



Transportation Information

Shopping ~ Mondays & Fridays at 9:00 am, Wednesdays at 1:00 pm

(Grocery, Mall & Trader Joes) departs from the Group Fitness Lounge; Evening outings depart from the Front Entrance starting at 4:30 PM

Sign up for all your medical, grocery, and appointment needs at the Front Desk.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEETING PLACES		Massage Therapy	1	2	3	4
A1 - The A1 Lounge A2 – The A2 Lounge A3 – The A3 Lounge AqC - Aquatic Courtyard ACP - Aquatic Pool AqL – Aquatic Lounge AR – The Terrace Activities Room B1 - The B1 Lounge B2 – The B2 Lounge B3 – The B3 Lounge Bus – The Bus Cafe - The Café CafeC – The Cafe Courtyard CC- Commons Conference Room	CL – Commons Living Room CR – The Terrace Craft Room FCL – Fitness Center Lounge GFS – The Group Fitness Studio GFSP- Group Fitness Parking Lot EC –Terrace Education Center GFPL- Group Fitness Parking Lot GHP- Garden Homes Pergola K - The Kiva KAG – The Kiva Art Gallery KL – The Kiva Lounge L - The Library VCC –Village Clubhouse Classroom VCG –Village Clubhouse Game Rm VCK – Village Clubhouse Keystone VW - The Village Woods WCL - The Woodside Cedar Lounge WCLinic – The Wellness Clinic	Make an appointment with the massage therapist, Kim Clark. Contact Kim directly to schedule an appointment. Kim is ready to provide a rejuvenating experience tailed just for you! \$80 – 60 minute massage \$50 – 30 minute massage \$120- 90 minute massage Call Kim at (269) 720-6833 to schedule your appointment! Gift Certificates Available through the Life Enrichment Office.	8:30am Aqua Balance, ACP 9:00am Morning Stretch, GFS 9:30am Interval, GFS 10:00am Shades of Lavender Farm Outing, Sm Bus 1:15pm Seniors of Strength, GFS 2:15pm Spintopia!, K 3:00pm Lower Body Circuit, GFS 3:30pm Happy 250th Birthday America Happy Hour, K 7:00pm Classic Movie Night, Yankee Doodle Dandy, K 7:00pm KSO Pops Concert at Overlander Bandshell, Bus	8:30am Aqua Interval, ACP 9:30am Better Balance, GFS 10:15am Kitchen Band Practice, K 10:30am Better Balance, GFS 11:30am Bold Moves Boxing, GFS 1:00pm Play Mahjong, B1 1:30pm Group Voice Lessons with Jan, GFS 2:00pm Offsite Trail Walk, Bicentennial Park, Sm Bus 3:00pm Ping Pong, GFS 3:00pm St. Lukes Episcopal Communion Service, K 4:00pm Wii Bowling, AR 7:00pm All American Sing Along With Nancy, K	9:00am Foot Clinic, WCLinic 10:15am Tai Chi, GFS 11:00am Ladies Chorus Practice, K 1:30pm Popcorn & a Patriotic Movie Musical, 1776, K 2:00pm Current Events, AR 3:30pm Garden Home First Friday & Social Hour, VCK 7:00pm Premier Movie, Miss You, Love You, K 7:00pm Scrabble, FCL	1:00pm Retired Nurses Group, CC 1:00pm Wii Bowling Group, AR 2:00pm Cheryl Beauchamp, July 4th Piano Concert, K 6:45pm Bingo, GFS 7:00pm Premier Movie, Miss You, Love You, K
5	6	7	8	9	10	11
1:00pm Catholic Mass, GFS 2:00pm Vespers with Mark Roberts, K 6:00pm Hymn Sing with Jay, K 8:00pm Quiet Meditation, B2	8:30am Aqua Strength, ACP 9:00am Morning Stretch, GFS 9:30am Interval, GFS 10:00am Bible Study with Mark Roberts, B1 10:15am Chair Yoga, GFS 1:00pm Needlers, B1 1:15pm Seniors of Strength, GFS 2:00pm Hand & Foot Game, B1 2:00pm Sam and Pat Roach, Sesquicentennial Patriotic Concert, K 3:00pm Lower Body Circuit, GFS 3:00pm Quilters, CR 6:30pm Drama Series & Discussion, The Count of Monte Cristo, K	8:30am Aqua Interval, ACP 9:30am Better Balance, GFS 10:00am Firekeepers Casino Outing, Bus 10:15am Tai Chi, GFS 11:00am Catholic Rosary, B1 11:15am Grief Support Group: Finding Solace with Discomfort, A1 11:30am Bold Moves Boxing, GFS 12:30pm Wii Bowling Group, AR 1:00pm Readers Theatre Class, CC 1:00pm "Have a Seat" with Raegan Rhoderick, K 1:00pm Living Through Mindfulness, B3 1:00pm Rummikub