

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2022

Boyson Heights

						<p>1</p> <p>10:00 Exercise with Element Therapy 11:00 Shuffleboard 1:00 Phase 10 2:00 Wine Club 3:00 4th of July Party! <small>Canada Day</small></p>			<p>2</p> <p>10:00 Exercise of Choice 1:30 Weekend Bingo! 3:00 Phase 10</p>											
<p>3</p> <p>8:30 & 10 Online Church Service 10:00 St. Pius Communion- CH 2:00 Golf- Card Game</p>			<p>4</p> <p>10:00 Exercise with Element Therapy 10:30 Monday Morning Bingo! 1:00 Card Club 2:00 Men's Group 3:30 Ice Cream Social <small>Independence Day (US)</small></p>			<p>5</p> <p>10:00 Walk N' Roll 10:30 Dollar Tree 1:00 Walking Club 2:00 Scenic Drive-Linn County Freedom Rock 3:30 Dominoes</p>			<p>6</p> <p>10:00 Exercise with Millennium Therapy 11:00 Finer Food Club- Brogan's 1:00 Afternoon Bingo! 2:30 Walmart 3:30 Hiawatha Library</p>			<p>7</p> <p>10:00 Get Fit W/Tracey 10:30 Ambassador Meeting 1:00 Book Club-CH 3:30 Farkle 5:30 Cedar Rapids Kernels Game</p>			<p>8</p> <p>10:00 Exercise with Element Therapy 11:00 Bag Toss 1:00 Yahtzee 2:00 Wine Club 3:00 Happy Hour-Music by Elvis</p>			<p>9</p> <p>10:00 Exercise of Choice 10:30 Weekend Bingo! 2:30 Popcorn & Movie</p>		
<p>10</p> <p>8:30 & 10 Online Church Service 10:00 St. Pius Communion- CH 2:00 King's Corners</p>			<p>11</p> <p>10:00 Exercise with Element Therapy 10:30 Janet Lieb-Guitar Music 1:00 Card Club 2:00 Afternoon Bingo! 3:30 Ladies Tea</p>			<p>12</p> <p>10:00 Walk N' Roll 10:30 Hy-Vee 1:00 Cedar Valley Pet Visit 2:00 Scenic Drive-Wapsi State Park</p>			<p>13</p> <p>10:00 Exercise with Millennium Therapy 11:00 Ladies Lunch at Farmer's Daughter Market 1:15 LaLa Ladies 2:30 July Trivia & Puzzles 3:30 July Birthday Party!</p>			<p>14</p> <p>10:00 Get Fit W/Tracey 10:30 Yahtzee 1:00 Book Club-CH 2:00 Make Tasty Baked Taquitos 3:30 Let's Paint!</p>			<p>15</p> <p>10:00 Exercise with Element Therapy 11:00 Shuffleboard 1:00 Phase 10 2:00 Wine Club 3:00 Happy Hour</p>			<p>16</p> <p>10:00 Exercise of Choice 1:30 Weekend Bingo! 3:00 King's Corners</p>		
<p>17</p> <p>8:30 & 10 Online Church Service 10:00 St. Pius Communion-CH 2:00 Phase 10</p>			<p>18</p> <p>10:00 Exercise with Element Therapy 10:30 Monday Morning Bingo 1:00 Card Club 2:00 Men's Group 3:30 Let's Paint</p>			<p>19</p> <p>10:00 Walk N' Roll 11:00 Arby's Lunch at the Park! Celebrate Picnic Month 1:00 Walking Club 2:00 Walmart 3:30 Phase 10</p>			<p>20</p> <p>10:00 Exercise with Millennium Therapy 11:00 Finer Food Club- Olive Garden 2:00 Dollar General 3:30 Phase 10 6:30 Cedar Rapids Municipal Band Concert</p>			<p>21</p> <p>10:00 Get Fit W/Tracey 11:00 Bag Toss 1:00 Book Club-CH 2:00 Wine Club 3:00 Thursday Happy Hour!</p>			<p>22</p> <p>10:00 Exercise with Element Therapy 10:30 Meskwaki Casino Outing!</p>			<p>23</p> <p>10:00 Exercise of Choice 10:30 Weekend Bingo! 2:30 Popcorn & Movie</p>		
<p>24</p> <p>8:30 & 10 Online Church Service 10:00 St. Pius Communion- CH 2:00 Weekend Bingo!</p>			<p>25</p> <p>10:00 Exercise with Element Therapy 10:30 Monday Morning Bingo 1:00 Card Club 2:00 Cooking Demo W/Chef Jacob 3:30 Tenzi</p>			<p>26</p> <p>10:00 Walk N' Roll 10:30 Dominoes 1:00 Walking Club 2:00 Let's Play Cards 3:30 Play Double Dip Game</p>			<p>27</p> <p>10:00 Exercise with Millennium Therapy 11:00 Finer Food Club- Granite City 1:00 Afternoon Bingo! 2:30 Mini Pines Mini Golf Outing!</p>			<p>28</p> <p>10:00 Get Fit W/Tracey 10:30 Tenant Council Meeting 1:00 Book Club-CH 2:00 Play Over Or Under 50 3:30 Root Beer Floats!</p>			<p>29</p> <p>10:00 Exercise with Element Therapy 11:00 Shuffleboard 1:00 King's Corners 2:00 Wine Club 3:00 Happy Hour-Music by Flip Side</p>			<p>30</p> <p>10:00 Exercise of Choice 1:30 Weekend Bingo! 3:00 Golf-Card Game</p>		
<p>31</p> <p>8:30 & 10 Online Church Service 10:00 St. Pius Communion- CH 2:00 Popcorn & Movie</p>																				

Activities Are Subject To Change

CH=Community Hub 2nd Floor