



Transportation for Grocery Shopping, Banks, Churches, the Mall & Trader Joe's departures:


Grocery ~ Mondays at 10:00; Wednesdays at 12:45; Fridays at 9:45


Bank ~ Wednesdays at 3:00; **Mall & Trader Joe's** ~ Saturdays at 10:00

Churches ~ Sundays departing at 9:00 & 10:00 See sign-up board for details.

Please sign up any time you wish to ride the bus for these events.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p>OLLI ~ Denotes WMU Osher Lifelong Learning Class.</p> <p>Registration required by calling (269) 387-4200 or online at wmich.edu/olli</p> <p>Fees apply</p> 	<p>9:30 Interval, GFS 11:00 Strong, Steady, Ready, GFS 11:30 Apple Device Classes, B1 1:00 Needlers, B1 1:15 Seniors of Strength, GFS 2:00 My Brain is Strong & Healthy, K</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:30 Rosary, B1 11:30 Stretch & Strength, GFS 12:00-5:45 Blood Drive, K 1:00 Senior Yoga, GFS 2:00 Chair Yoga, GFS 3:00 Creative Writing, CCR 3:00 Open Bridge, Cafe 6:00 MRC Rehab Gallery, RG 7:00 Pinochle, CL 7:15 Kiva Movie: Yankee Doodle Dandy, K</p>	<p>9:30 Interval, GFS 10:00 Resident Stories: Jay Parsons, K 10:45 Joyful Living Through Mindfulness, B1 11:00 Men's Chorus, GFS 1:00 Video Performances, B1 1:15 Seniors of Strength, GFS 3:00 Happy Hour Concert with Riverside Connections Band, CC 7:15 Scrabble, CL</p> <p>Independence Day Fireworks in the Courtyard at Dusk, CC</p>	<p>11:00 Strong, Steady, Ready, GFS 2:00 Cheryl Beauchamp Piano Concert, K</p> <p>Happy Independence Day!</p> <p>Lunch served from 11:30-1:30 No evening meal.</p>	<p>9:30 Advanced Fitness, GFS 10:00 Current Events Discussion, CCR 11:00 Chorus, K 11:30 Stretch & Strength, GFS LV 11:30 Kalamazoo Cat Café, FCL 1:15 Seniors of Strength, GFS 3:00 Open Bridge, Cafe 7:00 Wii Bowling, K</p>	<p>2:00 Kalamazoo Sax Quartet, K LV 10:00 Mall Run & Trader Joe's, C 11:00 Play Reading Club, CCR 7:00 Bingo, GFS</p>
7	8	9	10	11	12	13
<p>2:00 Vespers, K 4:00 Wii Bowling, K 6:30 Evening Vesper Service, K</p>	<p>9:00-5:00 Life Line Screening Day, K 9:30 Interval, GFS 10:00 Birthday Social, WCL 11:00 Strong, Steady, Ready, GFS 11:30 Apple Device Classes, B1 12:00 Pearl Vision Eyeglass Cleaning Clinic, C 1:00 Needlers, B1 1:15 Seniors of Strength, GFS 7:15 Diane Pryor Vocal/Piano Event, K</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:00 Resident Council, K 10:30 Rosary, B1 11:00 1st Congregational Church Fellowship, CCR 11:30 Stretch & Strength, GFS 1:00 Senior Yoga, GFS 1:00 OLLI: The History and the Literature, K 2:00 Chair Yoga, GFS 3:00 Creative Writing, CCR 3:00 Open Bridge, Cafe 4:00 Parkinson's Support Group, K 7:00 Pinochle, CL 7:15 Kiva Movie: Independence Day, K</p>	<p>LV 8:30 Women's Breakfast: Cooper Cafe, FCL 9:30 Interval, GFS 10:00 Music Together, WS Activity Room 10:00 From the Workbench with Brandon, K 11:00 Men's Chorus, GFS 1:00 Oshtemo Library at FV Library, C 1:15 Seniors of Strength, GFS 3:30 Happy Hour, Cafe 7:00 Fine Films & Talks w/Joe: Nebraska, B1 7:15 Scrabble, CL</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 11:00 Strong, Steady, Ready, GFS 1:00 Betsy's Corner, K 2:00 Hearing Clinic, B1 2:15 Learning Alexa, K 7:00 Pinochle, CL</p>	<p>9:30 Advanced Fitness, GFS 10:00 Current Events Discussion, CCR 11:00 Chorus, K 11:30 Stretch & Strength, GFS 1:15 Seniors of Strength, GFS 2:00 3rd Quarter Garden Home Meeting, K 3:00 Open Bridge, Cafe 7:00 Wii Bowling, K</p>	<p>10:00 Computer Help, Talk Learn, K LV 10:00 Mall Run & Trader Joe's, C 2:00 Memorial for Mitzi DeLuca, K</p>

