

# JULY



Exercise

DAILY

Mon-Fri 8:30 & 2:00



Mass/Communion/Bible Study  
Bible Study w/ UMC Lay Ministry





























Wednesdays 2:00 #125  
Wednesdays 2:00 upstairs



Movie & Popcorn  
Move Repeat

Wednesday 6:00pm #125  
Thursday 10:00am #125



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p>  <p>2:30 UMC Lay Service</p>	<p><b>2</b></p> <p>9:00 Downtown Errands</p> <p>10:30 Card Game: Hearts</p> <p>3:00 Vote By Mail Ballot Registration Assistance</p>	<p><b>3</b></p> <p>10:00 Bingo </p> <p>2:00 Exercise DVD`</p> <p>3:00 Repeat: Craft Craze Sassy Bags</p>	<p><b>4 INDEPENDENCE DAY</b></p> <p>9:00am Walmart</p> <p>6:00 Movie: <i>Angel &amp; The Bad Man</i></p> <p>9:00pm Watch  Fireworks South Lawn</p>	<p><b>5</b></p> <p>10:30 Exercise DVD</p> <p>2:00 Jenga &amp; Rummikub</p> <p>4:00 Dominos</p> <p>6:00 Bingo </p>	<p><b>6</b></p> <p>11:00 **Yoga w/ Lynn</p> <p>2:00 Kings In The Corner (Beginners Welcome)</p> <p>3:00 Happy Hour: Mini Banana Splits</p>	<p><b>7</b></p> <p>3:00 Bingo </p> <p>5:45 Just Hymns </p>
<p><b>8</b></p>  <p>2:30 UMC Lay Service</p>	<p><b>9</b></p> <p>9:00 Downtown Errands</p> <p>10:30 Rummy (Beginners Welcome)</p> <p>2:30 Town Hall Meeting</p>	<p><b>10</b></p> <p>10:00 Bingo </p> <p>2:00 **Core Exercises with Regina </p> <p>6:00 Lookin Up Gospel Quartet</p>	<p><b>11</b></p> <p>9:00 Walmart</p> <p>10:30</p> <p>3:00 Rummikub</p> <p>6:00 Movie: <i>McLintock</i></p>	<p><b>12</b></p> <p>10:30 Exercise DVD</p> <p>11:00 Lunch Out: The Coffee Cup</p> <p>2:00 Color Me Happy</p> <p>6:00 Bingo </p>	<p><b>13</b></p> <p>11:00 ** Yoga w/Lynn</p> <p>2:00 Squishy Ball Toss</p> <p>3:00 Happy Hour: Board &amp; Card Games—Your Choice</p>	<p><b>14</b></p> <p>3:00 Bingo </p> <p>5:45 Just Hymns </p>
<p><b>15</b></p>  <p>2:30 UMC Lay Service</p>	<p><b>16</b></p> <p>9:00 Downtown Errands</p> <p>10:30 Kings In The Corner (Beginners Welcome)</p> <p>3:00 Sit &amp; Sew: Bring your mending/knitting</p>	<p><b>17</b></p> <p>10:00 Bingo </p> <p>1:30 Fieldtrip: Bailey's Produce &amp; Nursery</p> <p>2:00 ** Core Exercises With Regina</p> <p>3:00 Trivia</p>	<p><b>18</b></p> <p>19 9:00 Target</p> <p>10:30 Shell Peas for WHV</p> <p>3:00 Rummy (Beginners Welcome)</p> <p>6:00 Movie: <i>Randy Rides Alone</i></p>	<p><b>19</b></p> <p>10:30 Exercise DVD</p> <p>2:00 Parachute Volley Upper Body Workout</p> <p>4:00 Color Me Happy</p> <p>6:00 Bingo </p>	<p><b>20</b></p> <p>11:00 **Yoga w/Lynn</p> <p>2:00 Tasters Kitchen: Homemade Ice Cream Made In A Plastic Bag!</p> <p>3:00 Happy Hour: Guitar Guys </p>	<p><b>21</b></p> <p>3:00 Bingo </p> <p>5:45 Just Hymns </p>
<p><b>22</b></p>  <p>2:30 UMC Lay Service</p>	<p><b>23</b></p> <p>9:00 Downtown Errands</p> <p>10:30 Rummy (Beginners Welcome)</p> <p>1:30 ***Food Forum</p> <p>3:00 Color Me Happy</p>	<p><b>24</b></p> <p>10:00 Bingo </p> <p>2:00 Exercise DVD</p> <p>3:00 Sort Through Craft Supplies With Terri</p>	<p><b>25</b></p> <p>9:00 Walmart</p> <p>10:30 Rummikub</p> <p>3:00 Kings In The Corner (Beginners Welcome)</p> <p>6:00 Movie: <i>Dawn Rider</i></p>	<p><b>26</b></p> <p>10:30 Dixie Knits: Knit/ Crochet &amp; Chat</p> <p>11:00 Mystery Date With John</p> <p>1:30 Resident Council</p> <p>4:00 Squishy Ball Toss</p> <p>6:00 Bingo </p>	<p><b>27</b></p> <p>10:00 Cruise the Blvd</p> <p>11:00 ** Yoga w/ Lynn</p> <p>2:00 Scrabble</p> <p>3:00 Happy Hour: Goldie Lahr </p>	<p><b>28</b></p> <p>3:00 Bingo </p> <p>5:45 Just Hymns </p>
<p><b>29</b></p>  <p>2:30 UMC Lay Service</p>	<p><b>30</b></p> <p>9:00 Downtown Errands</p> <p>10:30 Bible Trivia</p> <p>12:00 Birthday Bash! </p> <p>3:00 Della on the Cello</p>	<p><b>31</b></p> <p>10:00 Bingo </p> <p>1:00 Epicurean Club Meeting</p> <p>2:00 Exercise DVD</p> <p>5:00 Epicurean Dinner</p>	<p>Moving Theme: Celebrating John Wayne</p> 	<p>Always Available In The Library</p> <p>Puzzles &amp; Word Search</p>	<p>Earn Wesley Haven Bucks By Participating</p> <p>** = \$50.00</p> <p>*** = \$100.00</p> <p>Please Remember To Sign Your Name In The Activity Book</p>	