

| SUNDAY                                                                                                                                                                                                                                                     | MONDAY                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                | SATURDAY                                                                                                                                                        |
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|                                                                                                                                                                           |                                                                                                                                                                                                    | <b>1</b><br>10:00—Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Shopping Outing to Walmart (LD)<br>6:30—Rummikub (LIB)                                                                                           | <b>2</b><br>9:30—Free Blood Pressure Check (GR)<br>10:00— Morning Walk Outside With Kalyssa (LD)<br>1:00—Horseshoes (B)<br>2:00—Catholic Mass (B)<br>3:00— Chapel Service & Hymn Sing-a-long with Pastor Eric (B)<br>6:30—Pinochle (LIB)<br><i>Popcorn Day</i>                   | <b>3</b><br>10:00— Morning Walk Outside With Kalyssa (LD)<br>11:00—Plant Care (SE)<br>11:30—Independence Picnic (DR)<br>3:30— Crosswords & Cookies (CC)<br>6:00—Netflix Series “Virgin River” (GR)<br><b>BLUFFS SHIRT DAY</b>                  | <b>4</b><br>10:00—Group Walk Outside (LD)<br>1:30—Sit & Sip Lemonade (CC)<br>3:00— Group Puzzle (LIB)<br>6:00—Evening Cinema (GR)<br><b>Happy 4th of July</b>                                                         | <b>5</b><br>10:00—Morning Walk Outside (LD)<br>1:30—Crafty Ladies (GR)<br>1:30—Game of Pool (2nd Floor)<br>2:30— Coffee Chat (CC)<br>6:00—Evening Cinema (GR)   |
| <b>6</b><br>9:00—Catholic Service Live Stream (GR)<br>10:00—Houghton United Methodist Church Live Stream (GR)<br>11:00—St. Peter & Paul Lutheran Church Live Stream (GR)<br>1:30—Pinochle (LIB)<br>2:30—Music with The Mennonites (B)                      | <b>7</b><br>10:00— Resident Led Group Walk Outside (LD)<br>1:30— Sundae on the Patio (P)<br>3:00—Resident Led Adult Coloring (LIB)<br>6:30—Scrabble (LIB)<br><b>National Strawberry Sundae Day</b> | <b>8</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Culinary Meeting (LIB)<br>2:30—Coffee Chat with Treat (CC)<br>6:30—Rummikub (LIB)                                                               | <b>9</b><br>10:00— Exercise with Julia (ER)<br>1:00—Catholic Outreach With Sister Linda (PDR)<br>2:00—Afternoon Cinema (GR)<br>3:00—Group Puzzle (LIB)<br>6:30—Pinochle (LIB)<br><i>Popcorn Day</i>                                                                              | <b>10</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Bingo with Maddy (LIB)<br>2:30—Table Top Pickle Ball Game (LIB)<br>6:00—Netflix Series “Virgin River” (GR)<br><b>BLUFFS SHIRT DAY</b>                            | <b>11</b><br>10:00— Exercise with Ayla (ER)<br>11:30—July Birthday Lunch (DR)<br>3:30— Resident Led Afternoon Walk (LD)<br>6:30—Uno Card Game (LIB)                                                                   | <b>12</b><br>10:00—Morning Walk Outside (LD)<br>10:30—Crafty Ladies (GR)<br>1:30—Game of Pool (2nd Floor)<br>2:30— Coffee Chat (CC)<br>6:00—Evening Cinema (GR) |
| <b>13</b><br>9:00—Catholic Service Live Stream (GR)<br>10:00—Houghton United Methodist Church Live Stream (GR)<br>11:00—St. Peter & Paul Lutheran Church Live Stream (GR)<br>1:30—Pinochle (LIB)<br>2:30—Coffee Chat (CC)                                  | <b>14</b><br>10:00— Exercise with Julia (ER)<br>10:00—Walker & Scooter Maintenance with Doug The Scooter Dr.<br>1:30— Bingo (LIB)<br>3:00—Craft: Beaded Suncatchers (LIB)<br>6:30—Scrabble (LIB)   | <b>15</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>12:00— Pasty Picnic Lunch (P)<br>1:30—Ring Toss Game<br>2:30—Shopping Outing to Econo (LD)<br>6:30—Rummikub (LIB)<br><b>National Gummy Worm Day</b> | <b>16</b><br>10:00— Exercise with Julia (ER)<br>11:00—Outing to Portage Lake District Library Performance by Kivijat Finnish Dancers (LD)<br>1:00—Catholic Outreach With Sister Linda (PDR)<br>3:00—Chapel Service & Hymn Sing-a-long with Pastor Eric (B)<br><i>Popcorn Day</i> | <b>17</b><br>9:30—Chair Massage with Jean (PDR)<br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Bingo (LIB)<br>3:00— Strawberry Shortcake Social (B)<br>6:00—Netflix Series “Virgin River” (GR)<br><b>BLUFFS SHIRT DAY</b> | <b>18</b><br>10:00— Exercise with Ayla (ER)<br>12:00—Root Beer Floats at Lunch (DR)<br>1:30— Happy Hands (LIB)<br>3:00— Spintopia (LIB)<br>4:30— Country Western Happy Hour with Live Music by Paul Smith & Micky (B) | <b>19</b><br>10:00—Morning Walk Outside (LD)<br>10:30—Crafty Ladies (GR)<br>1:30—Game of Pool (2nd Floor)<br>2:30— Coffee Chat (CC)<br>6:00—Evening Cinema (GR) |
