



Independent Living Activity Calendar July 2010

Thursday, July 1, 2010

9-10:00 a.m.	Men's Forum - Solarium
9-11:00 a.m.	Ceramics - Activity Room
10:00 a.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
10:00 a.m.	Catholic Word & Communion - Chapel
1:30 p.m.	Errands & the Mall - (Sign-Up in Post Office)
1:30-3:00 p.m.	Threads in Hand - Activity Room
Load 5:00 p.m.	<i>Dinner at the Armory - (Sign-Up Sheet in Post Office)</i>

Friday, July 2, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
9:30 a.m.	Men's Choir Practice - Chapel
10:00 a.m.	Women's Choir Practice - Chapel
10:30 a.m.	Choir Practice - Chapel
3-4:00 p.m.	Coffee Hour - Dining Room
7:00 p.m.	Friday Night Movie - Gathering Room

Saturday, July 3, 2010

9-10:00 a.m.	Men's Forum - Solarium
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Sunday, July 4, 2010

9:30 a.m.	Worship Service - Nancy Hansen-Bennett, Cargill United Methodist Church - Chapel
10:30 a.m.	Catholic Mass - Chapel
6:30 p.m.	Vespers Service - Rev. John Froiland - Chapel

Monday, July 5, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
10:00 a.m.	Bible Study - Chapel
1:30 p.m.	Choir Practice - Chapel
1:30 p.m.	Wii Women's Bowling - Gathering Room
2:45 p.m.	<i>Learning Opportunities Committee - Activity Room</i>

7:00 p.m.	Travelogue - Gathering Room
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Tuesday, July 6, 2010

9-9:30 a.m.	Betty the Barber - (Sign-Up in Post Office)
9-11:00 a.m.	Ceramics - Activity Room
9-10:00 a.m.	Men's Forum - Solarium
1:30 p.m.	Van to Sentry (Sign-Up in Post Office)
1:30 p.m.	Worship Committee Meeting - Activity Room
3-4:00 p.m.	Coffee Hour - Dining Room
4:00 p.m.	Chime Choir Practice - Activity Room

Wednesday, July 7, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9:00 a.m.	Van to Sentry (Sign-Up in Post Office)
9-10:00 a.m.	Men's Forum - Solarium
9-10:30 a.m.	Johnson Bank - RCAC/Wellness Clinic
9-11:00 a.m.	Craft Class - Activity Room
1:30 p.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
1:30 p.m.	Hearing Care (Sign-Up in Post Office) - RCAC/Wellness Clinic
2:30-3:30 p.m.	Blood Pressure Clinic - RCAC/Wellness Clinic
7:00 p.m.	Monthly Birthday Party - Dining Room

Thursday, July 8, 2010

9-10:00 a.m.	Men's Forum - Solarium
9-11:00 a.m.	Ceramics - Activity Room
10:00 a.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
10:00 a.m.	Catholic Word & Communion - Chapel
1:30 p.m.	Errands & the Mall - (Sign-Up in Post Office)
3:30 p.m.	Seamstress (Sign-Up in Post Office)
7:00 p.m.	Bingo - Dining Room

Friday, July 9, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
9:30 a.m.	Men's Choir Practice - Chapel
10:00 a.m.	Women's Choir Practice - Chapel
10-12:00 p.m.	Reminiscence Writing Class - Activity Room
10:30 a.m.	Choir Practice - Chapel
1:30 -3:30 p.m.	Foot Clinic - (Sign-Up in Post Office) - RCAC/Wellness Clinic
3-4:00 p.m.	Coffee Hour - Dining Room
7:00 p.m.	Friday Night Movie - Gathering Room

Saturday, July 10, 2010

7:30 a.m. Load	Early Bird Breakfast - (Sign-Up in Post Office)
9-10:00 a.m.	Men's Forum - Solarium

2:30 p.m. Saturday Matinee - "Gershwin on Ice" starring Dorothy Hamill - Gathering Room

Sunday, July 11, 2010

9:30 a.m. Worship Service - Laurie Fitzsimons, Cargill United Methodist - Chapel
10:30 a.m. Catholic Mass - Chapel
6:30 p.m. Vespers Service - Rev. Naomi Garber, First Lutheran Church - Chapel

