

July 2024 Calendar

Independent Living - Life Enrichment & Wellness



This Month we Celebrate **The US-Plymouth, MA**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - # Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room FR - Fitness Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater TR - Therapy Room Across from Fitness Room WS - Woodshop in the Lower Level</p>	<p>1 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Coke & Peanut Social - L 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L</p>	<p>2 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 2:00 Dementia and Spirituality with Dr. Elisa Ashley, D.Min. - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>3 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Lunch: Delicacy Chinese Bistro 1:30 Exercise with Robin - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>4 Happy 4th of July 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin (Video) - HH 1:30 Harris Teeter 2:00 Watermelon & Seed Spitting - CY 6:00 Bible Reading - L 6:00 Dominoes - CR</p> <p><i>One meal will be served in the Dining room from 11:30 to 2:00</i></p>	<p>5 9:00 Men's Devotions - CR 10:00 Water walking - P 2:00 Grief Journey w/Elisa Ashley - CR 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>6 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>7 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>8 9:00 - 1:00 Podiatrist - TR <i>For more info contact Eladio # 5077</i> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Activy Committee Meeting - 4L 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L</p>	<p>9 9:00 - 2:00 Blood Drive - HH 9:30 Healthy Lower Body - CR 1:30 Balance and Core - CR 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p> <p>**Donate Blood and receive at \$20 **eGift Card and Tote Bag</p>	<p>10 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:30 Schiele Museum Gastonia & Lunch at Amber Jack Restaurant 1:30 Exercise with Robin - HH 2:00 Food Committee Meeting - DR 3:00 Church Service - HH 4:00 Musical Performance - HH by Scott Griffin on Piano 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>11 9:30 Healthy Lower Body - HH 10:00 - 11:00 Agape Care - CR Blood Pressure & Health Screening 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 2:00 Bible Study - Chapel 2:00 Rock 'N' Roll Rock Hill - HH 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>12 9:00 Men's Devotions - CR 10:00 Water walking - P 11:30 Lunch at Capt. Steve's Fort Mill 2:00 Trip to Target on Dave Lylye 3:00 Cornhole & Popcorn - HH 4:00 Tower's 35th Anniversary Mock Tail Party - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p> <p>** Windows Articles Due</p>	<p>13 1:30 Rummy - CR 2:00 Rummikub - CR 2:00 Musical Performance - HH Patrick Hudson on Piano 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>14 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>15 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Vernon Grant: Beyond Snap! Crackle! Pop! By Linda Williams - CR 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L</p>	<p>16 9:30 Healthy Lower Body - HH 11:00 The Audiology Center - CR 1:30 Exercise with Robin - CR 2:00 Resident Fire Safety - HH What to do to not get burned! 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>17 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin - CR 2:00 Town Hall Meeting - HH The Villas at Westminster Towers 3:00 Church Service - HH 4:00 Musical Performance - L Freddy Tripp 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>18 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 2:00 Bible Study - Chapel 3:00 Balloon Volleyball and Wellness Social - HH 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>19 9:00 Men's Devotions - CR 9:30 Donuts & Coffee - CB 10:00 Water walking - P 11:00 Whitewater Center Charlotte 2:00 Grief Journey w/Elisa Ashley - CR 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>20 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>21 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>22 9:00 - 1:00 Podiatrist - TR <i>For more info contact Eladio # 5077</i> 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Vernon Grant: Beyond Snap! Crackle! Pop! By Linda Williams - CR 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading - L</p>	<p>23 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>24 9:00 BK Nails 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:00 Lunch Brushy Mt. Smokehouse & Creamery, followed by a tour of Samaritans Purse in Wilkesboro 1:30 Exercise with Robin - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>25 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Exercise with Robin - HH 1:30 Harris Teeter 2:00 Bible Study - Chapel 2:30 Iced Tea Social - CR 3:00 Balloon Volleyball - HH 6:00 Bible Reading - L 6:00 Dominoes - CR</p>	<p>26 9:00 Men's Devotions - CR 10:00 Water walking - P 2:00 Grief Journey w/Elisa Ashley - CR 3:00 Cornhole & Popcorn - HH 6:00 Bible Reading - L 6:00 Stroll w/ a neighbor</p>	<p>27 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p>
<p>28 9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p>	<p>29 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Newsletter Committee - 2L 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 4:00 Emily on Piano - L 6:00 Bible Reading - L</p>	<p>30 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 2:00 Coke & Peanut Social - CB 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - HH</p>	<p>31 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:00 Trip to McLeod Farms in McBee, South Carolina 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Bible Reading - L 6:00 Card Games - CR</p>	<p>Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accomodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor gaurantee a seat on the bus.</p> <p>All activites on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancelations as well as a listing of movies for the week and programs airing on CH 99.</p>		