

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Locations Dining Room, DR Front Lobby Patio, FP Hallways, H Patio, P Station 4, ST 4</p>	<p>Birthdays Ann G., 11th Florence D., 11th Donna G., 12th Audrey D., 25th</p>	<p>Thelma L., 26th Argie B., 28th Harold C., 29th</p>	<p>“In three words, I can sum up everything I’ve learned about life: it goes on.” – Robert Frost. Attention residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the main dining room.</p>			<p>9:30 News & Views, DR 10:00 FIT to Stretch®, DR 2:15 Bingo w/Joanne 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>1</p>
<p>9:00 Joel Osteen Program, ST 4 2 10:00 Spiritual Program w/Doug, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 Inspirational Music Program, DR 3 11:00 Daily Chronicles/Trivia, DR 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Card Games, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>INDEPENDENCE DAY 4 10:00 Chronicles/FIT to Stretch®, DR 2:00 4th of July Celebration!, DR 3:15 Table Games, DR 4:15 Creative Crafts, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Accordion Music w/Natalie, DR 5 10:15 FIT to Pedal®, ST 4 2:00 Games & Crafts w/Gloria, DR 4:15 Men’s Dominoes & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 History of Music w/Paul, DR 6 10:15 FIT to Be Strong®, ST 4 2:00 Garden Tea Social, P 3:00 Food & Nutrition w/Anne, DR 4:15 Women’s Manicure/Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 FIT to Stretch®/Trivia, DR 7 2:00 Music w/Ryan, DR 3:15 Table Games/Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 8 2:00 Roaming Guitarist Tony B., H 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	
<p>9:00 Joel Osteen Program, ST 4 9 10:00 Catholic TV Mass/Card Games 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 Inspirational Music Program, DR 10 11:00 Daily Chronicles/Trivia, DR 2:00 Karaoke, DR 2:30 Movies & Stars w/Nikki, DR 4:15 Pretty Nails & Aromatherapy, DR 5:00 History of Music w/Paul, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 News & Views, DR 11 10:00 Petting Zoo, DR 1:15 FIT to Pedal®, ST 4 2:00 Cup of Water Show, DR 3:00 Creative Arts w/Ylenna, DR 4:15 Men’s Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>9:30 News & Views, DR 12 10:00 Accordion Music w/Natalie, DR 2:00 Games & Crafts w/Gloria, DR 2:30 Roaming Music w/Marsha, H 3:15 Veterans Club, DR 4:15 Pretty Nails & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 FIT to Stretch®, DR 13 10:15 FIT to Be Strong®, ST 4 2:00 Birthday Party!, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Dominoes Social/Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 FIT to Stretch®/Trivia, DR 14 2:00 Music w/Ryan, DR 3:15 Table Games/Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 15 2:00 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	
<p>9:00 Joel Osteen Program, ST 4 16 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 St. Hedwig Catholic Mass, DR 17 10:00 Roaming Inspirational Music, H 11:00 Daily Chronicles/Trivia, DR 2:00 FIT to Stretch®, DR 3:15 Table Games, DR 4:15 Women’s Manicure/Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Remembering Good Old Sitcoms, DR 18 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Beach Party!, DR 3:00 Creative Arts w/Ylenna, DR 4:15 Card Games, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Accordion Music w/Natalie, DR 19 10:15 FIT to Be Strong®, ST 4 2:00 Games & Crafts w/Gloria, DR 3:15 Kings in the Corner, DR 4:15 Women’s Manicure/Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR 9:30 News & Views, DR</p>	<p>10:00 History of Music w/Paul, DR 20 10:00 Bus Ride 2:00 Karaoke, DR 3:00 Food & Nutrition w/Anne, DR 4:15 Men’s Dominoes & Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 FIT to Stretch®/Trivia, DR 21 2:00 Music w/Ryan, DR 3:15 Table Games/Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 22 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	
<p>9:00 Joel Osteen Program, ST 4 23 10:00 Catholic TV Mass/Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Exercise Your Mind w/Natasha, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 Inspirational Music Program, DR 24 11:00 Daily Chronicles/Trivia, DR 2:00 Karaoke, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Veterans Club, DR 4:15 Pretty Nails & Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Remembering Good Old Sitcoms, DR 25 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Horseshoes/Bean Bags, DR 2:30 Creative Arts w/Ylenna, DR 4:15 Women’s Jewelry Making, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 Accordion Music w/Natalie, DR 26 10:00 Dollar Tree 10:15 FIT to Pedal®, ST 4 2:00 Games & Crafts w/Gloria, DR 2:30 Roaming Music w/Marsha, H 3:00 Kings in the Corner, DR 5:00 Roaring ‘20s Evening Dinner, DR 6:30 Bingo Night w/Natasha, DR</p>	<p>10:00 History Music w/Paul, DR 27 11:15 Resident Council Meeting, DR 2:00 FIT to Stretch®, DR 3:00 Food & Nutrition w/Anne, ST 4 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®/Trivia, DR 28 2:00 Music w/Ryan, DR 3:15 Table Games/Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	<p>10:00 FIT to Stretch®, DR 29 3:15 Matinee, DR 6:30 Independent Games/Social Time, ST 4</p>	
<p>9:00 Joel Osteen Program, ST 4 30 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 6:30 Independent/Group Games, ST 4</p>	<p>10:00 Inspirational Music Program, DR 31 11:00 Daily Chronicles/Trivia, DR 2:00 FIT to Stretch®, DR 2:30 Movies & Stars w/Nikki, DR 3:15 Table Games, DR 4:15 Manicure Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p>Calendar events subject to change.</p>					