| <b>20</b><br>9:00—Catholic Service Live Stream (GR)<br>10:00—Houghton United Methodist Church Live Stream (GR)<br>11:00—St. Peter & Paul Lutheran Church Live Stream (GR)<br>1:30—Pinochle (LIB)<br>2:30—Coffee Chat (CC)<br><b>National Ice-cream Day</b> | <b>21</b><br>10:00— Exercise with Julia (ER)<br>11:30— Lunch Outing to Applebee’s (LD)<br>1:30— Bingo (LIB)<br>3:00—Presentation by Alzheimer’s Association (LIB)<br>6:30—Scrabble (LIB)           | <b>22</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>2:00—Presentation by Range Bank “Scams Targeted to Seniors” (B)<br>3:30—Shopping Outing to Dollar Tree (LD)<br>6:30— Rummikub (LIB)                 | <b>23</b><br>10:00— Exercise with Julia (ER)<br>11:00—U.P Home Care Therapy Health Talk with Nick (GR)<br>1:00—Catholic Outreach With Sister Linda (PDR)<br>2:00—Ladies Photo shoot With Tea Party (LIB)<br><b>National Gorgeous Grandma Day</b>                                 | <b>24</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Bingo (LIB)<br>2:00—Poker with Amy (PDR)<br>3:00— Ice Tea & Trivia on the Patio (P)<br>6:00—Netflix Series “Virgin River” (GR)                                   | <b>25</b><br>10:00— No Exercise<br>11:30-2:00— Family Fun Fair (LA)<br>3:30—Cross Word & Chill (CC)<br>6:00—Evening Cinema (GR)<br><b>BLUFFS SHIRT DAY</b>                                                            | <b>26</b><br>10:00—Morning Walk Outside (LD)<br>10:30—Crafty Ladies (GR)<br>1:30—Game of Pool (2nd Floor)<br>2:30— Coffee Chat (CC)<br>6:00—Evening Cinema (GR) |
| <b>27</b><br>9:00—Catholic Service Live Stream (GR)<br>10:00—Houghton United Methodist Church Live Stream (GR)<br>11:00—St. Peter & Paul Lutheran Church Live Stream (GR)<br>1:30—Pinochle (LIB)<br>2:30—Coffee Chat (CC)                                  | <b>28</b><br>10:00— Morning Walk Outside (LD)<br>11:30— Lunch Outing to Roy’s Bakery & Pasties (LD)<br>1:30— Bingo (LIB)<br>3:00— Bubble & Water Balloons (P)<br>6:30—Scrabble (LIB)               | <b>29</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:00—Craft: Garden Totem Poles (LIB)<br>3:00— Shopping Outing to Downtown Houghton (LD)<br>6:30—Rummikub (LIB)                                      | <b>30</b><br>10:00— Exercise with Julia (ER)<br>1:00—Catholic Outreach With Sister Linda (LIB)<br>2:00—Ice-cream Outing to Kestner Park (LD)<br>3:00—Chapel Service & Hymn Sing-a-long with Pastor Eric (B)<br><i>Popcorn Day</i>                                                | <b>31</b><br>10:00— Exercise with Julia (ER)<br>11:00—Plant Care (SE)<br>1:30—Bingo (LIB)<br>3:00— Baking—Fruit Pizza (B)<br>6:00—Netflix Series “Virgin River” (GR)<br><b>BLUFFS SHIRT DAY</b>                                                |                                                                                                                                  |                                                                                                                                                                 |
| <b>Location Key</b>                                                                                                                                                                                                                                        |                                                                                                                                                                                                    | <b>ER - Exercise Room</b><br><b>GR - Gathering Room</b><br><b>SE - Service Entrance</b>                                                                                                                                      | <b>B - 3rd Floor Ballroom</b><br><b>DR - Dining Room</b><br><b>LIB - 2nd Floor Library</b>                                                                                                                                                                                       | <b>LA - Lobby Area</b><br><b>FL - Front Lawn</b><br><b>BP– Back Patio</b>                                                                                                                                                                      | <b>LD - Lobby Departure</b><br><b>PDR - Private Dining Room</b><br><b>CC– Coffee Corner</b>                                                                                                                           | <b>*Activities are subject to change</b>                                                                                                                        |