

## Sunday



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

## Reflections

### Quote

Life is like a camera  
Focus on what is important  
Capture the good times  
Develop from the negatives  
And if things don't work out  
Take another shot

## PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

<p><b>7</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Morning Stretch</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Bowling League</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>2:30 <span style="color: blue;">■</span> Sundae Social</li> <li>3:30 <span style="color: red;">■</span> Sunday Stroll</li> <li>4:00 <span style="color: green;">■</span> Logos: Then and Now</li> <li>6:30 <span style="color: purple;">■</span> Silver Screen Sundays</li> </ul>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>11:00 <span style="color: green;">■</span> Daily Chronicle</li> <li>11:30 <span style="color: purple;">■</span> Name that tune!</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Board Game Groups</li> <li>3:15 <span style="color: blue;">■</span> Creative Colors</li> <li>4:00 <span style="color: purple;">■</span> Musical Memories</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>11:00 <span style="color: green;">■</span> Daily Chronicle</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Badminton</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>2:00 <span style="color: purple;">■</span> Catholic Service</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>4:00 <span style="color: purple;">■</span> Singing with Suzie Q</li> <li>6:30 <span style="color: blue;">■</span> Hollywood Block Busters</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: green;">■</span> Daily Chronicle</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Craft: Summer Suncatchers</li> <li>2:45 <span style="color: blue;">■</span> Lemonade Social</li> <li>4:00 <span style="color: purple;">■</span> What's the cost?</li> <li>4:00 <span style="color: purple;">■</span> Hand Massage &amp; Music</li> <li>6:30 <span style="color: purple;">■</span> Music and Hand Massages</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Aerobic Exercise</li> <li>10:45 <span style="color: purple;">■</span> Bird Watching</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: green;">■</span> Ted Talk</li> <li>1:30 <span style="color: green;">■</span> Resident Council</li> <li>2:00 <span style="color: red;">■</span> Move to the Music</li> <li>3:15 <span style="color: green;">■</span> Name that Tune</li> <li>4:00 <span style="color: purple;">■</span> What's the cost?</li> <li>4:00 <span style="color: purple;">■</span> Hand Massage &amp; Music</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Weight Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>4:00 <span style="color: purple;">■</span> Hand Massage &amp; Music</li> <li>4:00 <span style="color: green;">■</span> What's the cost?</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>1:30 <span style="color: red;">■</span> Steps in Motion</li> <li>2:00 <span style="color: green;">■</span> Card Players Group</li> <li>2:30 <span style="color: blue;">■</span> Mocktail's Social</li> <li>3:15 <span style="color: purple;">■</span> Nail Spa</li> <li>4:00 <span style="color: purple;">■</span> Hand Massage &amp; Music</li> <li>4:00 <span style="color: green;">■</span> What's the cost?</li> <li>6:30 <span style="color: blue;">■</span> Pick &amp; Flick and Popcorn</li> </ul>
<p><b>14</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Morning Stretch</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Bowling League</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>2:30 <span style="color: blue;">■</span> Sundae Social</li> <li>3:30 <span style="color: red;">■</span> Sunday Stroll</li> <li>4:00 <span style="color: green;">■</span> Logos: Then and Now</li> <li>6:30 <span style="color: purple;">■</span> Silver Screen Sundays</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Board Game Groups</li> <li>3:15 <span style="color: blue;">■</span> Creative Colors</li> <li>4:00 <span style="color: purple;">■</span> Hand Massage &amp; Music</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Badminton</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: blue;">■</span> Hollywood Block Busters</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Craft: Paining wine glasses</li> <li>2:45 <span style="color: blue;">■</span> Lemonade Social</li> <li>4:00 <span style="color: purple;">■</span> Piano Concert- Mark West</li> <li>6:30 <span style="color: purple;">■</span> Silver Screen Sundays</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Aerobic Exercise</li> <li>10:45 <span style="color: purple;">■</span> Bird Watching</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: green;">■</span> Ted Talk</li> <li>2:00 <span style="color: red;">■</span> Move to the Music</li> <li>3:15 <span style="color: green;">■</span> Name that Tune</li> <li>6:00 <span style="color: blue;">■</span> Movie Night ~ Romance</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Weight Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>1:30 <span style="color: red;">■</span> Steps in Motion</li> <li>2:00 <span style="color: green;">■</span> Card Players Group</li> <li>2:30 <span style="color: blue;">■</span> Mocktail's Social</li> <li>3:15 <span style="color: purple;">■</span> Nail Spa</li> <li>6:30 <span style="color: blue;">■</span> Pick &amp; Flick and Popcorn</li> </ul>
