*IL Activities for the Week of*

June 27th- July 3rd 2022

*Schedule is subject to change at any time*

You must sign-up for any Activity with an \*

Mon. June 27th: *National Ice Cream Cake Day*

9:00 AM Chair Exercises- TV Ch. 718

9:00 AM Coffee Group-Rec. Rm.

9:45 AM Gentle Stretching-LGR

10:30 AM Pool Aerobics/Stretching-Pool

11:00 AM Water Volleyball-Pool

1:00 PM Bible Study

2:00 PM \*Cognitive Fitness-Library

3:00 PM Music-Julie Nevel-GCC

6:00 PM Card Playing-Library

7:00 PM Billiards-3rd floor SV Billiards Rm.

Tues. June 28th: *National Paul Bunyan Day*

9:00 AM Sentimental Summer Music-Ch. 718

9:30 AM \*Grocery Shopping-Giant Eagle

9:30 AM Cardio, Weights & Bands-LGR

10:15 AM Yoga-LGR

11:00 AM Chair Exercises-LGR

1-3:00 PM Bocce: Team 1 vs Team 5

2:00 PM \*Watermelon Craft-Rec. Rm. ($2)

3:30 PM Chair Exercises-TV Ch. 718

5:00 PM \*Leave for Curve Game-Bus

Wed. June 29th: *National Parchment Day*

9:30 AM Walking Club-off campus

10:00 AM Cornhole-Outdoor courts

1:00 PM \*Prelude Seminar-GCC

2:00 PM Nutrition-Library

6:30 PM Altoona Community Band-GCC

6:30 PM Shuffleboard-outdoor court

****Thur. June 30th: *National Handshake Day*

9:45 AM Gentle Stretching-LGR

10:00 AM Campus Stroll-SV Entrance

10:30 AM Pool Aerobics & Stretching-Pool

11:00 AM Water Volleyball-Pool

1:00 PM Scrabble-2nd floor lounge SV

2:00 PM \*Men’s Snack & Yak-Café Patio ($2)

3:30 PM Chair Exercises-TV Ch. 718

6:30 PM Pinochle-Café

7:00 PM Billiards-3rd Floor SV Billiards Rm.





Fri. July 1st: *National Postal Worker Day*

9:00 AM Chair Exercises-TV Ch. 718

10:00 AM Dominoes-Rec. Rm.

2:00 PM \*4th of July Trivia & Treat-Café Patio

4:00 PM \*Terrace Hour-Cafe

**6:00 PM Card Playing-Library

6:30 PM \*Jim Worthing Concert-GCC & Ch. 718

7:00 PM Billiards -3rd floor SV Billiards Rm.



Sat. July 2nd: *Hop-A-Park Day*

10:00 AM Table Tennis-LGR

10:00 AM “Busy Fingers”-Great Room

3:00 PM 15 min Stretching-Ch. 718

3:00 PM Card Playing-Library

Sun. July 3rd: *National Eat Your Beans Day*

10:30 AM Church Services-Chapel

3:00 PM 15 min. Stretching-Ch. 718

3:00 PM Card Playing-Library

*UPCOMING EVENTS:*

July 6th: Afternoon at Canoe Creek

July 7th: shopping at Logan Town Center

July 8th: trip to Coverlet Museum & lunch

July 11th: Auxiliary Fundraiser Meal at Hoss’s

July 12th: Ice Cream Truck on Campus

July 13th: IL Picnic

July 14th: Whipples Dam & lunch