Club, WS1 2:00pm Ken Burns' The American Revolution, Episode 3, K 2:00pm Poetry Share, GFS 3:00pm Bocce, GFSP 3:00pm Creative Writing, CC 6:45pm Bingo, GFS 7:00pm Scrabble, FCL	8:30am Aqua Balance, ACP 9:00am Ladies' Breakfast, The Crew, Sm Bus 9:00am Morning Stretch, GFS 9:30am Interval, GFS 10:15am Chair Yoga, GFS 1:15pm Seniors of Strength, GFS 1:30pm Garden Home Bi-Monthly Meeting, VCK 2:00pm Cultivating Wisdom, AR 2:15pm Spintopia!, K 3:00pm Lower Body Circuit, GFS 3:30pm Happy Hour, K 7:00pm Classic Movie Night, The Four Seasons, K 	8:30am Aqua Interval, ACP 9:30am Better Balance, GFS 10:15am Kitchen Band Practice, K 10:30am Better Balance, GFS 11:30am Bold Moves Boxing, GFS 1:00pm Play Mahjong, B1 1:30pm Group Voice Lessons with Jan, GFS 2:00pm Special Streaming Event: The Extraordinary Caterpillar, K 3:00pm Ping Pong, GFS 4:00pm Wii Bowling, AR	8:30am Aqua Strength, ACP 9:00am Morning Stretch, GFS 9:30am Advanced Circuit, GFS 10:00am Secretary of State at Friendship Village, KL 10:15am Tai Chi, GFS 11:00am Ladies Chorus Practice, K 11:30am Line Dancing Lessons, GFS 1:00pm Guided Woods Walk, VW 1:15pm Seniors of Strength, GFS 2:00pm Current Events, AR 2:00pm Chair Volleyball, GFS 2:00pm Ladies Chorus Concert, K 4:30pm Garden Home Social Hour, VCK 7:00pm Premier Movie, The Christophers, K	9:00am Krasl Art Fair on the Bluff Outing, Bus 10:00am Computer Help and Learning with Nikki, CC 1:00pm Wii Bowling Group, AR 2:00pm Premier Movie, The Christophers, K 6:45pm Bingo, GFS

12	13	14	15	16	17	18
1:00pm Catholic Mass, <i>GFS</i> 2:00pm Vespers with Mark Roberts, <i>K</i> 8:00pm Quiet Meditation, <i>B2</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Interval, <i>GFS</i> 10:00am Bible Study with Mark Roberts, <i>B1</i> 10:00am Monthly Birthday Party, <i>K</i> 10:15am Chair Yoga, <i>GFS</i> 1:00pm Go Icon Learning Workshop, <i>CC</i> 1:00pm Needlers, <i>B1</i> 1:15pm Seniors of Strength, <i>GFS</i> 1:30pm Brookside Blueberry Farm & Black Rock Market, <i>Bus</i> 2:00pm Hand & Foot Game, <i>B1</i> 2:30pm Documentary, <i>Marty, Life is Short, K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 6:30pm Drama Series & Discussion, <i>The Count of Monte Cristo, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:00am Hearing Clinic, <i>WClinic</i> 9:30am Better Balance, <i>GFS</i> 10:00am Fresh Air Support Group, <i>A1</i> 10:00am Residents Council, <i>K</i> 10:15am Tai Chi, <i>GFS</i> 11:00am Catholic Rosary, <i>B1</i> 11:30am Bold Moves Boxing, <i>GFS</i> 12:30pm Wii Bowling Group, <i>AR</i> 1:00pm Readers Theatre Class, <i>CC</i> 1:00pm Living Through Mindfulness, <i>B3</i> 1:00pm Rummikub Club, <i>WS1</i> 2:00pm Ken Burns' <i>The American Revolution, Episode 4, K</i> 3:00pm Bocce, <i>GFSP</i> 3:00pm Creative Writing, <i>CC</i> 4:00pm Parkinson's Support Group, <i>K</i> 4:00pm Dinner Outing, <i>Schuler's, Bus</i> 6:45pm Bingo, <i>GFS</i> 7:00pm Scrabble, <i>FCL</i>	8:30am Men's Breakfast, The Foundation, <i>Sm Bus</i> 8:30am Aqua Balance, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Interval, <i>GFS</i> 10:15am Chair Yoga, <i>GFS</i> 11:30am Building Strength Wednesday Workshop, <i>GFS</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Building Strength Wednesday Workshop, <i>GFS</i> 2:15pm Spintopia!, <i>K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 3:30pm Happy Hour, <i>K</i> 4:00pm Outdoor Environment Committee, <i>VCC</i> 7:00pm Classic Movie Night, <i>The Wizard of Oz, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:30am Better Balance, <i>GFS</i> 10:15am Kitchen Band Practice, <i>K</i> 10:30am Better Balance, <i>GFS</i> 11:30am Bold Moves Boxing, <i>GFS</i> 1:00pm Play Mahjong, <i>B1</i> 1:30pm Group Voice Lessons