







WellLife July 2017

AT BLAKEFORD

okSunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Life Enrichment Coordinator: Lynn Beckstrom Phone: 615-665-2693</p> <p>*Calendar Subject to Change</p>	 <p>Happy 4th Of July!</p>	<p>Check Out Channel 7 for In-house Movies</p> 	<p>Don't Miss Out!</p> <p>Please remember to check the in-house mail room for the sign up book & latest info.</p>	<p>Dressing Downton Ladies Tea Friday July 14th (Dress the Part)</p>	<p>Campfire Songs & S'mores July 27th</p> 	<p>1</p> <p>4:00pm The West Wing - MPR 6:45pm Movie: -MPR</p>
<p>2</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 4:00pm Vespers Service - MPR 6:45pm Sunday Movie – WR</p>	<p>3</p> <p>9:00am-Supervised Exercise –WC 10:30-11:30 Audiology Associates MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:00pm Intro to Spanish MPR 1:30pm Seated Yoga –MPR 2:00pm Learn to play Train Dominos-GR 6:45pm Movie: -MPR</p>	<p>4</p> <p>11:30-1:00 4th of July Cook Out 1:00pm-2:00pm Red, White & Blue Ice Cream Sundaes & Patriotic Music on the Patio 1:00pm Canasta-GR 1:30pm Bridge-MPR 4:30pm No Social Hour Today – LR</p> 	<p>5</p> <p>9:00am - Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study –MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on Patio 1:00pm Ukulele Class with Lindy WR 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:00pm Table Topics: Discussion Group-LR 2:15pm Roman Catholic Com .HC 3:30pm Concert: Classical Pianist Jane Hanselman-LR 4:00pm Afternoon Matinee – M 6:45pm Classic Movie – MPR</p>	<p>6</p> <p>9:30am Cardio Sculpt.–MPR 1:00pm Dominoes-GR 1:15pm Cheekwood Presents: Dressing Downton \$20 1:00 Rhythm & Moves-MPR 2:30pm Better Balance-WR 3:00pm Needlecrafters - LR 4:00pm No TED Talk Today - MPR</p>	<p>7</p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - WR 10:30am Wii Bowling-WR 10:30 Crafts w/Lynn: Fresh Flower Art-GR 1:00pm Sequence – GR 2:00pm Trivia Challenge-MPR 7:00pm Bingo-</p>	<p>8</p> <p>4:00pm The West Wing WR 6:45pm Movie: -WR</p>

Location Key: GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-WellLife Room BC-Burton Court HC- Woodcrest Health Center BU- BLAKEFORD UNIVERSITY