Monday, July 12, 2010

9:00 a.m. Light & Lively Exercise Group - Exercise Room
9-10:00 a.m. Men's Forum - Solarium
10:00 a.m. Bible Study - Chapel
1:30 p.m. Choir Practice - Chapel
1:30 p.m. Wii Women's Bowling ~ Gathering Room
1:30-3:30 p.m. Reminiscence Writing Class - Activity Room
7:00 p.m. Travelogue - Gathering Room

Tuesday, July 13, 2010

9-11:00 a.m. Ceramics - Activity Room
9-10:00 a.m. Men's Forum - Solarium
1:30 p.m. Van to Sentry (Sign-Up in Post Office)
3-4:00 p.m. Coffee Hour - Dining Room
4:00 p.m. Chime Choir Practice - Activity Room
6:15 p.m. Sing-a-Long with Tom - Main Lounge
7:00 p.m. Tuesday Gathering - WWII Veterans Trip" with Guest Speaker Steve Flood - Gathering Room

Wednesday, July 14, 2010

9:00 a.m. Light & Lively Exercise Group - Exercise Room
9:00 a.m. Van to Sentry (Sign-Up in Post Office)
9-10:00 a.m. Men's Forum - Solarium
9-10:30 a.m. Johnson Bank - RCAC/Wellness Clinic
9-11:00 a.m. Craft Class - Activity Room
1:30 p.m. Shopping at Pick-N-Save (Sign-Up in Post Office)
2:30-3:30 p.m. Blood Pressure Clinic - RCAC/Wellness Clinic
7:00 p.m. Card Players Gathering - Main Lounge

Thursday, July 15, 2010

9-10:00 a.m. Men's Forum - Solarium
9-11:00 a.m. Ceramics - Activity Room
10:00 a.m. Shopping at Pick-N-Save (Sign-Up in Post Office)
10:00 a.m. Catholic Word & Communion - Chapel
1:30 p.m. Errands & the Mall - (Sign-Up in Post Office)
1:30-3:00 p.m. Threads in Hand - Activity Room

Friday, July 16, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
9:30 a.m.	Men's Choir Practice - Chapel
10:00 a.m.	Women's Choir Practice - Chapel
10:30 a.m.	Choir Practice - Chapel
3-4:00 p.m.	Coffee Hour - Dining Room
7:00 p.m.	Friday Night Movie - Gathering Room

Saturday, July 17, 2010

9-10:00 a.m.	Men's Forum - Solarium
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Sunday, July 18, 2010

9:30 a.m.	Worship Service - Marge Arnold, Cargill United Methodist - Chapel
10:30 a.m.	Catholic Mass - Chapel
6:30 p.m.	Vespers Service - Rev. John Froiland - Chapel

Monday, July 19, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
10:00 a.m.	Bible Study - Chapel
1:30 p.m.	Choir Practice - Chapel
1:30 p.m.	Wii Women's Bowling ~ Gathering Room
3:00 p.m.	<i>Spiritual Connections - Gathering Room</i>
7:00 p.m.	Travelogue - Gathering Room

Tuesday, July 20, 2010

9-9:30 a.m.	<i>Betty the Barber - (Sign-Up in Post Office)</i>
9-11:00 a.m.	Ceramics - Activity Room
9-10:00 a.m.	Men's Forum - Solarium
1:30 p.m.	Van to Sentry (Sign-Up in Post Office)
2:00 p.m.	<i>Chairside Chat - Dining Room</i>
3-4:00 p.m.	Coffee Hour - Dining Room
4:00 p.m.	Chime Choir Practice - Activity Room
7:00 p.m.	<i>Music by Terry & Carolyn - Main Lounge</i>

Wednesday, July 21, 2010

8-4:30 p.m.	<i>Manicures/Pedicures - (Sign-Up in Post Office)</i>
9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9:00 a.m.	Van to Sentry (Sign-Up in Post Office)
9-10:00 a.m.	Men's Forum - Solarium
9-10:30 a.m.	Johnson Bank - RCAC/Wellness Clinic
9-11:00 a.m.	Craft Class - Activity Room
10:30-12:30 p.m.	<i>Auxiliary Luncheon - Cedar View Lobby</i>
1:30 p.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
2:30-3:30 p.m.	Blood Pressure Clinic - RCAC/Wellness Clinic
3:00 p.m.	<i>Resident Council - Activity Room</i>