with Jan, <i>GFS</i> 2:00pm Wake Up World, Chris Praedel: Community Homeworks, <i>K</i> 3:00pm Ping Pong, <i>GFS</i> 4:00pm Wii Bowling, <i>AR</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Advanced Circuit, <i>GFS</i> 10:15am Tai Chi, <i>GFS</i> 11:30am Line Dancing Lessons, <i>GFS</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Current Events, <i>AR</i> 2:00pm Chair Volleyball, <i>GFS</i> 4:30pm Garden Home Social Hour, <i>VCK</i> 6:50pm Farmer's Alley, Dear Evan Hansen, <i>Bus</i> 7:00pm Premier Movie, <i>Wicked, K</i> 7:00pm Scrabble, <i>FCL</i>	1:00pm Book to Film Group, <i>Gone Girl, EC</i> 1:00pm Wii Bowling Group, <i>AR</i> 2:00pm Premier Movie, <i>Wicked, K</i> 6:45pm Bingo, <i>GFS</i>
19	20	21	22	23	24	25
1:00pm Catholic Mass, <i>GFS</i> 2:00pm Vespers with Mark Roberts, <i>K</i> 6:00pm Hymn Sing with Jay, <i>K</i> 8:00pm Quiet Meditation, <i>B2</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Interval, <i>GFS</i> 10:00am Bible Study with Mark Roberts, <i>B1</i> 10:15am Chair Yoga, <i>GFS</i> 10:30am Veterans' Club, <i>K</i> 1:00pm Needlers, <i>B1</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Hand & Foot Game, <i>B1</i> 2:00pm Fiscal Year 2027 Budget Meeting, <i>K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 6:30pm Drama Series & Discussion, <i>The Count of Monte Cristo, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:30am Better Balance, <i>GFS</i> 10:15am Tai Chi, <i>GFS</i> 11:00am Catholic Rosary, <i>B1</i> 11:15am Finding Solace with Discomfort, <i>A1</i> 11:30am Out to Lunch Bunch, Paw Paw Brewing Company, <i>Bus</i> 11:30am Bold Moves Boxing, <i>GFS</i> 12:30pm Wii Bowling Group, <i>AR</i> 1:00pm Readers Theatre Class, <i>CC</i> 1:00pm Living Through Mindfulness, <i>B3</i> 1:00pm Rummikub Club, <i>WS1</i> 2:00pm Health & Nutrition Talk: Stroke & Blood Clot Prevention, <i>GFS</i> 3:00pm Bocce, <i>GFSP</i> 3:00pm Creative Writing, <i>CC</i> 6:30pm Fine Films & Discussion, <i>Left-Handed Girl, K</i> 6:45pm Bingo, <i>GFS</i> 7:00pm Scrabble, <i>FCL</i>	8:30am Aqua Balance, <i>ACP</i> 9:00am Foot Clinic, <i>WClinic</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Shopping at the Clothes Mentor & Kalamazoo Kitty, <i>Sm Bus</i> 9:30am Interval, <i>GFS</i> 10:15am Chair Yoga, <i>GFS</i> 1:00pm KPL Mobile Library & Oshtemo Library Reps at FVK Library, <i>L</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:15pm Spintopia!, <i>K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 3:30pm Happy Hour, <i>K</i> 7:00pm Classic Movie Night, <i>St. Vincent, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:30am Better Balance, <i>GFS</i> 10:00am Guided Woods Walk, <i>VW</i> 10:15am Kitchen Band Practice, <i>K</i> 10:30am Better Balance, <i>GFS</i> 11:30am Bold Moves Boxing, <i>GFS</i> 1:00pm Play Mahjong, <i>B1</i> 1:30pm Group Voice Lessons with Jan, <i>GFS</i> 2:00pm Peter Bergin, Piano Performance, <i>K</i> 3:00pm Ping Pong, <i>GFS</i> 3:00pm Woods Committee Meeting, <i>VCK</i> 4:00pm Wii Bowling, <i>AR</i> 6:30pm Book To Film Group Movie, <i>Gone Girl, K</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Advanced Circuit, <i>GFS</i> 10:15am Tai Chi, <i>GFS</i> 11:30am Line Dancing Lessons, <i>GFS</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Current Events, <i>AR</i> 2:00pm Fair Day, <i>CafeC</i> 2:00pm Chair Volleyball, <i>GFS</i> 4:30pm Garden Home Social Hour, <i>VCK</i> 7:00pm Premier Movie, <i>Wicked: For Good, K</i>	10:00am Computer Help and Learning with Nikki, <i>CC</i> 1:00pm Wii Bowling Group, <i>AR</i> 2:00pm Kalamazoo Concert Band Saxophone Quintet, <i>K</i> 6:45pm Bingo, <i>GFS</i> 7:00pm Premier Movie, <i>Wicked: For Good, K</i>
26	27	28	29	30	31	Library Reps!!
