



JULY 2019 TOWER PROGRAM CALENDAR

PLEASE CHECK YOUR VAN CALENDAR FOR SCHEDULED VAN TRIPS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|---|--|
|  | <p>1</p> <p>8:30 Circuit Training-F 9:30 Seated Circuit - F 9:45 Time of Silence-C 1: Open Craft Time- S 2:00 Knitting - 10S 7:00 Movie: Leaves of Grass - K</p> | <p>2</p> <p>8:30 Aqua Aerobics- P 9:30 Jewelry Repair - L 9:30 Assisted Standing Circuit - F 10: Shakespeare - M 10:00 David Smith Presents: Character Development - Alb 10:30 Boxing Club - F 2: Supervised Swim-P 2:30 Better Balance- F 7:00 Fred S. Karpoff Concert - Alb</p> | <p>3</p> <p>8:30 Circuit Training- F 9: Party Committee -M 9:30 Milk Carton Derby Meeting - 10D 9:30 Seated Circuit - F 10:-12:00 Tech Help- L 1:30 Intermediate Bridge Players - 10D 2:00 Boxing Club - F 3:00 Van Committee 7:00 Music with Douglas - K</p> |  <p>4</p> <p>7:00 Movie: Walt Whitman Biopic 'American Masters' -Alb</p> | <p>5</p> <p>8:30 Circuit Training- F 9:30 Seated Circuit - F 10:30 Virtual Reality-K 10:30 Boxing Club - F 1:00 Philosophy - The Secret Life of Words - K 2:30 Environmental Task Force Meeting - M 7:00 Movie: Yankee Doodle Dandy - K</p> | <p>6</p> <p>10:00-12:00 Painting Together-S</p> <p>1:00 Game Day - L</p> <p>6:30 Movie: Music of the Heart - K</p> |
| <p>7</p> <p>Doc Martin Sunday Series - K Plays at: 2:00 & 8:00 pm</p> <p>6:30 Vespers - C</p> | <p>8</p> <p>8:30 Circuit Training-F 9:30 Seated Circuit - F 9:45 Time of Silence-C 10:30 Floor 2 Standing Yoga - F 1: Open Craft Time - S 2:00 Knitting - 10S 2:00 Social Dance - F 6:30 Movie: 'RBG' Documentary Ruth Bader Ginsbury- K</p> | <p>9</p> <p>8:30 Aqua Aerobics- P 9:30 Assisted Standing Circuit - F 10:00 Shakespeare-M 10:00 Character Development - Alb 10:30 Boxing Club - F 11:15 Film Comm. - M 2: Supervised Swim-P 2:30 Better Balance- F 6:30 Opera Movie: Leos Janacek's The Makropulos Case- K</p> | <p>10</p> <p>8:30 Circuit Training- F 9:30 Seated Circuit - F 9:30 Milk Carton Derby Meeting - 10D 10:-12: Tech Help- L 10:30 Tai Chi - S 10:30 Chair Yoga - F 11:20 Meditation - F 1:30 Intermediate Bridge Players - 10D 2:00 Buddhist Meditation - K 2:00 Boxing Club - F 7:00 Jazz Night Swing Shift - L</p> | <p>11</p> <p>8:30 Aqua Aerobics - P 9:30 Assisted Standing Circuit - F 10:00 Theology Book Study with Chaplain Juliana - 10S 10:00 Happy Feet Line Dance Class - F 2: Supervised Swim-P 2:30 Better Balance- F 3: A Reading Bill Jordan & Ann Erickson - Alb 7:00 Movie: Ah Wilderness - K</p> | <p>12</p> <p>8:30 Circuit Training-F 9:30 Catholic Mass - C 9:30 Seated Circuit - F 10:30 Virtual Reality-K 10:30 Boxing Club - F 1:00 Philosophy - The Secret Life of Words-K 4:00 Social Hour- 10D 7:00 Movie: The Soloist - K</p> | <p>13</p> <p>10:00-12:00 Painting Together-S</p> <p>10:30 Chair Yoga - F</p> <p>1:00 Game Day - L</p> <p>7:00 Movie: Suffragette - K</p> <p>Over →</p> |

ALB - ALBERTSON CENTER B - BOARD ROOM
(CHAPEL)