7:00 p.m. Card Players Gathering - Main Lounge

Thursday, July 22, 2010

9-10:00 a.m. Men's Forum - Solarium
9-11:00 a.m. Ceramics - Activity Room
10:00 a.m. Shopping at Pick-N-Save (Sign-Up in Post Office)
10:00 a.m. Catholic Word & Communion - Chapel
1:30 p.m. Errands & the Mall - (Sign-Up in Post Office)
3:30 p.m. Seamstress (Sign-Up in Post Office)
7:00 p.m. Bingo - Dining Room

Friday, July 23, 2010

9:00 a.m. Light & Lively Exercise Group - Exercise Room
9-10:00 a.m. Men's Forum - Solarium
9:30 a.m. Men's Choir Practice - Chapel
10:00 a.m. Women's Choir Practice - Chapel
10-12:00 p.m. Reminiscence Writing Class - Activity Room
10:30 a.m. Choir Practice - Chapel
3-4:00 p.m. Coffee Hour - Dining Room
7:00 p.m. Friday Night Movie - Gathering Room

Saturday, July 24, 2010

9-10:00 a.m. Men's Forum - Solarium
2:30 p.m. Saturday Matinee - "Inspector General" starring Danny Kaye and Elsa Lancaster - Gathering Room

Sunday, July 25, 2010

9:30 a.m. Worship Service - Tom Alverson, River of Life United Methodist, Beloit - Chapel
10:30 a.m. Catholic Mass - Chapel
6:30 p.m. Vespers Service - Dawn Jeffers Ramstad, River of Life United Methodist, Beloit - Chapel

Monday, July 26, 2010

9:00 a.m. Light & Lively Exercise Group - Exercise Room
9-10:00 a.m. Men's Forum - Solarium
10:00 a.m. Bible Study - Chapel
1:30 p.m. Choir Practice - Chapel
1:30 p.m. Wii Women's Bowling ~ Gathering Room
1:30-3:30 p.m. Reminiscence Writing Class - Activity Room
7:00 p.m. Travelogue - Gathering Room

Tuesday, July 27, 2010

9-11:00 a.m. Ceramics - Activity Room
9-10:00 a.m. Men's Forum - Solarium

1:30 p.m.	Van to Sentry (Sign-Up in Post Office)
3-4:00 p.m.	Coffee Hour - Dining Room
4:00 p.m.	Chime Choir Practice - Activity Room

Wednesday, July 28, 2010

7:45 a.m.	Breakfast ~ Social ~ Get Together - Dining Room
9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9:00 a.m.	Van to Sentry (Sign-Up in Post Office)
9-10:00 a.m.	Men's Forum - Solarium
9-10:30 a.m.	Johnson Bank - RCAC/Wellness Clinic
9-11:00 a.m.	Craft Class - Activity Room
1:30 p.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
2:00 p.m.	Communion Service, Rev. John Froiland - Chapel
5-7:00 p.m.	Get Together - Main Lounge
2:30-3:30 p.m.	Blood Pressure Clinic - RCAC/Wellness Clinic
7:00 p.m.	Card Players Gathering - Main Lounge

Thursday, July 29, 2010

9-10:00 a.m.	Men's Forum - Solarium
9-11:00 a.m.	Ceramics - Activity Room
10:00 a.m.	Shopping at Pick-N-Save (Sign-Up in Post Office)
10:00 a.m.	Catholic Word & Communion - Chapel
1:30 p.m.	Errands & the Mall - (Sign-Up in Post Office)

Friday, July 30, 2010

9:00 a.m.	Light & Lively Exercise Group - Exercise Room
9-10:00 a.m.	Men's Forum - Solarium
9:30 a.m.	Men's Choir Practice - Chapel
10:00 a.m.	Women's Choir Practice - Chapel
10:30 a.m.	Choir Practice - Chapel
3-4:00 p.m.	Coffee Hour - Dining Room
7:00 p.m.	Friday Night Movie - Gathering Room

Saturday, July 31, 2010

9-10:00 a.m.	Men's Forum - Solarium
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Sunday, August 1, 2010

9:30 a.m.	Worship Service - Chapel
10:30 a.m.	Catholic Mass - Chapel
6:30 p.m.	Vespers Service - Chapel

[YE OLDE COUNTRY STORE OPEN MONDAY-FRIDAY 9:00-11:00 AM & 2-4:00 PM](#)