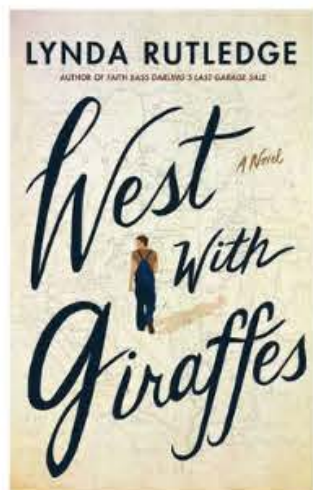


SUN		MON		TUE		WED		THUR		FRI		SAT															
				10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) <b>1:30 PM Wii Bowling at Sterling East (WC)</b> 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 4:00 PM Golden Oldies Karaoke Singalong! (AR) 6:00 PM Evening Movie "Footloose" (1984) (AR) 6:30 PM Cottage Game Night (CL)		<b>1</b>		World UFO Day 10:00 AM Water Aerobics with Christine (WC) <b>10:00 AM Rummikub Game Time! (AR)</b> 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) <b>2:00 PM Speaker: Andrew Kurt - "The History of Beer" (AR)</b> 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) <b>4:45 PM Cottage Residents Dinner and Trivia Night (CL)</b> 6:00 PM Evening Movie "Contact" 1997 (AR)		<b>2</b>		10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office) <b>1:00 PM Hymns &amp; Hope with Joel (LR)</b> 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) <b>3:30 PM Happy Hour with Tom and Joni Illi (Front Lobby)</b> 6:00 PM Evening Movie "To Have and Have Not" by Ernest Hemingway (AR)		<b>3</b>		Independence Day 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts "Ribbon Flag Wands" (AR) <b>11:15 AM Patriotic Comedy Sketches by Nate Bargatze as George Washington (AR)</b> 11:15 AM Focused Fitness (WC) <b>11:30 AM On the Big Screen: The Mormon Tabernacle Choir and US Military Band at West Point Present "Fourth of July Special- Live at West Point" (AR)</b> 12:00 PM Fourth of July Cookout! (BP) 2:00 PM Open Gym (WC) 3:30 PM Patriotic Singalong and Social with Gretchen (Front Porch Weather Permitting) 6:00 PM Fourth of July Special! "The Patriot" Starring Mel Gibson (AR)		<b>4</b>		10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) <b>11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR)</b> 11:15 AM Open Gym (WC) <b>2:00 PM Saturday Snack Bar (AR)</b> 4:00 PM Armchair Travels "Boston's Freedom Trail - Inside America's Best Revolutionary War District" (AR) <b>6:00 PM Evening Movie "Independence Day" Nominated for 2 Academy Awards! (AR)</b>		<b>5</b>					
10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries "Ken Burns" - The Statue of Liberty" (AR) 2:00 PM BINGO (AR) 4:00 PM Golden Oldies Music Hour (AR) 6:00 PM Evening Movie "Hitchcock" Starring Anthony Hopkins and Helen Mirren. (AR)		<b>6</b>		10:00 AM Walking Club (Patio) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "The Producers" (2005) (AR) 6:30 PM Cottage Game Night (CL)		<b>7</b>		10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) <b>11:00 AM "Cottage Ladies Who Lunch" SEED Restaurant! (Front Lobby)</b> 12:00 PM POP-UP SHOP: Summer Accessories from Tara (Front Lobby) 2:00 PM Open Gym (WC) 2:30 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "Ken Burns' The Dust Bowl Part 1" (AR)		<b>8</b>		10:00 AM Water Aerobics with Christine (WC) <b>10:00 AM Rummikub Game Time! (AR)</b> 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) <b>1:30 PM Massage Therapy (Appointment Required) (WC)</b> 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) <b>4:45 PM Cottage Residents' Happy Hour and Dinner (CL)</b> 6:00 PM Evening Movie "Ken Burns' The Dust Bowl Part 2" (AR)		<b>9</b>		10:00 AM Art Class with Scott (AR) 10:30 AM Yoga (IL) (WC) 11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office) <b>1:00 PM Hymns &amp; Hope with Joel (LR)</b> 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) <b>3:30 PM Happy Hour with Craig Gleeson (Front Lobby)</b> 6:00 PM Evening Movie "Coogan's Bluff" (AR) <b>6:15 PM Feisty Fossils Cottage Owners Social (CL)</b>		<b>10</b>		10:30 AM Cottage Sittercise (WC) <b>10:30 AM Surprise Craft from Kelly at Longleaf Hospice (AR)</b> 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels World's Most Scenic Railway Journeys "The Rocky Mountaineer: Denver to Moab with Bill Nighy (AR) 6:00 PM Friday Funnies Movie "The Odd Couple" (AR)		<b>11</b>		10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) <b>11:00 AM Sterling Music Series with Thayer! (AR)</b> 11:15 AM Open Gym (WC) <b>2:00 PM Saturday Snack Bar (AR)</b> 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby) 6:00 PM Evening Movie "Walk the Line" (2005) (AR)		<b>12</b>	