1:00pm Catholic Mass, <i>GFS</i> 2:00pm Vespers with Mark Roberts, <i>K</i> 3:30pm Summertime Live at Bronson Park, Great Lakes Jazz, <i>Bus</i> 8:00pm Quiet Meditation, <i>B2</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Interval, <i>GFS</i> 10:00am Low Vision Support Group, <i>CC</i> 10:00am Bible Study with Mark Roberts, <i>B1</i> 10:15am Chair Yoga, <i>GFS</i> 1:00pm Go Icon Learning Workshop, <i>CC</i> 1:00pm Needlers, <i>B1</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Hand & Foot Game, <i>B1</i> 2:00pm Town Hall Gathering, <i>K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 6:30pm Drama Series & Discussion, <i>The Count of Monte Cristo, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:00am Hearing Clinic, <i>WClinic</i> 9:30am Better Balance, <i>GFS</i> 10:00am Kalamazoo Farmer's Market, <i>Bus</i> 10:00am Fresh Air Support Group, <i>A1</i> 10:15am Tai Chi, <i>GFS</i> 11:00am Catholic Rosary, <i>B1</i> 11:30am Bold Moves Boxing, <i>GFS</i> 12:30pm Wii Bowling Group, <i>AR</i> 1:00pm Readers Theatre Class, <i>CC</i> 1:00pm Living Through Mindfulness, <i>B3</i> 1:00pm Rummikub Club, <i>WS1</i> 2:00pm Ken Burns' <i>The American Revolution, Episode 5, K</i> 3:00pm Bocce, <i>GFSP</i> 3:00pm Creative Writing, <i>CC</i> 6:45pm Bingo, <i>GFS</i> 7:00pm Scrabble, <i>FCL</i>	8:30am Aqua Balance, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Interval, <i>GFS</i> 10:15am Chair Yoga, <i>GFS</i> 11:30am Lower Body Strength Wednesday Workshop, <i>GFS</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Lower Body Strength Wednesday Workshop, <i>GFS</i> 2:15pm Spintopia!, <i>K</i> 3:00pm Lower Body Circuit, <i>GFS</i> 3:30pm Happy Hour, <i>K</i> 7:00pm Classic Movie Night, <i>Places in the Heart, K</i>	8:30am Aqua Interval, <i>ACP</i> 9:30am Better Balance, <i>GFS</i> 10:00am Holland Princess Lunch Cruise, <i>Bus</i> 10:15am Kitchen Band Practice, <i>K</i> 10:30am Better Balance, <i>GFS</i> 11:30am Bold Moves Boxing, <i>GFS</i> 1:00pm Play Mahjong, <i>B1</i> 1:00pm Villager Meeting, <i>CC</i> 1:30pm Group Voice Lessons with Jan, <i>GFS</i> 2:00pm Broadway HD, American Theatre Wing Centennial Concert, <i>K</i> 3:00pm Ping Pong, <i>GFS</i> 4:00pm Wii Bowling, <i>AR</i>	8:30am Aqua Strength, <i>ACP</i> 9:00am Morning Stretch, <i>GFS</i> 9:30am Advanced Circuit, <i>GFS</i> 10:15am Tai Chi, <i>GFS</i> 11:00am Ladies Chorus Practice, <i>K</i> 11:30am Line Dancing Lessons, <i>GFS</i> 1:15pm Seniors of Strength, <i>GFS</i> 2:00pm Euchre, <i>B1</i> 2:00pm Current Events, <i>AR</i> 2:00pm Chair Volleyball, <i>GFS</i> 2:00pm Root Beer Float Social, <i>AqC</i> 4:30pm Garden Home Social Hour, <i>VCK</i> 7:00pm Premier Movie, <i>When I Said I Do, K</i> 7:00pm Scrabble, <i>FCL</i>	Looking for your next great read? A FVK Library Representative is available in the Library every Saturday from 12:00 PM – 2:00 PM to assist with library services, answer questions, and help you find books and resources. Stop by and say hello! 