















SHELBY TERRACE JULY 2024

NOTE: All activities are held in the front lounge unless stated otherwise

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:00 AM-11:30 AM Breakfast at Nutbush City Limits</p> <p>1:30 PM </p>	<p>2</p> <p>9:30 AM “Gentle Chair Yoga for Beginners and Seniors” on Youtube</p> <p>2:00 PM Bingocize!! Light Exercise and Bingo with prizes!</p>	<p>3</p> <p>9:30 AM Seated Exercises on YouTube</p> <p>1:30 PM Wii Bowling! </p>	<p>4</p> <p>Happy 4th of July!  9:00 AM Coffee, Pie and cookies!</p> <p>2:00 PM Holiday Happy Hour!</p>	<p>5</p> <p>9:00 AM Coffee and Treats </p> <p>1:30 PM </p>	<p>6</p> <p>2:00 PM Viewers’ Choice! Movie Matinee and Popcorn! </p>








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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7</p> <p>11:00 AM Catholic Service BSJ Chapel (next door)</p> <p>1:15 PM Lutheran Service BSJ Chapel (next door)</p>	<p>8</p> <p>9:00 AM- 11:30 AM Shopping at Walmart!</p> <p>1:30 PM </p>	<p>9</p> <p>10:00 AM Chair Yoga </p> <p>1:00 PM Falls Prevention w/ Dana from St. Croix Hospice</p>	<p>10</p> <p>9:30 AM Exercises on YouTube</p> <p>2:30 PM Independence Day Wreaths w/ Alison </p>	<p>11</p> <p>10:00 AM Chair Yoga w/ Dave </p> <p>1:30 PM </p>	<p>12</p> <p>9:00 AM Coffee and Treats </p> <p>5:30 PM Kings' Corners Card Game </p>	<p>13</p> <p>2:00 PM Viewers' Choice! Movie Matinee and Popcorn! </p>








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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>11:00 AM Catholic Service BSJ Chapel (next door)</p> <p>1:15 PM Lutheran Service BSJ Chapel (next door)</p> <p>2:00 PM ICE CREAM SOCIAL</p>	<p>15</p> <p>9:00 AM-11:30 AM Visit International Friendship Garden</p> <p>1:30 PM </p>	<p>16</p> <p>10:00 AM Let's get outside for a walk around the BSJ campus!</p> <p>2:00 PM Bingocize!!! Light Exercise and Bingo with prizes!</p>	<p>17</p> <p>9:30 AM Exercises on YouTube</p> <p>1:30 PM Wii Bowling! </p>	<p>18</p> <p>10:00 AM "Exciting Animal Behavior in the most enchanting Forests of our Planet" on Youtube</p> <p>1:30 PM </p>	<p>19</p> <p>9:00 AM Coffee and Treats  2:00 PM Happy Hour & Snacks! </p> <p>5:30 PM "500!" Card Game </p>	<p>20</p> <p>2:00 PM Viewers' Choice! Movie Matinee and popcorn! </p>

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>21</p> <p>11:00 AM Catholic Service BSJ Chapel (next door)</p> <p>1:15 PM Lutheran Service BSJ Chapel (next door)</p>	<p>22</p> <p>11:30 AM- 1:30 PM Lunch at Schmidty's</p> <p>1:30 PM </p>	<p>23</p> <p>10:00 AM Let's get outside for a walk around the BSJ campus!</p> <p>2:30 PM Music w/ Brian Fitzgerald</p> 	<p>24</p> <p>9:30 AM Chair Exercises on YouTube</p> <p>2:30 PM Cat bookmarks w/ Alison!</p> 	<p>25</p> <p>10:00 AM Meditation Time w/ Dave</p>  <p>1:30 PM </p>	<p>26</p> <p>9:00 AM Birthday Breakfast!!!</p>  <p>2:00 PM Trivia and snacks!</p>	<p>27</p> <p>2:00 PM Viewer's Choice Movie Matinee and popcorn!</p> 

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28</p> <p>11:00 AM Catholic Service BSJ Chapel (next door)</p> <p>Lutheran Service BSJ Chapel (next door)</p> <p>2:00 PM ICE CREAM SOCIAL</p>	<p>29</p> <p>9:00 AM- 11:30 AM Coffee and pastries at JavaVino and shopping at Goodwill</p> <p>1:30 PM </p>	<p>30</p> <p>10:00 AM Let's get outside for a walk around the BSJ campus!</p> <p>2:00 PM Light Exercises and Bingo w/ Michelle!</p>	<p>31</p> <p>10:00 AM "Incredibel Wildlife Living at Our Equator Equator Specials" on Youtube</p> <p>1:30 PM Wii Bowling!</p> 			