





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All areas are setup for meaningful engagement. Please feel free to use what is available at any time</p> 	<p>9:00 Reflection – C/957 1 9:30 Move & Groove – 957 10:00 Better Balance – 957</p> <p><small>Canada Day</small></p>	<p>9:30 Muscles in Motion – 957 2 10:00 Yoga/Stretch – 957 10:30 Bible Study – Highlanders 2:00 Manicures – 3</p> <p>Happy Birthday Millie S!</p>	<p>10:45 Chaplain Hymn Sing – 2 3 2:00 Patriotic Popcorn Day!</p> 	<p>10:00 Move & Groove – 957 4 2:00 PC/SNF Keno - C</p>  <p>★ HAPPY ★ 4TH OF JULY <small>Independence Day (US)</small></p>	<p>9:30 Move & Groove – 957 5 10:00 Better Balance – 957 3:00 Reflection – C/957 3:15 Exercise Class – 3 6:00 Evening Prayer – C</p>	<p>1:00 Movie Matinee – 957 6</p>
<p>2:30 Interfaith Service – C/957 7</p>	<p>9:00 Reflection – C/957 8 9:30 Move & Groove – 957 10:00 Better Balance – 957 2:00 PC/SNF Bingo - C 3:00 PC/SNF Happy Hour – C</p>	<p>9:30 Muscles in Motion – 957 9 10:00 Yoga/Stretch – 957 10:30 Bible Study – Highlanders 2:00 Manicures – 3 6:00 Therapy Dog Visit!</p>	<p>9:30 Move & Groove – 957 10 10:00 Better Balance – 957 10:45 Chaplain Hymn Sing – 2 3:00 Music by 2 Jolly Hearts – C/957</p>	<p>9:30 Move & Groove – 957 11 10:00 Muscles in Motion – 957 2:00 Summer Luau - Outside front of building - Hula Dancers - Food and Beverages</p>	<p>9:30 Move & Groove – 957 12 10:00 Better Balance – 957 10:15 Joyride <i>Sign Up Needed</i> 3:00 Reflection – C/957 3:15 Exercise Class – 3 6:00 Evening Prayer – C</p>	<p>1:00 Movie Matinee – 957 13</p>
<p>10:00 Catholic Communion – C 14 2:30 Interfaith Service – C/957</p>	<p>9:00 Reflection – C/957 15 9:30 Move & Groove – 957 10:00 Better Balance – 957 2:00 PC/SNF Bingo - C 3:00 PC/SNF Happy Hour – C</p>	<p>9:30 Muscles in Motion – 957 16 10:00 Yoga/Stretch – 957 10:30 Bible Study – Highlanders 2:00 Manicures – 3</p>	<p>9:30 Move & Groove – 957 17 10:00 Better Balance – 957 10:45 Chaplain Hymn Sing – 2 3:00 Music by Reverent Heart – C/957</p>	<p>9:30 Move & Groove – 957 18 10:00 Muscles in Motion – 957</p>	<p>9:30 Move & Groove – 957 19 10:00 Better Balance – 957 1:30 PC/SNF Bingo – C 3:15 Exercise Class – 3 6:00 Evening Prayer – C</p>	<p>1:00 Movie Matinee – 957 20</p>
<p>2:30 Interfaith Service – C/957 21</p>	<p>9:00 Reflection – C/957 22 9:30 Move & Groove – 957 10:00 Better Balance – 957 2:00 PC/SNF Bingo - C 3:00 PC/SNF Happy Hour – C</p>	<p>9:30 Muscles in Motion – 957 23 10:00 Yoga/Stretch – 957 10:30 Bible Study – Highlanders 2:00 Manicures – 2</p> <p>Happy Birthday Dolores S!</p>	<p>9:30 Move & Groove – 957 24 10:00 Better Balance – 957 10:45 Chaplain Hymn Sing – 2 3:00 Music by Dale Cinski – C/957</p>	<p>9:30 Move & Groove – 957 25 10:00 Muscles in Motion – 957</p>	<p>9:30 Move & Groove – 957 26 10:00 Better Balance – 957 10:15 Joyride <i>Sign Up Needed</i> 1:30 PC/SNF Bingo - C 3:00 Reflection – C/957 3:15 Memorial Service – C 3:15 Exercise Class – 3 6:00 Evening Prayer – C</p>	<p>1:00 Movie Matinee – 957 27</p>
<p>2:30 Interfaith Service – C/957 28</p>	<p>9:00 Reflection – C/957 29 9:30 Move & Groove – 957 10:00 Better Balance – 957 2:00 PC/SNF Bingo - C 3:00 PC/SNF Happy Hour – C</p>	<p>9:30 Muscles in Motion – 957 30 10:00 Yoga/Stretch – 957 10:30 Bible Study – Highlanders 10:30 Manicures – 3 1:30 Men's Club – C</p>	<p>9:30 Move & Groove – 957 31 10:00 Better Balance – 957 10:45 Chaplain Hymn Sing – 2 3:00 Ventriloquist Cindy Speck – C/957</p>	 <p>July 2024 Redstone Highlands – Greensburg Courtyard</p>		

Activities in PINK can be attended in the Chapel or viewed on Channel 957 – Activities are subject to change.