

July 2019

ACTIVITIES CALENDAR

The Gables

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:30 - Bone Builders Class 1:00 - Mah Jongg</p>	<p>2</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p>	<p>3</p> <p>8:00 - Manicures w/ Darlene 9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 4:00 - Uncle Sam and his Saxophone (Commons)</p>	<p>4 Independence Day</p>  <p>Resident BBQ (indoors or outdoors)</p>	<p>5</p> <p>8:30 - Men's Breakfast Mtg. 9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 2:00 - July Birthday Social</p>	
<p>7</p> <p>6:00 - Sunday Movie</p>	<p>8</p> <p>9:30 - Bone Builders Class 1:00 - Pre-Food Meeting 1:00 - Mah Jongg</p>	<p>9</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p>	<p>10</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Residents Comm. Mtg. 1:00 - Contract Rummy 5:30 - Monthly Meeting</p>	<p>11</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:00 - Food Comm. Meeting 1:30 - Chair Tai Chi</p>	<p>12</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene</p>	<p>The Commons Reserved for the Day</p>
<p>14</p> <p>6:00 - Sunday Movie</p>	<p>15</p> <p>9:30 - Bone Builders Class 1:00 - Mah Jongg</p>	<p>16</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p>	<p>17</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 1:00 - Contract Rummy 3:00 - Foot Clinic</p>	<p>18</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi 6:45 - Piano Program by Alan Walker (Commons)</p>	<p>19</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga 11:00 - Crafts with Darlene 1:45 - BINGO (The Commons)</p>	
<p>21</p> <p>6:00 - Sunday Movie</p>	<p>22</p> <p>9:30 - Bone Builders Class 10:45 - Activities Committee Meeting 1:00 - Mah Jongg 3:30 - Cooie DeFrancesco Singer/Guitarist in The Commons</p>	<p>23</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:00 - Memoirs Group 1:30 - Shopping at Tops</p>	<p>24</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 11:30 - Early Lunch 12:15 - Leave for Weston 2:00 - Oklahoma</p>	<p>25</p> <p>8:00 - 11:30 - Manicures by Darlene (Activities Room) 11:00 - Reading Aloud 1:30 - Chair Tai Chi</p>	<p>26</p> <p>9:30 - Bone Builders Class 10:00 - Chair Yoga</p> <p>Darlene on Vacation until August 7th</p>	<p>27</p> <p>Memorial Service for Ellie Bradley in The Commons at 2:00pm</p>
<p>28</p> <p>6:00 - Sunday Movie</p>	<p>29</p> <p>9:30 - Bone Builders Class 1:00 - Discussion with Lynn Tucker (Living Room) 2:00 - Mah Jongg</p>	<p>30</p> <p>10:00 - Blood Pressures 10:00 - Chair Aerobics 11:00 - Reading Aloud 1:30 - Shopping at Tops</p>	<p>31</p> <p>9:00 - Price Chopper 9:30 - Hannaford 9:30 - Bone Builders Class 12:00 - Luncheon at Toziers Restaurant in Bethel (leave Gables at 11:15am)</p>	<p>Uncle Sam & his Saxophone Wednesday, July 4th at 4:00pm in The Commons</p>	<p>Cooie DeFrancesco Singer/Guitarist Monday, July 22nd at 3:30pm in The Commons</p>	<p>Oklahoma at the Weston Playhouse Wednesday, July 24th at 2:00pm (leave The Gables at 12:15pm)</p>

Activities subject to change