

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(CH) Chapel/Multipurpose (S) Studio (2AL) 2nd Floor AL Dining Area (T) Theater (CR) Community Room (F) Fitness Room (P) Pool (G) Game Room (L) Lobby (WS) Workshop	1 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 2PM Rosary (CH) 3:30PM Piano w/Garrett (2AL) Canada Day	2 9:30AM C. Watercolors (S) 9:30AM Chair Yoga (F) 11AM Gentle Water Ai-Chi (P) 12PM Patriotic Cook Out & Live Music (CY) 3PM Mexican Train (2AL)	3 8:30AM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 3PM Yard Games (CH/CY) 5:45PM Evening Nails (2AL)	 4 1PM Worship (CH) 1:30PM Movie (T) <i>"Annie Get Your Gun"</i> (1950) Musical 1 ¾ hrs.	5 10AM Book Club (CR) 11AM Gentle Yoga (F) 2PM Culinary Chat (CH) 3PM 500 (2AL)	6 8:30AM Walking Group (L) 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)
7 1:30PM Movie (T) <i>"Though None Go With Me"</i> (2006) Drama Rated G - 2 hrs.	8 8:30AM Walking Group (L) 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P)	9 9AM Target 9:30AM C. Watercolors (S) 9:30AM Chair Yoga (F) 11AM Gentle Water Work (P) 3PM Hand & Foot (2AL) 4PM Garden Club (CY)	10 10:30AM FISHING ON ST. CROIX RIVER 8:30AM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 3PM Yard Games (CH/CY) 6:30PM Concert in the Commons	11 1PM Worship (CH) 2:15PM Snack n Yak (CR) 2PM Men's Group (G) 6PM Movie Night (T) <i>"Hit Man"</i> (2024) Dark comedy Rated R - 2 hrs.	12 9:45 AM LIBRARY 11AM Gentle Yoga (F) 2PM Arm Chair Travel to Bali, Indonesia 2PM Bridge (2AL)	13 8:30AM Walking Group (L) 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)
14 1:30PM Movie (T) <i>"The Good Shepherd"</i> (2006) Thriller/War Rated R - 2 ¾ hrs.	15 8:30AM Walking Group (L) 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 3:30PM Piano w/Garrett (2AL)	16 9:30AM C. Watercolors (S) 9:30AM Chair Yoga (F) 3PM Mexican Train (2AL) 4PM FIRE DRILL	17 8:30AM Walking Group (L) 10:30AM Memory Loss Caregiver Support Group (S) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 3PM 500 Cards (2AL) 5:45PM Evening Nails (2AL)	18 11AM Jeopardy (S) 1PM Worship (CH) 2:15PM Bingo (CH) 6PM S'mores Night in the Courtyard	19 11AM Gentle Yoga (F) 2PM July Birthday Party in the Tavern 3:15PM Cribbage (2AL)	20 8:30AM Walking Group (L) 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1:45PM Scrabble (2AL) 1:45PM Bingo (CH)
21 1:30PM Movie (T) <i>"My Favorite Brunette"</i> (1947) Comedy/Noir Not Rated - 1 ½ hrs.	22 9AM WALMART 8:30AM Walking Group (L) 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 5PM Happy Hour in Tavern	23 9:30AM C Watercolors (S) 9:30AM Chair Yoga (F) 11AM Gentle Water Work (P) 3PM Mexican Train (2AL) 4PM Garden Club (CY) 5PM EVENING PONTOON CRUISE WITH BEAR BOATING	24 8:30AM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 2PM Bridge (2AL) 3PM Yard Games (CH/CY) 6:30PM Concert in the Commons	25 10AM BELL MUSEUM 1PM Worship (CH) 2:15PM Snack n Yak (CR) 2PM Men's Group (G) 6PM Movie Night (T) <i>"Liar Liar"</i> (1997) Comedy/Drama Rated PG-13 - 1 ½ hrs.	26 10AM Book Club (CR) 11AM Gentle Yoga (F) 2PM Ice Cream Social in Sophia's 3PM Hand & Foot (2AL)	27 8:30AM Walking Group (L) 9:45AM Short Stories (2AL) 10AM Golf Simulator (G) 1PM Bingo (CH) 1:45PM Scrabble (2AL) 3PM Piano Recital (CH)
28 1:30PM Movie (T) <i>"Into the Wild"</i> (2007) Adventure/Drama Rated R - 2 ½ hrs. (True Story)	29 8:30AM Walking Group (L) 11AM Bible Study (CR) 1PM Seated Strength (F) 2PM Water Aerobics (P) 3PM Resident Meeting (CH) 3:30PM Piano w/Garrett (2AL)	30 9:30AM C. Watercolors (S) 11AM Gentle Water Work (P) 9:30AM Chair Yoga (F) 2PM Michael Riddle Music (CH) 3:15PM Cribbage(2AL)	31 8:30AM Walking Group (L) 1PM Seated Strength (F) 1PM Catholic Service (CH) 2PM Water Aerobics (P) 3PM Cribbage (2AL) 5:45PM Evening Nails (2AL)	 <p style="text-align: center;">JULY 2024</p> <p style="text-align: center;">Lyngblomsten at Lino Lakes</p>		

RED REQUIRES REGISTRATION AT THE FRONT DESK. Schedule subject to change. Any questions, call Kaitlyn Olson (651) 515-1730.