

# Paul W. Alandt Lakeshore Rose Center

## July

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All reservations for meals and transportation should be made by Wednesday morning</i>	<b>1</b> <b>10:00 Seating Rhythm Dancing</b> <b>11:30 Lunch</b> <b>12:00 Bingo sponsored by Humana</b>	<b>2</b> <b>10:00 Virtual Exercise</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b> <b>Pantry</b>	<b>3</b> <b>10:00 Brain buster's w/ Barbara</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b> <b>Monthly Party</b>	
<b>7</b> <b>10:00 Movin N Groovin w/ Christine</b> <b>11:30 Lunch</b> <b>12:00 Book Club</b>	<b>8</b> <b>10:00 Fitness w/ Rashida</b> <b>11:30 Lunch</b> <b>12:00 Gardening</b>	<b>9</b> <b>10:00 Virtual Exercise</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b> <b>Pantry</b> <b>Mobile Post</b>	<b>10</b> <b>10:00 Diabetes Workshop</b> <b>11:00 EMS</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b>	<b>11</b> <b>10:00 Fun and fitness w/ CSU</b> <b>11:30 Lunch</b> <b>12:00 Games</b>
<b>14</b> <b>10:00 Movin N Groovin w/ Christine</b> <b>11:30 Lunch</b> <b>12:00 Book Club</b> <b>All City Candy Trip</b>	<b>15</b> <b>10:00 Fitness w/ Rashida</b> <b>11:30 Lunch</b> <b>12:00 Gardening</b> <b>Build a Bouquet</b>	<b>16</b> <b>10:00 Art w/ Chris Young</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b> <b>Pantry</b>	<b>17</b> <b>10:00 Diabetes Workshop</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b>	<b>18</b> <b>10:00 Tea w/ Theresa</b> <b>11:30 Lunch</b> <b>12:00 Bingo</b>
<b>21</b> <b>10:00 Movin N Groovin w/ Christine</b> <b>11:30 Lunch</b> <b>12:00 Book Club</b>	<b>22</b> <b>10:00 Fitness w/ Rashida</b> <b>11:30 Lunch</b> <b>12:00 Gardening</b>	<b>23</b> <b>10:00 Virtual Exercise</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b> <b>Farmer's Market Trip</b>	<b>24</b> <b>10:00 Diabetes Workshop</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b>	<b>25</b> <b>10:00 Tea w/ Theresa</b> <b>11:30 Lunch</b> <b>12:00 Games</b> <b>Near West Evening Trip</b>
<b>28</b> <b>10:00 Movin N Groovin w/ Christine</b> <b>11:30 Lunch</b> <b>12:00 Book Club</b>	<b>29</b> <b>10:00 Seated Tap Dance</b> <b>11:30 Lunch</b> <b>12:00 Gardening</b> <b>Gallucci's Restaurant Trip</b>	<b>30</b> <b>10:00 Virtual Exercise</b> <b>11:30 Lunch</b> <b>12:30 Bingo</b> <b>Pantry</b>	<b>31</b> <b>10:00 Diabetes Workshop</b> <b>11:30 Lunch</b> <b>12:30 Bible Study</b>	<b>Please remember to cancel with STC by 7am (216) 265-1489</b>