophy Course Questions of Value - K 7:00 The King's Speech - K	22 10:00 Seated Balance Strength - S 1:00 Game Day - L 7:00 Waking Ned Devine - K
23 2:00 Foyle's War Episode 4 8:00 Repeats 2:00 Showing - K	24 8:30 Fit & Function-Alb 9:30 Seated Stretch - & Strength - K 10:00 Book Club - L 10:30 Chair Yoga - Alb 2:00 Knitting - S 2:30 Current Events-M 7:00 Bingo - S 7:00 Our Last Tango-K	25 10: Shakespeare - M 1:45 Easy Enhance Fitness - S 2:00 Library Committee Meeting-Lib 4:00 Tai Chi for Better Balance - Alb 7:00 Scrabble Night-L	26 9:30 Seated Stretch and Strength - K 10:30 Hearing Screen - W 11:00 Personal Training by Appointment-W 12:30 Fruit Stand - L 1:00 Paraffin Wax - W 2:00 Andersen Const Meet w/Residents-Alb 3: Summer Worship-C 3:00 Standing Moves for Better Balance - S	27 9:30 Seated Dynamic & Static Stretch - S 10: David Smith- Alb 10:30 Chair Yoga - S 11: Chair Massage - W 1:45 Exercise and Socialize - S 7:00 All the Pretty Little Horses - K	28 FOOT CLINIC - ALU 8:45 Enhance Fit - S 10:00 Seated Stretch & Strength - K 11:00 Paraffin Wax - W 11:40 Chair Massage-W 1:00 Philosophy Course Questions of Value - K 4:00 Social Hour - L 7:00 Mrs. Palfree - K	29 10:00 Seated Balance Strength - S 1:00 Game Day - L 7:00 20th Century Woman - K
30th 2:00 Foyle's War Episode 5 8:00 Repeats 2:00 Showing - K	31st. 8:30 to 2:30pm Schedule Repeats 7: Over Your Cities The Grasses Will Grow - K					