

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Resident Birthdays:</b> <b>7/2 Dan McCann</b> <b>7/5 Thomas Schweinzger</b> <b>7/12 Mary Alice Traeder</b> <b>7/28 Bob Puma</b> <b>7/29 Judith Baldwin</b>	<b>9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Red, White and Blue Game with Renee <b>11:45 Outing: Mass at St. Thomas Church</b> <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b> 2:00 Bingo for Prizes with Ed <b>*2:00 Qigong with Renee-2nd</b> 6:00 America: The Birth of Freedom, Part 1-2nd	Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Giant Crossword Puzzle with Renee 1:45 Rediscovering God in America Special with Newt and Callista Gingrich <b>*2:00 WU-Cooking Demo with Chef Dayna-Lounge</b> <b>*3:00 WU-HealthPro Wellness with Katy-2nd</b> <b>*5:30 WU-Bible Study with Resident Pat-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Patriotic Painting with Renee 1:45 Bingo for Dimes with Renee-MDR <b>*3:30 WU-Sip n' Thrive Mixology with Ed: "Rum and Coke"-Lounge</b> <b>*5:30 WU-Blackjack w/ Resident, Connie-Lounge</b>	<b>Happy 4th of July!</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Bible Trivia with Teresa <b>11:15-12:15 4th of July BBQ with Patriotic Music by Lisa Marie Pedicone</b> <b>*1:30 WU-Virtual Reality Experience with Teresa: "Fireworks Display Around The World"-Lobby</b> <b>*2:00 WU-Hilarious History with Resident, Jim: "A Song That Never Quit"</b> <b>*3:00 WU-Strength and Stretch w/ Teresa</b> 7:30 Patriotic Sing Along w/ Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Name That Celebrity with Renee <b>2:00 Social Hour with Ed Lescher-MDR</b> 6:00 All Things Patriotic Activity Packet (Pick up your packet in the 3rd Floor Activity Room)	<b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*10:00 WU-Painting Techniques with Teresa: "Salt Painting Fireworks"-2nd</b> <b>10:00 Outing: Geocaching with Renee (Car Only)</b> 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Flags of Our Fathers" w/ Ryan Phillippe
<b>Celebrate Shark Week!</b> <b>10:00 Catholic Service: Holy Apostles-2nd</b> 10:00 Books of The Bible Word Scramble (Pick up your sheet in the 3rd Floor Activity Room) 1:00 4th of July Word Mining (Pick up your sheet in the 3rd Floor Activity Room) 2:00 Stronger Seniors: Strength Exercise Video-2nd <b>6:00 Weekend Movie Special: "Soul Surfer" with Helen Hunt-2nd</b> 6:00 Weekend Movie Special: "Father of the Bride" with Steve Martin	<b>Celebrate Shark Week!</b> <b>9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>10:00 Coffee Klatch with Shark Bites-Lounge</b> 10:00 Patriotic Scattegories with Renee <b>11:45 Outing: Mass at St. Thomas Church</b> <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b> 2:00 Bingo for Prizes with Ed <b>*2:30 WU-Slow &amp; Gentle Yoga w/ Denise-2nd</b> 3:15 Bag Games with Ed-Lobby 6:00 America: The Birth of Freedom, Part 2-2nd	<b>Celebrate Shark Week!</b> Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>10:00 Rise of the Great White Shark-11 Million Years in the Making with Renee-2nd</b> <b>1:00-3:00 Cycling Without Age Bike Rides-Meet in Lobby (Please Sign up at front Desk)</b> 1:45 Discovering Yosemite National Park 2:00 Mass with Holy Apostles-2nd <b>*3:00 WU-Chair Aerobics with Renee-2nd</b> <b>*5:30 WU-Bible Study with Resident Pat-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>Celebrate Shark Week!</b> <b>9:00 Outing: Historical Drive with Ed: "Along The Fox River"-Meet in Lobby (Please Sign up at front Desk)</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Fact or Fiction with Renee-2nd 1:00 Outing: Shopping <b>*1:00 WU-Health Talk with Nurse Carlee: "Chronic Heart Failure"-2nd</b> 1:45 Bingo for Dimes with Renee-MDR <b>*3:30 WU-Sip n' Thrive Mixology with Ed: "Shark Attack"-Lounge</b> <b>*5:30 WU-Blackjack w/ Resident, Connie-Lounge</b>	<b>Celebrate Shark Week!