14	15	16	17	18	19	20
<p>2:00 Vespers, K 4:00 Wii Bowling, K 6:30 Evening Vesper Service, K</p>	<p>9:30 Interval, GFS 10:00 Friendship Village Car Show, GFSP 10:30 Veterans' Club, WCL 11:00 Strong, Steady, Ready, GFS 11:30 Apple Device Classes, B1 1:00 Needlers, B1 1:00 Pool Deck Card Club, ACP 1:15 Seniors of Strength, GFS 2:00 Town Hall Gathering, K 6:15 Sing Along w/Marilyn, C 7:00 Bingo, GFS</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:30 Rosary, B1 11:30 Stretch & Strength, GFS 1:00 Senior Yoga, GFS 1:00 OLLI: Two 1950's Romantic Films, K 2:00 Chair Yoga, GFS 3:00 Creative Writing, CCR 3:00 Open Bridge, Cafe LV 4:00 Out to Dinner: Zooroona's FCL 7:00 Pinochle, CL 7:15 Kiva Movie: <i>The Apartment</i>, K</p>	<p>9:30 Interval, GFS 10:00 Music Together, WS Activity Room 11:00 Men's Chorus, GFS 1:00 Aquatic Center Ribbon Cutting & Open House, ACL 1:00 OLLI: Two 1950's Romantic Films, K 1:15 Seniors of Strength, GFS 3:30 Happy Hour, Cafe 7:15 Scrabble, CL</p>	<p>LV 8:30 Kal-Haven Trail Golf Cart & Walking Tour, FCL 9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:30 Joyful Living Through Mindfulness, B1 11:00 Strong, Steady, Ready, GFS 1:00 OLLI: Two 1950's Romantic Films, K 3:00 Aquatic Center Orientation, ACL 7:00 Pinochle, CL</p>	<p>9:30 Advanced Fitness, GFS 10:00 Current Events Discussion, CCR 11:00 Chorus, K 11:30 Stretch & Strength, GFS 1:15 Seniors of Strength, GFS 2:00-4:00 Fair Days, CC 3:00 Aquatic Center Orientation, A1 3:00 Open Bridge, Cafe 7:00 Wii Bowling, K</p>	<p>LV 10:00 Mall Run & Trader Joe's, C 11:00 Ping Pong Players Club, GFS 11:00 Play Reading Club, CCR 2:00 Molly Koznen Jazz Piano & Vocal concert, K 7:00 Bingo, GFS</p>
21	22	23	24	25	26	27
<p>LV 1:15 Farmer's Alley: Avenue Q, FCL 2:00 Vespers, K 4:00 Wii Bowling, K 6:30 Evening Vesper Service, K</p>	<p>8:30 Aquacise, ACP 9:30 Interval, GFS 10:00 Water Walking Club, ACP 11:00 Strong, Steady, Ready, GFS 11:30 Apple Device Classes, B1 LV 1:00 Trip to Leduc Blueberry Farm, FCL 1:00 Needlers, B1 1:00 Pool Deck Card Club, ACP 1:15 Seniors of Strength, GFS</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 LV 10:30 Out to Lunch Bunch: Hideaway, FCL 10:30 Aqua Strength, ACP 10:30 Rosary, B1 11:30 Stretch & Strength, GFS 1:00 Senior Yoga, GFS 2:00 Aquatic Golf, ACP 2:00 Chair Yoga, GFS 2:00 Tom Buettner: <i>Exploring Door County From Lighthouses to Fish Boils</i>, K 3:00 Creative Writing, CCR 3:00 Open Bridge, Cafe 7:00 Pinochle, CL 7:15 Kiva Movie: <i>Weekend At Bernie's</i>, K</p>	<p>8:30 Aquacise, ACP 9:30 Interval, GFS 10:00 Catholic