Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		9:00 AM 1 SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 7:00 PM BOWLING (AR)	9:30 AM 2 FITNESS CLASS (AR) 2:00 PM - 3:00 PM SUMMER BASH EVENT (OUT/AR) 6:15 PM BINGO W/JO (DR)	3 9:15 AM CHAIR YOGA (AR)	9:30 AM DECADES FITNESS <b>4</b> CLASS (AR) 11:00 AM – 1:00 PM 4 <sup>TH</sup> OF JULY BUFFET (DR) 7:00 PM BOWLING (AR) <u>HAPPY 4<sup>TH</sup> OF JULY!</u>	5 6:00 PM – 10:00 PM ACTIVITY ROOM RESERVED
6	9:30 AM 7 FITNESS CLASS (AR)	9:00 AM SHOPPING TRIPS 8 9:15 AM CHAIR YOGA (AR) 1:00 PM OUTING TO SAVERS THRIFT STORE	9 9:30 AM FITNESS CLASS (AR) 1:00 PM - 2:00 PM	9:15 AM 10 CHAIR YOGA (AR) 2:00 PM – 3:00 PM	11 9:30 AM DECADES FITNESS CLASS (AR)	12 2:00 PM CATHOLIC MASS (AR)
NATIONAL FRIED CHICKEN DAY!	STL LIBRARY (AR)	7:00 PM BOWLING (AR) NATIONAL RASPBERRY DAY!	BIBLE STUDY (AR) 6:15 PM BINGO W/JO (DR)	CANDY BINGO (DR)	7:00 PM BOWLING (AR) <u>NATIONAL FRENCH FRY</u> <u>DAY!</u>	3:30 PM – 6:00 PM ACTIVITY ROOM RESERVED
13 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR) 11:00 AM – 3:00 PM ACTIVITY ROOM RESERVED	9:30 AM 14 FITNESS CLASS (AR) 12:00 PM VETERANS LUNCHEON (DR) NATIONAL MAC & CHEESE DAY!	9:00 AM 15 SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) 7:00 PM BOWLING (AR)	9:30 AM 16   FITNESS CLASS (AR)   1:00 PM - 2:00 PM   BIBLE STUDY (AR)   2:30 PM CRAFT W/ NIKKI (DR)   6:15 PM BINGO W/JO (DR)	9:15 AM CHAIR YOGA (AR) 2:00 PM – 3:00 PM MONEY BINGO (DR) NATIONAL LOTTERY DAY!	9:30 AM 18 DECADES FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ EVERETT DEAN (DR) 7:00 PM BOWLING (AR)	19 2:00 PM CATHOLIC MASS (AR) 4:00 PM – 8:00 PM ACTIVITY ROOM RESERVED NATIONAL DAIQUIRI DAY!
20 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	9:30 AM 21 FITNESS CLASS (AR) 11:00 AM – 11:45 AM STL LIBRARY (AR) 2:00 PM – 3:00 PM CHIP BINGO (DR) NATIONAL JUNK FOOD DAY!	9:00 AM SHOPPING TRIPS 22 9:15 AM CHAIR YOGA (AR) 9:30 AM CROWN VISION (L) 11:00 AM OUTING TO BLUE OWL RESTAURANT	9:30 AM 23 FITNESS CLASS (AR) 12:00 PM BIRTHDAY LUNCH (DR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:30 PM CRAFT W/ NIKKI (DR) 6:15 PM BINGO W/JO (DR)	9:15 AM 24 CHAIR YOGA (AR) 2:00 PM – 3:00 PM CHIP BINGO (DR) NATIONAL TEQUILA DAY!	9:30 AM 25 DECADES FITNESS CLASS (AR) 2:00 PM – 3:00 PM HAPPY HOUR W/ CHARLIE SELBERT (DR) 7:00 PM BOWLING (AR)	26 2:00 PM CATHOLIC MASS (AR) 6:00 PM – 9:00 PM ACTIVITY ROOM RESERVED
27 9:00 AM NON – DENOMINATIONAL CHURCH SERVICES (AR)	9:30 AM 28 FITNESS CLASS (AR) 2:00 PM - 3:00 PM	7:00 PM BOWLING (AR) 9:00 AM 29 SHOPPING TRIPS 9:15 AM CHAIR YOGA (AR)	9:30 AM 30 FITNESS CLASS (AR) 1:00 PM – 2:00 PM BIBLE STUDY (AR) 2:15 PM – 3:00 PM	9:15 AM 31 CHAIR YOGA (AR) 2:00 PM – 2:30 PM BUILD	<u>Click here to learn more about</u> <u>Bethesda Terrace!</u>	
NATIONAL SCOTCH DAY!	CANDY BINGO (DR) <u>NATIONAL CHOCOLATE MILK</u> <u>DAY!</u>	7:00 PM BOWLING (AR)	INTERNATIONAL FOOD CLUB (DR) YOU MUST SIGN UP 6:15 PM BINGO W/JO (DR)	YOUR OWN ICE CREAM SANDWICH (DR) <u>NATIONAL AVOCADO DAY!</u>		

Location: (L) Library, (AR) Activities Room, (HR) Hearth Room, (DR) Dining Room, (OUT) Outside – Backyard

Key: Outing Special Meal Activity Happy Hour Holiday/National Day