<p><b>21</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Morning Stretch</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Bowling League</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>2:30 <span style="color: blue;">■</span> Sundae Social</li> <li>3:30 <span style="color: red;">■</span> Sunday Stroll</li> <li>4:00 <span style="color: green;">■</span> Logos: Then and Now</li> <li>6:30 <span style="color: purple;">■</span> Silver Screen Sundays</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Board Game Groups</li> <li>3:15 <span style="color: blue;">■</span> Creative Colors</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Badminton</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: blue;">■</span> Hollywood Block Busters</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: purple;">■</span> Vocalist Performance- Marlena Philips</li> <li>2:00 <span style="color: green;">■</span> Craft: Flip Flop Canvas</li> <li>2:45 <span style="color: blue;">■</span> Lemonade Social</li> <li>6:30 <span style="color: purple;">■</span> Wednesdays Westerns</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>9:00 Happy Birthday Elizabeth!</li> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Aerobic Exercise</li> <li>10:45 <span style="color: purple;">■</span> Bird Watching</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: green;">■</span> Ted Talk</li> <li>2:00 <span style="color: red;">■</span> Move to the Music</li> <li>3:15 <span style="color: green;">■</span> Name that Tune</li> <li>4:00 <span style="color: green;">■</span> What's the cost?</li> <li>6:00 <span style="color: blue;">■</span> Movie Night ~ Romance</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>9:00 <span style="color: purple;">■</span> Concert- Josef Nocera</li> <li>10:15 <span style="color: red;">■</span> Weight Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>1:30 <span style="color: red;">■</span> Steps in Motion</li> <li>2:00 <span style="color: green;">■</span> Card Players Group</li> <li>2:30 <span style="color: blue;">■</span> Mocktail's Social</li> <li>3:15 <span style="color: purple;">■</span> Nail Spa</li> <li>6:30 <span style="color: blue;">■</span> Pick &amp; Flick and Popcorn</li> </ul>
<p><b>28</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Morning Stretch</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Bowling League</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>2:30 <span style="color: blue;">■</span> Sundae Social</li> <li>3:30 <span style="color: red;">■</span> Sunday Stroll</li> <li>4:00 <span style="color: green;">■</span> Logos: Then and Now</li> <li>6:30 <span style="color: purple;">■</span> Silver Screen Sundays</li> </ul>	<p><b>22</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Board Game Groups</li> <li>3:15 <span style="color: blue;">■</span> Creative Colors</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Badminton</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: blue;">■</span> Hollywood Block Busters</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Craft: Seashell Star</li> <li>2:30 <span style="color: red;">■</span> Laura's Move &amp; Groove Session</li> <li>2:45 <span style="color: blue;">■</span> Paint and Sip Social</li> <li>6:30 <span style="color: purple;">■</span> Wednesdays Westerns</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Aerobic Exercise</li> <li>10:45 <span style="color: purple;">■</span> Bird Watching</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: green;">■</span> Ted Talk</li> <li>2:00 <span style="color: red;">■</span> Move to the Music</li> <li>3:15 <span style="color: green;">■</span> Name that Tune</li> <li>4:00 <span style="color: green;">■</span> What's the cost?</li> <li>5:00 <span style="color: blue;">■</span> Big Band &amp; BBQ Event</li> <li>6:00 <span style="color: blue;">■</span> Movie Night ~ Romance</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Weight Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>1:30 <span style="color: red;">■</span> Steps in Motion</li> <li>2:00 <span style="color: green;">■</span> Card Players Group</li> <li>2:30 <span style="color: blue;">■</span> Mocktail's Social</li> <li>3:15 <span style="color: purple;">■</span> Nail Spa</li> <li>6:30 <span style="color: blue;">■</span> Pick &amp; Flick and Popcorn</li> </ul>
<p><b>29</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>11:30 <span style="color: green;">■</span> The Daily Chronicle</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Board Game Groups</li> <li>3:15 <span style="color: blue;">■</span> Creative Colors</li> <li>6:30 <span style="color: purple;">■</span> Poetry Readings</li> </ul>	<p><b>30</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:15 <span style="color: red;">■</span> Strength Training</li> <li>11:30 <span style="color: green;">■</span> Summer Trivia</li> <li>1:30 <span style="color: red;">■</span> Badminton</li> <li>2:00 <span style="color: blue;">■</span> Bingo</li> <li>3:15 <span style="color: green;">■</span> Famous Faces</li> <li>6:30 <span style="color: blue;">■</span> Hollywood Block Busters</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Crossword Challenge</li> <li>2:45 <span style="color: blue;">■</span> Lemonade Social</li> <li>6:30 <span style="color: purple;">■</span> Wednesdays Westerns</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>9:00 <span style="color: blue;">■</span> Good Morning Freeman lake</li> <li>10:00 <span style="color: red;">■</span> Tai Chi</li> <li>11:00 <span style="color: purple;">■</span> Bakers Group</li> <li>1:30 <span style="color: red;">■</span> Barre &amp; Balance Class</li> <li>2:00 <span style="color: green;">■</span> Crossword Challenge</li> <li>2:45 <span style="color: blue;">■</span> Lemonade Social</li> <li>6:30 <span style="color: purple;">■</span> Wednesdays Westerns</li> </ul>			