

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Every Morning 7:30am Todays History 10:00am Laughing Yoga 6:15pm Community Walk.	<b>1</b> 8:30 – Early Morning Stretch 9:00 – School Cards 10:30 - Sit N Be Fit 1:00 - Music Sing-Along 3:30 – Water balloon toss* <u>5:15 – Bike rides with Carolina</u>  Canada Day	<b>2</b> 8:30 – Coffee & News 10:30 - Sit N Be Fit 1:30 – Patio & Chat 2:30 – Ice Cream Shop 3:30 – 4 <sup>th</sup> of July Lanterns * 6:00 - Resident Band Music	<b>3</b> 8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:30 – Bible Study <u>2:30 Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo	<b>4</b> 8:30 – Coffee & News 9:30 – Church Hymns 10:30 Chair Yoga** 1:30 – Garden Walk 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 5:30 – Country Drive Independence Day (US)	<b>5</b> 8:30 – Meditative Moment 10:30 – Chair Yoga 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Number Color Art* 5:30 – I Spy	<b>6</b> 9:30 –Chair Yoga 10:00 – Book Talk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles. 5:30 – Music Moments
<b>7</b> 8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Uno 2:30 - Patio Relaxation 5:30 – Golf Cart Rides	<b>8</b> 8:30 – Early Morning Stretch 10:30 - Sit N Be Fit 12:30 - Ellen Story Time 1:00 – Sun Catchers ** 3:30 – Music on the Patio <u>5:15 – Bike rides with Carolina</u>	<b>9</b> 8:30 – Coffee & News 10:30 - Sit N Be Fit 1:30 – Patio & Chat 2:30 – Ice Cream Shop 5:30 – I Spy 6:00 - Resident Band Music	<b>10</b> 8:30 – Early Morning Stretch 10:30- Chair Yoga** 12:30 – Chair Yoga 1:30 – Bible Study <u>2:30 - Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo	<b>11</b> 8:30 – Coffee & News 9:30 – Church Hymns 10:30 Chair Yoga 1:30 – Garden Walk 3:30 – Fill in the Blank Story 5:30 – Card Club 6:30 – Birthday Bash (GS)	<b>12</b> 8:30 – Meditative Moment 10:30 – Bike Rides 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Number Color Art 5:30 – Country Drive	<b>13</b> 9:30 –Chair Yoga 10:00 – Ker plunk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles 5:30 – Music Moments
<b>14</b> 8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Ker Plunk 2:30 – Coffee (GS) 5:30 – Golf Cart Rides	<b>15</b> 8:30 – Early Morning Stretch 9:00 – Tin Can Golf ** 10:30 – Chair Yoga 1:00 - Music Sing-Along 3:30 – Water balloon toss* 6:45 – Movie and Popcorn	<b>16</b> 8:30 – Coffee & News 10:30 - Sit N Be Fit 1:30 – Ball Toss 2:30 – Ice Cream Shop 5:30 – Card Club 6:00 - Resident Band Music	<b>17</b> 8:30 – Early Morning Stretch 10:30- Chair Yoga 12:30 – Chair Yoga 1:30 – Bible Study <u>2:30 - Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo	<b>18</b> 8:30 – Coffee & News 9:30 – Church Hymns 10:30 Chair Yoga 1:30 – Garden Walk 3:30 – Fill in the Blank Story 5:30 – Country Drive	<b>19</b> 8:30 – Meditative Moment 10:30 – Bike Rides 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:00 – Cody the Pony (GS) 5:30 -Country Drive	<b>20</b> 9:30 –Chair Yoga 10:00 – Ker plunk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles 5:30 – Music Moments
<b>21</b> 8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Uno 2:30 – Patio Relaxation 5:30 – Golf Cart Rides	<b>22</b> 8:30 – Early Morning Stretch 9:00 – Sand Art 10:30 - Chair Yoga 12:30 - Ellen Story Time 1:00 - Music Instrument** 3:30 – Music Sing-Along <u>5:15 – Bike rides with Carolina</u>	<b>23</b> 8:30 – Coffee & News 10:30 - Chair Yoga 1:30 – Patio & Chat 2:30 – Ice Cream Shop 5:30 – Card Club 6:00 - Resident Band Music	<b>24</b> 8:30 – Early Morning Stretch 10:30- Chair Yoga 12:30 – Pool Noodles 1:30 – Bible Study <u>2:30 - Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo	<b>25</b> 8:30 – Coffee & News 9:30 – Church Hymns 10:30 Chair Yoga 1:30 – Garden Walk 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story 5:30 – Country Drive	<b>26</b> 8:30 – Meditative Moment 10:30 – Bike Rides 12:30 – Patio Tea Time 1:00 – Music Sing-Along 2:30 – Number Color Art 5:30 -Tin Can Golf	<b>27</b> 9:30 –Chair Yoga 10:00 – Ker plunk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles 5:30 – Music Moments
<b>28</b> 8:30 – Early Morning Stretch 9:30 – Coffee & News 10:25 – Church 1:30 - Ker Plunk 2:30 – Patio Relaxation 5:30 – Golf Cart Rides	<b>29</b> 8:30 – Early Morning Stretch 9:00 – Paper Airplane 10:30 - Sit N Be Fit 12:30 –Paper Airplane Races 3:30 – Water balloon toss* <u>5:15 – Bike rides with Carolina</u>	<b>30</b> 8:30 – Coffee & News 10:30 - Sit N Be Fit 1:30 – Ball Toss 2:30 – Ice Cream Shop 5:30 - Sevens 6:00 - Resident Band Music	<b>31</b> 8:30 – Early Morning Stretch 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:30 – Bible Study <u>2:30 Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo	<div>July 2019</div> <div>Bartels Lutheran Retirement Community</div> <div>1922 5<sup>th</sup> Ave NW Waverly IA 50677</div>		

(GS) = Located in Good Shepard Chapel