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<p>9</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm <i>Sunday Movie - MPR</i></p>	<p>9:00am-Supervised Exercise –WC 10 10:00am Blakeford Friends – MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Cardio Drum-MPR 1:30pm Seated Yoga –MPR 2:30pm – Resident Council-MPR 6:45pm <i>Movie: -MPR</i></p>	<p>11</p> <p>9:30am Cardio Sculpt- MPR 10:30am Vet’s Club- MPR (Calling all Veterans! We are starting a Vet’s Group) 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:00pm Thrift Store Shopping (Get your Downton Costumes) 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with Brian Hanson - LR</p> 	<p>9:00am Supervised Exercise– MPR12 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study– MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class w/LindyWR 1:00pm Cardio Drum –MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com .HC 4:00pm <i>Afternoon Matinee – MPR</i> 6:45pm <i>Classic Movie – MPR</i></p>	<p>13</p> <p>9:30am Cardio Sculpt.–MPR 10:30am Wii Balance Class-WR 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 1:00pm Outing: Elliston Place Soda Shop 2:30pm Better Balance-WR 3:00pm Needlecrafters -LR 4:00pm TED Talk – MPR</p>	<p>14</p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - WR 10:30am Wii Bowling-WR 11:30 Dressing Downton Ladies Tea (Let’s Make it Fun & Dress the Part) - MPR 1:00pm Sequence – GR 7:00pm Bingo-MPR 7:00pm Shabbat Service – BC</p> 	<p>15</p> <p>4:00pm The West Wing - MPR 6:4 <i>5pm Movie: -MPR</i></p>
<p>16</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm <i>Sunday Movie - MPR</i></p>	<p>17</p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Bowling-WR 1:00pm Intro to Spanish MPR 1:00pm Cardio Drum- MPR 1:30pm Seated Yoga –MPR 2:00pm Learn to Play Train Dominos-GR 6:45pm <i>Movie – MPR</i></p> 	<p>18</p> <p>9:30am Cardio Sculpt– WR 9:30 Men’s Club Breakfast Out: Cracker Barrel 1:00pm Canasta-GR 1:00pm Rhythm & Moves-MPR 1:00pm-2:00pm Ice Cream Sundaes & Music on the Patio 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour: Bill Ferarri LR</p>	<p>9:00am-Supervised Exercise –WC 19 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class with Lindy-WR 1:00pm Cardio Drum – MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 4:00pm <i>Afternoon Matinee – MPR</i> 6:45pm <i>Classic Movie – MPR</i></p>	<p>20</p> <p>9:30am Cardio Sculpt –MPR 10:00am Outing: Day Trip to Lebanon Outlet Mall 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 2:30pm Better Balance-WR 3:00pm Needlecrafters -LR 4:00pm TED Talk – MPR</p>	<p>21</p> <p>9:00am-Supervised Exercise –WC 9:30am – <u>No Tai Chi Today</u> - WR 10:30am Wii Bowling-WR 10:30am Trivia Challenge-MPR 1:00pm Sequence – GR 2:00pm Crafts with Lynn: Summer Bugs for Your Garden! 7:00pm Bingo-MPR</p>	<p>22</p> <p>4:00pm The West Wing - MPR 6:45pm <i>Movie: -MPR</i></p>
<p>23</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 3:30pm Vespers-BC 6:45pm <i>Sunday Movie – MPR</i></p>	<p>9:00am - Supervised Exercise–WC24 10:30 Hydration Week Kick-Off MPR 10:30am Wii Bowling-WR 1:00pm Cardio Drum- MPR 1:00pm Intro to Spanish MPR 1:30pm Seated Yoga – MPR 2:00pm Train Dominos-GR 6:45pm <i>Movie:MPR-</i></p>	<p>25</p> <p>9:30am Cardio Sculpt- MPR 1:00pm Rhythm & Moves-MPR 1:30pm Outing: Shopping Nashville West At Home and Dollar Tree 1:30pm Bridge-MPR 2:30pm Strength Training – MPR 4:30pm Social Hour with Richard Griffen- LR</p>	<p>9:00am-Supervised Exercise –WC 26 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30 Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Cardio Drum – MPR 1:00 Sing-A-Long w/ Lindy LR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 3:00 Get to know your neighbor: George & Mary Shreeve - MPR 4:00pm <i>Afternoon Matinee – MPR</i> 6:45pm <i>Classic Movie – MPR</i></p>	<p>27</p> <p>9:30am Cardio Sculpt.–MPR 10:30am Wii Balance Class-WR 1:00 Outing: Adventure Science Center & Planetarium (Eclipse Program) 1:00pm Dominoes-GR 1:00pm Rhythm & Moves-MPR 2:30pm Better Balance-WR 3:00pm Needlecrafters -LR 4:00pm TED Talk – MPR 7:00pm Campfire Songs & S’mores on the Patio</p> 	<p>28</p> <p>9:00am-Supervised Exercise –WC 9:30am – Tai Chi Class – MPR 10:30am Wii Bowling-WR 10:30am Crafts w/Lynn: Trash to Treasure Jewelry Pins-GR 1:00pm Sequence – GR 3:00 July Birthday Party! MPR 7:00pm Bingo-MPR 7:00pm Shabbat Service -BC</p> 	<p>29</p> <p>4:00pm The West Wing - MPR 6:45pm <i>Movie: -MPR</i></p>
<p>30</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N.4th fl 3:30pm Vespers-BC 6:45pm <i>Sunday Movie</i></p>	<p>31</p> <p>Same Schedule as 24th & 3:00pmBlakeford Book Club-MPR</p>					