WEST HILLS
Health & Rehabilitation

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 FIT to Stretch®, W 11:00 Poetry Circle, W 1:30 Movie Matinee, W 2:00 Drama Club, M 3:30 Worship Service, W	**2** 10:30 FIT to Stretch®, W 11:00 Candy Bingo, W 2:00 Word Games, M 2:00 Movie Matinee, E 4:15 FIT to Pedal®, W	**3** 10:30 FIT to Be Strong®, W 11:15 This Week in History, W 2:00 July Crafters, M **3:15 Music of Joe S., M** 4:15 Enchanted Coloring, W	**INDEPENDENCE DAY** **4** 10:30 FIT to Stretch®, W 11:00 Scrabble Club, W 2:00 Movie Matinee, E 2:00 Outdoor Games & Sparklers, C 4:15 FIT to Pedal®, W	**5** 9:45 Holy Communion, R 10:30 FIT to Be Strong®, W 11:00 Science History, W 2:00 Fancy Fingers Nail Social, W 3:30 Bible Study & Hymns, W 6:30 Nate's Night, L	**6** 10:15 FIT to Stretch®, W **10:45 Resident Council Meeting, W** 2:00 Candy Bingo, M **3:00 Music of Ron R., M** 4:15 Science Friday, W	**7** 10:30 Balloon Games, W 11:00 Current Events, W 1:45 Netflix Hour/ Resident Choice, E 2:30 Gourmet Coffee Social, E 3:30 Games & Puzzles, W
8 10:30 FIT to Stretch®, W 11:00 Singing Bowl Meditation, W 1:30 Movie Matinee, W 2:00 Afternoon Tai Chi, M 3:30 Worship Service w/Dom F., W	**9** 10:30 FIT to Stretch®, W 11:00 Candy Bingo, W 2:00 Word Games, M **3:00 Horticultural Therapy, W** 4:15 FIT to Pedal®, W	**10** 10:30 FIT to Be Strong®, W 11:15 This Week in History, W 2:00 Garden Club, C **3:00 July Birthdays w/ Michael, M** 4:15 Enchanted Coloring, W	**11** 10:30 FIT to Stretch®, W 11:00 Scrabble Club, W **1:30 Shopping Outing to Target** 3:00 Movie Matinee, E 4:15 FIT to Pedal®, W	**12** 9:45 Holy Communion, R 10:30 FIT to Be Strong®, W 11:15 Music History, W 2:00 Drum Circle, M 3:30 Bible Study & Hymns, W 6:30 Nate's Night, L	**13** 10:30 FIT to Stretch®, W 11:00 Reminiscing & Trivia, W 2:00 Debate Club, M **3:00 Music of James C., M** 4:15 Seated Tai Chi w/ Aromatherapy, W	**14** 10:30 Balloon Games, W 11:00 Weekend Devotions, W 1:45 Netflix Hour/ Resident Choice, E 2:00 Gourmet Coffee Social, E **3:00 Resident Food Committee, W**
15 10:30 FIT to Stretch®, W 11:00 Creative Writing, W 1:30 Movie Matinee, W 2:00 Watercolor Exploration, M 3:30 Worship Service, W	**16** 10:30 FIT to Stretch®, W 11:00 Candy Bingo, W 2:00 Word Games, M **3:00 Art Therapy, W** 4:15 FIT to Pedal®, W **5:00 Strolling Accordion w/Phil H., R**	**17** 10:30 FIT to Be Strong®, W 11:15 This Week in History, W 2:00 July Crafters, M **3:00 Music of Ken W., M** 4:15 Enchanted Coloring, W	**18** 10:30 FIT to Stretch®, W **11:00 Pet Therapy, W** 2:00 Charades!, M 3:00 Scrabble Club, W 4:15 FIT to Pedal®, W	**19** 9:45 Holy Communion, R 10:30 FIT to Be Strong®, W 11:15 Art History, W 2:00 Fancy Fingers Nail Social, W 3:30 Bible Study & Hymns, W **6:30 Treasures of the Heart®, L**	**20** 10:30 FIT to Stretch®, W 11:00 Virtual Road Trips w/Nate, W 2:00 Candy Bingo, M **3:00 Music of Kay R., M** 4:15 Science Friday, W	**21** 10:30 Balloon Games, W 11:00 Current Events, W 1:45 Netflix Hour/ Resident Choice, E 2:30 Gourmet Coffee Social, E 3:30 Games & Puzzles, W
22 10:30 FIT to Stretch®, W 11:00 Singing Bowl Meditation, W 1:30 Movie Matinee, W 2:00 Brain Games, M 3:30 Worship Service, W	**23** 10:30 FIT to Stretch®, W 11:00 Candy Bingo, W **2:00 Spiritual Chat w/Joyce, M** **3:00 Gulliver's Travels Practice** **4:00 Earthtones Music Exploration, W**	**24** 10:30 FIT to Be Strong®, W 11:15 This Week in History, W **1:00 Session 1 Play Practice** 2:00 Garden Club, C **3:15 Session 2 Play Practice** 4:15 Enchanted Coloring, W	**25** 10:30 FIT to Stretch®, W **11:00 Spaghetti Factory Lunch Outing** **1:00 Session 1 Play Practice** **3:15 Session 2 Play Practice** 4:15 FIT to Pedal®, W	**26** 9:45 Holy Communion, R 10:30 FIT to Be Strong®, W 11:00 Theatre History, W **1:00 Session 1 Play Practice** 2:00 Drum Circle, M **3:15 Session 2 Play Practice** 3:30 Bible Study & Hymns, W 6:30 Nate's Night, L	**27** 10:30 FIT to Stretch®, W 11:00 Reminiscing & Trivia, W **1:00 Session 1 Play Practice** **3:15 Session 2 Play Practice** **6:30 Gulliver's Travels Performance**	**28** 10:30 Balloon Games, W 11:00 Weekend Devotions, W 1:45 Netflix Hour/ Resident Choice, E **2:00 Gulliver's Travels Performance** 2:30 Gourmet Coffee Social, E 3:30 Games & Puzzles, W
29 10:30 FIT to Stretch®, W 11:00 Poetry Circle, W 1:30 Movie Matinee, W 2:00 Brain Games, M 3:30 Worship Service, W	**30** 10:30 FIT to Stretch®, W 11:00 Candy Bingo, W 2:00 Activity Cart, R **2:30 Becky's Book Club, W** 4:15 FIT to Pedal®, W	**31** 10:30 FIT to Be Strong®, W 11:15 This Week in History, W 2:00 July Crafters, M **3:00 Music of Gordon, M** 4:15 Enchanted Coloring, W				

Locations

Bistro, B
Courtyard, C
East Commons, E
Library, L
Main Dining Room, M
Resident Room Delivery, R
West Dining Room, W

All recent survey results are located in the Library. Please see a Life Enrichment team member if you have any questions.

Calendar events subject to change.