C - CHAPEL

CO - CHAPLAIN'S OFFICE

F - FITNESS CENTER

K - KINNEAR THEATER

L - 1ST FLOOR LOBBY

LIB - LIBRARY

M - MCKNIGHT

MC - MEDICAL CLINIC ROOM
PLAZA LEVEL


P - POOL IN FITNESS CENTER

S - THE STUDIO
3C - 3RD FLOOR CLINIC ROOM

10C - 10TH FLOOR
CLUB ROOM

10D - 10TH FLOOR
CLOUD DINING ROOM

10S - 10TH FLOOR
SKY LOUNGE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|--|
| 14 Doc Martin Sunday Series - K Plays at: 2:00 & 8:00 pm | 15 8:30 Circuit Training-F 9:30 Seated Circuit - F 9:45 Time of Silence-C 10:30 Floor 2 Standing Yoga - F 1: Open Craft Time - S 1:30 Caregivers Support Group - CO 2:00 Social Dancing- F 2:00 Knitting - 10S 7:00 Bayview Movie: 2018 Milk Carton Derby Doc. - Alb | 16 8:30 Aqua Aerobics- P 9:30 Standing Circuit-F 10:00 Character Development - Alb 10:00 Movie Camp-10 10:00 Shakespeare-M 10:30 Boxing Club - F 1:00 Movie Camp-10 2:00 Town Hall Meeting - Alb 2: Supervised Swim-P 2:30 Better Balance- F 7:00 Norman Rockwell Documentary: Painting America - K | 17 8:30 Circuit Training- F 9:30 Seated Circuit - F 1:00 Movie Camp-10 10:-12: Tech Help- L 10:00 Program Com-M 10:30 Chair Yoga - F 10:30 Tai Chi - S 11:20 Meditation - F 1:00 Movie Camp-10 1:30 Intermediate Bridge Players - 10D 2:00 Buddhist Meditation - K 2:00 Boxing Club - F | 18 BIRTHDAY NIGHT 8:30 Aqua Aerobics-P 9:30 Assisted Stand- ing Circuit - F 10:00 Theology Book Study - 10S 10:00 Happy Feet Line Dance Class - F 10:00 Movie Camp-10 2:00 Book Mobile - L 2:30 Better Balance- F 7:00 Movie: The Ox Bow Incident - K | 19 8:30 Circuit Training-F 9:30 Seated Circuit- F 10:00 Movie Camp-10 10:30 Boxing Club - F 10:30 Virtual Reality-K 1:00 Movie Camp - 10 1:00 Philosophy - The Secret Life of Words- K 6:30 Movie: Forest Gump - K | 20 10:00 - 12:00 Painting Together- S 10:30 Chair Yoga - F 1:00 Game Day - L 2:00-4:00 Tea Dance - S 6:30 Movie: The Heart Is A Lonely Hunter - K |
| 21 Doc Martin Sunday Series - K Plays at: 2:00 & 8:00 pm | 22 8:30 Circuit Training-F 9:30 Seated Circuit - F 9:45 Time of Silence-C 10:30 Floor 2 Standing Yoga - F 1: Open Craft Time - S 2:00 Social Dance - F 2:00 Knitting - 10S 7:00 Movie: Documentary: Jascha Heifetz, God's Fiddler - K | 23 8:30 Aqua Aerobics- P 9:30 Assisted Stand- ing Circuit - F 10:00 Character Development - Alb 10:00 Shakespeare-M 10:30 Boxing Club - F 2: Supervised Swim-P 2:00 Library Comm-L 2:30 Better Balance- F | 24 8:30 Circuit Training- F 9:30 Seated Circuit - F 10: Garden Comm - M 10:-12:Tech Help - L 10: Hearing Clinic- 3C 10:30 Chair Yoga - F 10:30 Tai Chi - S 11:20 Meditation - F 1:30 Intermediate Bridge Players - 10D 2:00 Buddhist Meditation - K 2:00 Boxing Club - F | 25 8:30 Aqua Aerobics - P 9:30 Assisted Stand- ing Circuit - F 10:00 Theology Book Study with Chaplain Juliana - 10S 10:00 Happy Feet Line Dance Class - F 2: Supervised Swim-P 2:30 Better Balance- F 3:00 Book Club - 10C 6:30 Movie: The Gospel of Saint Matthew - K | 26 8:30 Circuit Training-F 9:30 Seated Circuit- F 10:00 Jewish Studies - Alb 10:30 Boxing Club - F 1:00 Philosophy - The Secret Life of Words- K 4:00 Social Hour -10D 7:00 Movie: Love is Never Silent- K | 27 10:00 - 12:00 Painting Together- S 10:30 Chair Yoga - F 1:00 Game Day - L 7:00 Movie: Cactus Flower - K |
| 28 Doc Martin Sunday Series - K Plays at: 2:00 & 8:00 pm | 29 8:30 Circuit Training- F 9:30 Seated Circuit - F 9:45 Time of Silence-C 10:30 Floor 2 Standing Yoga - F 1: Open Craft Time - S 2:00 Social Dance - F 2:00 Knitting - 10S 7:00 Movie: Pygmalion - K | 30 8:30 Aqua Aerobics- P 9:30 Assisted Stand- ing Circuit - F 10:00 Character Development - Alb 10:00 Shakespeare-M 10:30 Boxing Club - F 2: Supervised Swim-P 2:30 Better Balance- F 7:00 Scrabble - 10C | 31 8:30 Circuit Training- F 9:30 Seated Circuit - F 10:-12:Tech Help - L 10:30 Chair Yoga - F 10:30 Tai Chi - S 11:20 Meditation - F 1:30 Intermediate Bridge Players - 10D 2:00 Boxing Club - F 7:00 Film Scholar Lance Rhodes Presents The Adventures of Errol Flynn - Alb |  | | |