

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	2 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Gift of Gab – 2 nd Floor Act. Room 3:00 Patriotic Happy Hour – Rochester Room	3 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 2:00 Flag Raising Ceremony Commemorating America's 250 th Birthday – Lobby	4 Independence Day 9:30 HASfit TV Exercise – Channel 11.1
5 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	6 10:00 Strength & Balance Exercise – Auditorium	7 9:30 HASfit TV Exercise – Channel 11.1 1:00 Resident Council – Hobby Room 2:00 Live music by Vickie & Everett Schulz – Auditorium	8 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 Target North Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	9 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:00 Movie: First Wives' Club – LL. Family Room 3:00 Happy Hour – Rochester Room	10 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Absentee Voting – Auditorium	11 9:30 HASfit TV Exercise – Channel 11.1
12 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	13 10:00 Strength & Balance Exercise – Auditorium 1:00 Activity Planning Meeting – Hobby Room	14 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium & Channel 73.1 1:00 Library Committee Meeting – Hobby Room 2:00 Live pianist music by Basia Vander Zander – Auditorium	15 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	16 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 2:00 Gift of Gab – 2 nd Floor Act. Room 3:00 Happy Hour – Rochester Room	17 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Outing to Flapdoodles South – Lobby	18 9:30 HASfit TV Exercise – Channel 11.1
19 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	20 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 nd Floor Act. Room	21 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:30 What's for Dinner Meeting – Dining Room 2:00 July Birthday Celebration with live music by Les Sesse – Auditorium	22 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:45 Trader Joe's Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	23 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 3:00 Happy Hour – Rochester Room	24 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 2:15 Quarry Hill Nature Program: Turtles of Minnesota – Auditorium	25 9:30 HASfit TV Exercise – Channel 11.1
26 9:30 Protestant Service – SNF Chapel/Channel 23.1 10:30 Catholic Mass – Towers Chapel/Channel 19.1	27 10:00 Strength & Balance Exercise – Auditorium	28 9:30 HASfit TV Exercise – Channel 11.1 11:30 Luncheon from Corona's Tacos – Rochester Room 3:00 Happy Hour – Rochester Room	29 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Act. Room 1:45 HyVee 37 th St. Groceries – Lobby 2:00 Hand Massages – Fireside Lounge 2:00 500 Card Game – Rochester Room	30 9:00 Assisted Living Manicures – 2 nd Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread Group – Lobby 1:00 Live violinist music by Kathleen Covalt – Auditorium 2:00 Trivia – 2 nd Floor Act. Room	31 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium	

**Sign up for activities and programs in the white Activity Binder, located in the Lobby.
For any questions, please contact Collin Volkman, Wellness Director, at 507-206-2364.**