

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Resident Birthdays: 7/11 Sharlene Szwiec 7/15 Donna Sinski 7/25 Jean Cheberenchick 7/26 Nancy Shelton 7/28 Connie Mertes 7/29 Louise Temple	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Stars Shaped Cookies-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:00 Qigong with Renee 6:00 America: The Birth of Freedom, Part 1	Dr. Transportation *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Card Game w/ Gina: "Garbage" *2:00 WU-Cooking Demo with Dayna-Lounge 3:00 WU-HealthPro Wellness w/ Katy *5:30 WU-Bible Study w/ Res. Pat 7:30 Night Time Sing Along with Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Happy Independence Day Word-in-Word with Gina 1:45 Bingo for Dimes with Renee-MDR *3:30 WU-Sip n' Thrive Mixology with Ed: "Rum and Coke"-Lounge *5:30 WU-Blackjack with Resident, Connie-Lounge	Happy 4th of July! *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Bible Trivia with Teresa 11:15-12:15 4th of July BBQ with Patriotic Music by Lisa Marie Pedicone *1:30 WU-Virtual Reality with Teresa: "Fireworks Display Around The World"-Lobby *2:00 WU-Hilarious History with Resident, Jim: "A Song That Never Quit"-2nd *3:00 WU-Strength and Stretch with Teresa-2nd 7:30 Patriotic Sing Along w/ Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Mind Joggers with Gina *2:00 Social Hour with Ed Lescher-MDR 6:00 All Things Patriotic Activity Packet (Pick up your packet at the front desk)	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Painting Techniques 101 with Teresa: "Salt Painting Fireworks" 10:00 Outing: Geocaching with Renee (Car Only) 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Born on the 4th of July" with Tom Cruise
Celebrate Shark Week! 10:00 Catholic Service: Holy Apostles 10:00 Books of The Bible Word Scramble (Pick up your sheet at the front desk) 1:00 4th of July Word Mining (Pick up your sheet at the front desk) 2:00 Stronger Seniors: Strength Exercise Video 6:00 Weekend Movie Special: "Soul Surfer" with Helen Hunt	Celebrate Shark Week! 9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Shark Bites-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:30 WU-Slow and Gentle Yoga with Denise 3:15 Bag Games with Ed-Lobby 6:00 America: The Birth of Freedom, Part 2	Celebrate Shark Week! Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Rise of the Great White Shark-11 Million Years in the Making with Renee 1:00-3:00 Cycling Without Age Bike Rides (Please Sign up at front Desk) 2:00 Mass with Holy Apostles *3:00 WU-Chair Aerobics with Renee *5:30 WU-Bible Study with Resident Pat 7:30 Night Time Sing Along with Nadine-Lobby	Celebrate Shark Week! 9:00 Outing: Historical Drive with Ed: "Along The Fox River"-Meet in Lobby (Please Sign up at front Desk) *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Fact or Fiction with Renee 1:00 Outing: Shopping *1:00 WU-Health Talk with Nurse Carlee: "Chronic Heart Failure" 1:45 Bingo for Dimes with Renee-MDR *3:30 WU-Sip n' Thrive Mixology with Ed: "Shark Attack"-Lounge *5:30 WU-Blackjack w/ Resident, Connie-Lounge	Celebrate Shark Week! Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Christian Service: Music and Message with United Methodist Church 12:30 Town Hall Meeting with Amy-Lounge *1:30 WU-Virtual Reality Experience with Renee: "Swimming with Sharks"-Lobby *2:00 WU-Discovery Series with HealthPro: "Hydration + Sun Safety" *3:00 WU-Strength and Stretch with Renee 6:15 Outing: Concert in The Park: McHenry City Band 7:30 Night Time Sing Along with Nadine-Lobby	Celebrate Shark Week! 9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Be a Community Scientist with Renee: "The Importance of a Healthy Ocean" 12:30 Food Meeting with Jeff-Lounge 2:00 Social Hour with Austin Cheberenchick-MDR 6:00 Shark Week Activity Packet (Pick up your packet at the front desk)	Celebrate Shark Week! *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Get Inspired w/ Pinterest w/ Teresa: "Shark Canvas Art" 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Independence Day" w/ Will Smith
10:00 Catholic Service: Holy Apostles 10:00 Cane and Abel Crossword Puzzle (Pick up your sheet at the front desk) 1:00 July Word Pictures (Pick up your sheet at the front desk) 2:00 Stronger Seniors: Stretch Exercise Video 6:00 Weekend Movie Special: "First Man" with Ryan Gosling	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Strawberry Pop-Tarts Crunchy Poppers-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd *2:00 WU-Line Dancing with Renee *3:15 WU-Billiards 101 with Ed-Library 6:00 America: The Birth of Freedom, Part 3	Dr. Transportation *9:00 WU-Step It Up Aerobic with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Life Long Learning with Marcia from C.L. Library *2:00 WU-The Tales and Taste of Czechia *3:00 WU-HealthPro Wellness with Katy *5:30 WU-Bible Study with Resident Pat 7:30 