

# July 2025

## Good Shepherd Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Walking Club - CT 9:45 -Word Games - GSA 10:15 Pilates - CT <b>2:00 Birthday Party with Paul Imholte - CT</b> 6:30 Bingo - CT  Canada Day	9:00 Walking Club - CT 9:45 Spa Nails - GSA 10:30 Chair Cardio - CT 1:30 Word Mining - GSA 2:00 Yoga - CT 2:00 Bible Study (Chapel or Ch 900) 3:00 Fireworks Craft - CT	9:00 Walking Club -CT 9:45 Fireworks Craft - GSA 10:30 Kickboxing - CT 1:00 - Mocktails and Mingle - O 2:00 Pokeno - O 6:30 Bingo - O	10:00 EnerG Exercises - O 1:00 - Games and Gather to celebrate the holiday - CT  7:00 "A Capitol 4th" - performances and fireworks on PBS  Independence Day (U.S.)	<b>Patriotic Activity Pages:</b> Pick up Patriotic activity pages in the community room to turn in for entry to an end of month drawing.  6:30 Bingo - GSA
10:00 Worship Service (Chapel or Ch 900) 2:00 Cards. Coffee and Chat - CT  5:00 Turn in Patriotic Activity Pages	9:00 Walking Club - CT 10:00 EnerG exercises - O 10:30 Cooks Corner -Smoothies-- CT 1:00 Power Pump Mobile -CT 1:30 Rosary (Chapel or Ch 900) 2:00 Mass (Chapel or Ch 900) 3:30 Piano Music - W	9:00 Walking Club - CT 9:45 - How well do you know your neighbors? - CT 10:15 Pilates - CT <b>2:00 - Root Beer Floats and Minigolf- CT</b> 3:30 Dominoes - GSA 6:30 Bingo - CT	9:00 Walking Club - CT 9:45 - Name that Smell - GSA 10:30 Chair Cardio - CT 1:30 Coffee and Chat - GSA Kitchen 2:00 Yoga - CT 2:00 Bible Study (Chapel or Ch 900) 3:00 Patriotic Bingo Burst- CT	9:00 Walking Club - CT 9:45 Card Games - GSA 10:30 - Kickboxing - CT 1:00 -Mocktails and Mingle - CT 2:00 Pokeno - CT  6:30 Bingo - O	10:00 EnerG Exercises - O 10:30 Ladder ball -W 10:30 Bean Bags -GSA 1:00 Balance Boosting - CT 2:00 Friday Movie - CT	<b>Patriotic Activity Pages:</b> Pick up Patriotic activity pages in the community room to turn in for entry to an end of month drawing.  6:30 Bingo - GSA
10:00 Worship Service (Chapel or Ch 900) 2:00 Cards. Coffee and Chat - CT  5:00 Turn in Patriotic Activity Pages	9:00 Walking Club - CT 10:00 EnerG exercises - O 10:30 Activity Planning Meeting- CT 1:00 Power Pump Mobile- W 1:30 Rosary (Chapel or Ch 900) 2:00 Mass (Chapel or Ch 900) 3:30 Piano Music - GSA	9:00 Walking Club - CT 9:45 Dice Games GSA 10:15 Pilates - CT 2:00 - Games - (Cribbage, 500, Yatzee) CT 2:30 Soda, Sip and Sit - CT  6:30 Bingo - CT	9:00 Walking Club - CT 9:45 Manicures and Mimosas - GSA 10:30 Chair Cardio - CT 1:30 - Fast Track - CT 2:00 GSA Tenant meeting - GSA 2:00 Bible Study (Chapel or Ch 900) 3:00 - Pastel Drawing - W	9:00 Walking Club - CT 9:45 Board Games - GSA 10:30 - Kickboxing - CT 1:00 - Mocktails and Mingle - GSA 2:00 Pokeno - GSA  6:30 Bingo - O	10:00 EnerG Exercises - O 10:30 Axe Throwing -W 10:30 Bowling - GSA 1:00 Balance Boosting - CT 2:00 -Friday Movie - CT	<b>Patriotic Activity Pages:</b> Pick up Patriotic activity pages in the community room to turn in for entry to an end of month drawing.  6:30 Bingo - GSA
10:00 Worship Service (Chapel or Ch 900) 2:00 Cards. Coffee and Chat - CT  5:00 Turn in Patriotic Activity Pages	9:00 Walking Club - CT 10:00 EnerG exercises - O 10:30 Darts- CT 1:00 Power Pump Mobile -CT 1:30 Rosary (Chapel or Ch 900) 2:00 Mass (Chapel or Ch 900) 3:30 Piano Music - W	9:00 Walking Club - CT 9:45 Dice Games - CT 10:15 Pilates - CT <b>1:30 - Looney Lutherans - CT</b> 3:30 Book Club - O 6:30 Bingo - CT	9:00 Walking Club - CT 9:45 Board Games - GSA 10:30 Chair Cardio - CT 1:30 Coffee and Chat - GSA Kitchen 2:00 Yoga - CT 2:00 Bible Study (Chapel or Ch 900)	9:00 Walking Club - CT 9:45 Card Games - GSA 10:30 Kickboxing - CT 1:00 Mocktails and Mingle -W 2:00 Pokeno - W  6:30 Bingo - O	10:00 EnerG Exercises - O 10:30 Ring Toss - W 10:30 Axe Throwing - GSA 1:00 Balance Boosting - CT <b>2:00 -Music with Max and Deb CT</b>	<b>Patriotic Activity Pages:</b> Pick up Patriotic activity pages in the community room to turn in for entry to an end of month drawing.  6:30 Bingo - GSA
10:00 Worship Service (Chapel or Ch 900) 2:00 Cards. Coffee and Chat - CT  5:00 Turn in Patriotic Activity Pages	9:00 Walking Club - CT 10:00 EnerG exercises - O 10:30 Axe Throwing - CT 1:00 Power Pump Mobile -W 1:30 Rosary (Chapel or Ch 900) 2:00 Mass (Chapel or Ch 900)	9:00 Walking Club - CT 9:45 - Cranium Crunches - GSA 10:15 Pilates - CT 2:00 Board Games - CT 6:30 Bingo - CT	9:00 Walking Club - CT 9:45 Spa Nails GSA 10:30 Chair Cardio - CT <b>2:00 - Bean Bag Tournament - CT</b> 2:00 Bible Study (Chapel or Ch 900) <b>3:00 Drawing for Patriotic Activity Page Participation</b> CT- Need not be present as long as name and apartment number are on the entries.	9:00 Walking Club - CT 9:45 Card Games - GSA 10:30 Kickboxing - CT 1:00 Mocktails and Mingle -O 2:00 Pokeno - O  6:30 Bingo - O		

CT - Court Dining Room, O - Oaks Dining Room, W - West Community Room, C - Chapel