</b> Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Christian Service: Music and Message with United Methodist Church-2nd 10:00 Fancy Nails with Renee <b>12:30 Town Hall Meeting with Amy-Lounge</b> <b>*1:30 WU-Virtual Reality Experience with Renee: "Swimming with Sharks"-Lobby</b> <b>*2:00 WU-Discovery Series with HealthPro: "Hydration + Sun Safety"-2nd</b> 2:00 Patriotic Bingo for Prizes with Renee <b>*3:00 WU-Strength and Stretch w/ Renee-2nd</b> 6:15 Outing: Concert in The Park: McHenry City Band 7:30 Night Time Sing Along with Nadine-Lobby	<b>Celebrate Shark Week!</b> <b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*10:00 WU-Be a Community Scientist with Renee: "The Importance of a Healthy Ocean"-2nd</b> <b>12:30 Food Meeting with Jeff-Lounge</b> <b>2:00 Social Hour with Austin Cheberenchick-MDR</b> <b>6:00 Shark Week Activity Packet (Pick up packet in the 3rd Floor Activity Room)</b>	<b>Celebrate Shark Week!</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*10:00 WU-Get Inspired with Pinterest with Teresa: "Shark Canvas Art"-2nd</b> 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Patton" with George C. Scott
<b>10:00 Catholic Service: Holy Apostles-2nd</b> 10:00 Cane and Abel Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room) 1:00 July Word Pictures (Pick up your sheet in the 3rd Floor Activity Room) 2:00 Stronger Seniors: Stretch Exercise Video-2nd 6:00 Weekend Movie Special: "Father of the Bride Part 2" with Steve Martin	<b>9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Stars and Stripes Cross-Out Game with Renee <b>11:45 Outing: Mass at St. Thomas Church</b> <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b> 2:00 Bingo for Prizes with Ed <b>*2:00 WU-Line Dancing with Renee</b> <b>*3:15 WU-Billiards 101 with Ed-Library</b> 6:00 America: The Birth of Freedom, Part 3-2nd	Dr. Transportation <b>*9:00 WU-Step It Up Aerobic with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*10:00 WU-Life Long Learning with Marcia from C.L. Library-2nd</b> 10:00 July in History with Renee 1:45 From Lawrence Welk to America with Love Music Special <b>*2:00 WU-The Tales and Taste of Czechia</b> <b>*3:00 WU-HealthPro Wellness with Katy-2nd</b> <b>*5:30 WU-Bible Study with Resident Pat-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Morning Dice with Renee: "Bunco" 1:45 Bingo for Dimes with Renee-MDR <b>*3:30 WU-Sip n' Thrive Mixology with Ed: "Cinnamon Whiskey"-Lounge</b> <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b>	Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Music & Memories with Kim & Molly-2nd 10:00 Chicken Soup for the American Soul Readings with Renee <b>*1:00 WU-Virtual Reality Experience with Renee: "Touring the Renaissance Faire"-Lobby</b> <b>*2:00 WU-Hilarious History with Jim: "The Mysteries of Figures"-2nd</b> 2:00 Dog Days of Summer Bingo for Prizes with Renee <b>*3:00 WU-Strength and Stretch with Renee-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 July in History with Renee <b>10:00 Pearl Vision: Small Repair or Cleaning for your Eyeglasses-Lobby</b> <b>2:00 Monthly Birthday/Welcome Party with Mike Knauf-MDR</b> 6:00 Under The Sea Activity Packet (Pick up your packet in the 3rd Floor Activity Room)	<b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*9:30 WU-Get Inspired with Pinterest with Manda: "Kindness Rocks"-2nd</b> <b>*10:00 WU-On The Road with Teresa: Famous Historic Homes in The Rolling Berkshires</b> 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Dave" with Kevin Kline