Mass, K 10:00 Music Together, WS Activity Room 10:00 Lap Swim, ACP 11:00 Men's Chorus, GFS 11:30-1:00 Cook Out Day, CC 1:00 Oshtemo Branch Library at FV Library, L 1:15 Seniors of Strength, GFS 2:00 Aqua Strength, ACP 2:00 U of M ~ SPEAK! Presentation, K 3:00 Book Club, C 3:30 Happy Hour, Cafe 7:15 Scrabble, CL</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:30 Aqua Strength, ACP 10:30 Joyful Living Through Mindfulness, B1 11:00 Strong, Steady, Ready, GFS 11:15 Relaxing Float, ACP 1:00 Aquacise, ACP 2:00 Budget Meeting, K 2:00 Episcopal Eucharist, B1 7:00 Pinochle, CL</p>	<p>8:30 Aquacise, ACP 9:00 Men's Breakfast, Cafe 9:30 Advanced Fitness, GFS 10:00 Current Events Discussion, CCR 11:00 Chorus, K 11:30 Stretch & Strength, GFS 1:15 Seniors of Strength, GFS 2:00 Terry Lynch Presents <i>History Alive: Apollo 11 One Giant Leap, A Series of Firsts</i>, K 2:00 Social Hour on the Pool Deck, ACP 3:00 Open Bridge, Cafe 7:00 Wii Bowling, K</p>	<p>10:00 Computer Help, Talk & Learn with Rob, K 10:00 Mall Run & Trader Joe's, C 2:00 Suzanne & Jim Musical Program, K</p>
28	29	30	31	MEETING PLACES		<p>Hours of Operation:</p> <p>Fitness Center:</p> <ul style="list-style-type: none"> 24 hours, 7 days a week <p>Aquatics Center:</p> <ul style="list-style-type: none"> Open 8:00 a.m.-9:00 p.m. daily, Sunday-Saturday <p>Massage with Brook:</p> <ul style="list-style-type: none"> Wednesdays by appointment 10am-3pm Call Life Enrichment Office for appointment 358-2538
<p>2:00 Vespers, K 4:00 Wii Bowling, K 6:30 Evening Vesper Service, K</p>	<p>8:30 Aquacise, ACP 9:30 Interval, GFS 10:00 Water Walking Club, ACP 11:00 Strong, Steady, Ready, GFS 11:30 Apple Device Classes, B1 1:00 Needlers, B1 1:00 Pool Deck Card Club, ACP 1:15 Seniors of Strength, GFS 2:00 Ice Cream Soda Float Social-ACC 3:30 Ted Talks, K 7:00 Bingo, GFS</p>	<p>9:30 Better Balance, GFS 10:00 Reading Circle, A1 10:30 Aqua Strength, ACP 10:30 Rosary, B1 11:30 Stretch & Strength, GFS 1:00 Senior Yoga, GFS 2:00 Aquatic Golf, ACP 2:00 Chair Yoga, GFS 2:00 My Friend Harry Mancini, by John Weitzel, K 3:00 Creative Writing, CCR 3:00 Open Bridge, Cafe 7:00 Pinochle, CL 7:15 Kiva Movie: <i>Airplane</i>, K</p>	<p>8:30 Aquacise, ACP 9:30 Interval, GFS 10:00 Lap Swim, ACP 10:00 Music Together, WS Activity Room 11:00 Men's Chorus, GFS 1:00 Video Performances, B1 1:15 Seniors of Strength, GFS 2:00 Aqua Strength, ACP 3:30 Happy Hour, Cafe 7:15 Scrabble, CL</p>	<div style="text-align: center;">  <p>Coffee is available daily at 2:30 in the Café</p> </div>	<p>SPECIAL EVENTS/OUTINGS WELLNESS EVENTS</p>	