

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Bingo! Resident Run-NMR	*9:30 Balance Class- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *12:45 Gym Equipment Instructions *1:00 Senior Fitness w/ Carol- AR 1	*9:30 Vitality Ballet-NHFR *10:00 Outing: St. Vincent De Paul Thrift Store *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 1:00 Balance Class-HH 2:00 Creative Crafting- AR 2	*9:30 Senior Fitness w/ Carol- AR 2 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:00 Centering Prayer- 2 nd FLR 2:00 Quarter Bingo- AR 2	*9:30 Cardio Exercise w/ Therapy Dept- AR 1 *10:00 Outing: Schnucks *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 1:30 Belles of Sarah- AR 1 2:30 Candy Bingo- AR 2	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:30 Book Mobile-L *2:00 Senior Fitness w/ Carol- AR 1 2:00-3:30 Happy Hour w/ powerplay Band! - AR 2	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 10:00 Outing: Grants Farm and lunch	
*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Bingo! Resident Run-NMR	*9:30 Balance Class- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *12:45 Gym Equipment Instructions *1:00 Senior Fitness w/ Carol- AR 1 3:00 Art w/ Carla- VMR	*9:30 Vitality Ballet-NHFR *10:00 Outing Walgreens *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 1:30 Food Committee- NDR 2:30 Sno Cones- AR 2	*9:30 Senior Fitness w/ Carol- AR 2 10:00 Nail Spa- AR 2 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:00 Centering Prayer- 2 nd FLR 2:00 Quarter Bingo- AR 2	*9:30 Cardio Exercise w/ Therapy Dept- AR 1 *10:00 Outing: Aldis *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Candy Bingo- AR 2	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:30 Book Mobile-L *2:00 Senior Fitness w/ Carol- AR 2 2:30 Movie: A League of Their Own AR 1	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51	
*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Bingo! Resident Run-NMR	*9:30 Balance Class- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *12:45 Gym Equipment Instructions *1:00 Senior Fitness w/ Carol- AR 1	9:00 Tony's Donuts- AR 2 *9:30 Vitality Ballet-NHFR *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Pokeno- AR 2	*9:30 Senior Fitness w/ Carol- AR 2 10:30 Tour of Kemper Art Museum *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:00 Centering Prayer- 2 nd FLR 2:00 Quarter Bingo- AR 2	*9:30 Cardio Exercise w/ Therapy Dept- AR 1 *10:00 Outing: Walmart *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 1:30 Belles of Sarah- AR 1 2:30 Candy Bingo- AR 2	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 10:00 Outing: Tour Scott Joplin House *1:30 Book Mobile-L *2:00 Senior Fitness w/ Carol- AR 1 2:30 Movie: 12 Mighty Orphans Ch 7	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51	
*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 10:00 Outing: Lunch and Shop Eckert's (Belleville) 2:00 Bingo! Resident Run-NMR	*9:30 Balance Class- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *12:45 Gym Equipment Instructions *1:00 Senior Fitness w/ Carol- AR 1 2:00 My Favorite Things- AR 2	*9:30 Vitality Ballet-NHFR 10:30 Lunch at Zia's on The Hill *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Community Birthday Party w/ John Scott- AR 2	*9:30 Senior Fitness w/ Carol- AR 2 10:00 Outing Kohls *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:00 Centering Prayer- 2 nd FLR 2:00 Candy Bingo- AR 2	*9:30 Cardio Exercise w/ Therapy Dept- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 11:15-1:15 Breaking Bread: Fall Harvest w/ Bryan Foggs- AR 1 and 2 6:00 Outing: Dinner at Hodaks	10:30 Outing: Cracker Barrell *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:30 Book Mobile-L *2:00 Senior Fitness w/ Carol- AR 2 2:30 Movie: King Richard AR 1	*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 BIRTHDAYS: 8/8 Thelma Muther 8/12 Sr. Rebecca Wright 8/13 Marie Gillen 8/24 Sr. Kathleen Miles 8/29 Jeanette Telthorst	
*10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Bingo! Resident Run-NMR	*9:30 Balance Class- AR 1 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *12:45 Gym Equipment Instructions *1:00 Senior Fitness w/ Carol- AR 1 2:30 Town Hall- AR 1	*9:30 Vitality Ballet-NHFR 10:00 Outing: Dollar Tree *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 2:00 Happy Hour w/ Marty Abdulah- NH lobby	9:00 Waffle Wednesday- AR 2 *9:30 Senior Fitness w/ Carol- AR 2 *10:30 Rosary Ch. 51 *11:00 Mass Ch. 51 *1:00 Centering Prayer- 2 nd FLR 2:00 Creative Crafting- AR 2	Sign up sheets for outings and DR runs-located in NH lobby			

August 2022

*Be Active *Be Creative *Be Entertained *Be Connected *Spiritual

NAOMI HOUSE