<b>10:00 Catholic Service: Holy Apostles-2nd</b> 10:00 From Adam to Noah Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room) 1:00 Hollywood Film Stars Word Search (Pick up your sheet in the 3rd Floor Activity Room) 2:00 Simply Seated Exercise Video-2nd 6:00 Weekend Movie Special: "Belfast" with Judi Dench	<b>9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 A-Z with Renee: Everything Patriotic <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b> 2:00 Bingo for Prizes with Renee <b>*2:00 WU-Laughter Yoga w/Amy-2nd</b> 6:00 America: The Birth of Freedom, Part 4-2nd	Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 This Was The Year...1971 Discussion with Renee <b>1:00-3:00 Cycling Without Age Bike Rides-Meet in Lobby (Please Sign up at front Desk)</b> 1:45 Tour of the White House Special with Jacqueline Kennedy <b>*2:00 WU-Sound Bowl Meditation with Fleurette from JourneyCare Hospice-2nd</b> <b>*3:00 WU-Senior Strength with Renee-2nd</b> <b>*5:30 WU-Bible Study with Resident Pat-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Morning Dice Game with Renee: "Yahtzee" 1:45 Bingo for Dimes w/ Renee-MDR 3:30 Proud to be an American Documentary-2nd <b>*5:30 WU-Blackjack w/ Resident, Connie-Lounge</b>	Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Protestant Service with Immanuel Lutheran Church-2nd 10:00 Fancy Nails with Renee <b>*1:00 WU-Virtual Reality Experience: "Walking on The Moon"-Lobby</b> <b>*2:00 WU-Spanish w/ 7th Grader, Makayla-2nd</b> 2:00 Bible Bingo for Prizes with Renee <b>*3:00 WU-Strength and Stretch with Renee</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>9:30 &amp; 1:00 Outing: Shopping</b> <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*10:00 WU-Cell Phone and Tablet Basics with Donna-2nd</b> 10:00 Spill and Spell with Renee <b>11:00-2:00 Neighborhood Block Party with Sandie Dogs Food Truck, Kona Ice Truck and Music &amp; Magic by Kevin Sarnwick-Patio (You will need money for any food truck purchase)</b> 2:00 Opening Ceremony for the Summer Olympics with Renee-2nd 6:00 Summer Olympic Activity Packet (Pick up packet in the 3rd Floor Activity Room)	<b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>*9:30 WU-Get Inspired with Pinterest with Manda: "Pressed Flower Mason Jars"-2nd</b> <b>*10:00 WU-Musical Notes with Teresa: The Life of Paul Anka</b> 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "This is The Army" with Ronald Reagan
<b>10:00 Catholic Service: Holy Apostles-2nd</b> 10:00 Noah and The Flood Crossword Puzzle (Pick up your sheet in the 3rd Floor Activity Room) 1:00 Ice Cream Flavors Word Search (Pick up in 3rd Floor Activity Room) 2:00 Sit & Be Fit Exercise Video-2nd 6:00 Weekend Movie Special: "Young Back Stallion"	<b>9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Patriotic Spelling Bee with Renee <b>11:45 Outing: Mass at St. Thomas Church</b> <b>*12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room</b> 2:00 Piano Recital with Ms. Molly and Her Students-2nd <b>*3:15 WU-Billiards 101 with Ed-Library</b> 6:00 America: The Birth of Freedom, Part 5	Dr. Transportation <b>*9:00 WU-Step It Up Aerobics with Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> <b>10:00 Assisted Living Resident Council-3rd Floor Dining Room</b> 2:00 Explore America Trivia with Renee <b>*2:00 WU-Pinocle 101 with Mark-KAR</b> <b>*3:00 WU-Senior Strength with Renee-2nd</b> <b>*5:30 WU-Bible Study w/ Res. Pat-2nd</b> 7:30 Night Time Sing Along with Nadine-Lobby	<b>*9:00 WU-Step It Up Aerobics w/ Connie-2nd</b> <b>*9:30 WU-Connie's Total Body Workout</b> 10:00 Morning Dice Game with Renee: "Cover All" 1:00 Outing: Shopping 1:45 Bingo for Dimes w/ Renee-MDR 3:30 National Geographic Special: "Arlington Field of Honor"-2nd 3:45 Outing: Dinner at Nick's Pizza <b>*5:30 WU-Blackjack with Resident, Connie-Lounge</b>	<b>2nd-2nd Floor Church Room</b> <b>KAR-King Arthur Room</b> <b>L-Lobby</b> <b>LG-Lounge</b> <b>MDR-Main Dining Room</b> <b>P-Patio</b> <b>3rd-3rd Floor</b>		<b>Transportation:</b> <b>Medical Appointments/Bank Visits:</b> <b>Tuesdays and Thursdays: 8:00-3:30</b> <b>We do require a 24 hour notice for all appointments. Please call Transportation at 815/477-6580.</b>

**ACTIVITY LOCATOR KEY**

All Activities are located in the 3rd Floor Activity Room unless otherwise noted.

\*Denotes a Watermark University Course  
 Calendar is subject to change-Please check the daily sheets for any schedule changes.