Night Time Sing Along with Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Scrabble with Gina 1:45 Bingo for Dimes with Renee-MDR *3:30 WU-Sip n' Thrive Mixology with Ed: "Cinnamon Whiskey"-Lounge *5:30 WU-Blackjack with Resident, Connie-Lounge	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Music & Memories with Kim & Molly *1:00 WU-Virtual Reality Experience with Renee: "Touring the Renaissance Faire" *2:00 WU-Hilarious History with Jim: "The Mysteries of Figures" *3:00 WU-Strength and Stretch with Renee 7:30 Night Time Sing Along with Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 You Be The Judge with Gina 10:00 Pearl Vision: Small Repair or Cleaning for your Eyeglasses-Lobby 2:00 Monthly Birthday/Welcome Party with Mike Knauf-MDR 6:00 Under The Sea Activity Packet (Pick up your packet at the front desk)	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Get Inspired with Pinterest with Manda: "Kindness Rocks" *10:00 WU-On The Road with Teresa: Famous Historic Homes in The Rolling Berkshires-3rd 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "Independence Day: Resurgence" with Jeff Goldblum
10:00 Catholic Service: Holy Apostles 10:00 From Adam to Noah Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Hollywood Film Stars Word Search (Pick up your sheet at the front desk) 2:00 Simply Seated Exercise Video 6:00 Weekend Movie Special: "It Could Happen To You" with Nicolas Cage	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Moon Pies-Lounge *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Renee-3rd *2:00 WU-Laughter Yoga with Amy 6:00 America: The Birth of Freedom, Part 4	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Card Game with Gina: "Poker Bingo" 1:00-3:00 Cycling Without Age Bike Rides (Please Sign up at front Desk) *2:00 WU-Sound Bowl Meditation with Fleurette from JourneyCare Hospice *3:00 WU-Senior Strength with Renee *5:30 WU-Bible Study with Resident Pat 7:30 Night Time Sing Along with Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Rummikub with Gina 1:45 Bingo for Dimes w/ Renee-MDR 3:30 Proud to be an American Documentary *5:30 WU-Blackjack w/ Resident, Connie-Lounge	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Protestant Service with Immanuel Lutheran Church *1:00 WU-Virtual Reality Experience: "Walking on The Moon" *2:00 WU-Spanish 101 with 7th Grader, Makayla *3:00 WU-Strength and Stretch with Renee 7:30 Night Time Sing Along with Nadine-Lobby	9:30 & 1:00 Outing: Shopping *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *10:00 WU-Cell Phone and Tablet Basics with Donna 11:00-2:00 Neighborhood Block Party with Sandie Dogs Food Truck, Kona Ice Truck and Music & Magic by Kevin Sarnwick-Patio (You will need money for any food truck purchase) 2:00 Opening Ceremony for the Summer Olympics with Renee 6:00 Summer Olympic Activity Packet (Pick up your packet at the front desk)	*9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd *9:30 WU-Get Inspired with Pinterest with Manda: "Pressed Flower Mason Jars" *10:00 WU-Musical Notes with Teresa: The Life of Paul Anka-3rd 1:45-3:00 Bingo for Dimes with Teresa-MDR 6:00 Patriotic Movie Special: "A Few Good Men" with Tom Cruise
10:00 Catholic Service: Holy Apostles 10:00 Noah and The Flood Crossword Puzzle (Pick up your sheet at the front desk) 1:00 Ice Cream Flavors Word Search (Pick up your sheet at the front desk) 2:00 Sit and Be Fit Exercise Video 6:00 Weekend Movie Special: "The Way We Were" with Barbra Streisand	9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Coffee Klatch with Cheesecake Bites-Lounge 11:45 Outing: Mass at St. Thomas Church *12:30 WU-Knitting/Crocheting with Resident, Edith-King Arthur Room 2:00 Bingo for Prizes with Ed-3rd 2:00 Piano Recital with Ms. Molly and Her Students *3:15 WU-Billiards 101 with Ed-Library 6:00 America: The Birth of Freedom, Part 5	Dr. Transportation *9:00 WU-Step It Up Aerobics with Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Card Game with Gina: "Rummy" *2:00 WU-Pinocle 101 with Mark-KAR *3:00 WU-Senior Strength with Renee *5:30 WU-Bible Study with Resident Pat 7:30 Night Time Sing Along with Nadine-Lobby	*9:00 WU-Step It Up Aerobics w/ Connie *9:30 WU-Connie's Total Body Workout-3rd 10:00 Painting Group with Gina 1:00 Outing: Shopping 1:45 Bingo for Dimes w/ Renee-MDR 3:30 National Geographic Special: "Arlington Field of Honor" 3:45 Outing: Dinner at Nick's Pizza 5:30 Blackjack w/ Connie-Lounge	2nd-2nd Floor Church Room KAR-King Arthur Room L-Lobby LG-Lounge MDR-Main Dining Room P-Patio 3rd-3rd Floor		Transportation: Medical Appointments/Bank Visits: Tuesdays and Thursdays: 8:00-3:30 We do require a 24 hour notice for all appointments. Please call Transportation at 815/477-6580.

ACTIVITY LOCATOR KEY

All Activities are located in the 2nd Floor Church Room unless otherwise noted.

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