10:00 AM ONLINE: EWTN Global Catholic Service "The Daily Reading" (AR) 11:00 AM Documentaries "Becoming Princess Diana" (AR) 2:00 PM BINGO (AR) 4:00 PM Games with Friends: Resident Choice! (AR) 6:00 PM Evening Movie "True Grit" (1969) (AR)		<b>13</b>		10:00 AM Walking Club (Patio) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Chef Chat (AR) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "The Leopard" (1963) Starring Burt Lancaster (AR) 6:30 PM Cottage Game Night (CL)		<b>14</b>		10:30 AM Zumba with Carla **NEW CLASS (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "Hidalgo" (AR)		<b>15</b>		10:00 AM Water Aerobics with Christine (WC) <b>10:00 AM Rummikub Game Time! (AR)</b> 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) <b>4:45 PM Cottage Residents' Happy Hour and Dinner with Keith West! (CL)</b> 6:00 PM Evening Movie "The Intern" (AR)		<b>16</b>		10:00 AM Art Class with Scott (AR) 10:30 AM Yoga (IL) (WC) 11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office) <b>1:00 PM Hymns &amp; Hope with Joel (LR)</b> 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) <b>3:30 PM Happy Hour with Randy Barnes Tickling the Ivories! (Front Lobby)</b> 6:00 PM Evening Movie "12 Angry Men" (AR)		<b>17</b>		10:30 AM Cottage Sittercise (WC) <b>10:30 AM Crafts "Decorate Your Own Craft/Painting Apron" (AR)</b> 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) <b>2:30 PM SPEAKER: Tim Naccarato on Updates to Criminal and Constitutional Laws (AR)</b> 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels - Wonders of Vietnam - Where Time Flows Differently (AR) 6:00 PM Friday Funnies Movie "The Bangor Sisters" (AR)		<b>18</b>		10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) <b>11:00 AM "Musical Favorites from the Past" with Tom Parrott (AR)</b> 11:15 AM Open Gym (WC) <b>2:00 PM Saturday Snack "Fun Pudding Snack!" (AR)</b> 3:00 PM GAMES: Dominoes (AR) 4:00 PM Watercolor Flamingo Step By Step (AR) 6:00 PM Evening Movie "The Theory of Everything" Oscar Winner! (AR)		<b>19</b>	
National Ice Cream Day 10:00 AM Holy Family Catholic Communion (AR) 11:00 AM Documentaries "The Mystery of Chaco Canyon" (in New Mexico) (AR) 2:00 PM BINGO (AR) 4:00 PM Golden Oldies Music Hour (AR) 6:00 PM Evening Movie "Jaws" (1975) (AR)		<b>20</b>		10:00 AM Walking Club (Patio) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "Tick, Tick....Boom" Nominated for 2 Oscars! (AR) 6:30 PM Cottage Game Night (CL)		<b>21</b>		10:30 AM Cottage Sittercise (WC) 11:00 AM Bible Study with Joel (AR) 2:00 PM Open Gym (WC) 2:00 PM Pokeno & Prizes (AR) 3:00 PM Open Swim (WC) 6:00 PM Evening Movie "The World's Fastest Indian" Starring Anthony Hopkins (AR)		<b>22</b>		10:00 AM Water Aerobics with Christine (WC) <b>10:00 AM Rummikub Game Time! (AR)</b> 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) <b>1:30 PM Massage Therapy (Appointment Required) (WC)</b> 2:00 PM Open Gym (WC) 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) <b>4:45 PM Cottage Residents' Happy Hour and Dinner (CL)</b> 6:00 PM Evening Movie "The Laundromat" (AR)		<b>23</b>		10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office) <b>1:00 PM Hymns &amp; Hope with Joel (LR)</b> 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) 6:00 PM Evening Movie "The Good, the Bad and the Ugly" (1967) (AR)		<b>24</b>		10:00 AM OUTING: Library / Dollar Tree (Meet in Front Lobby) 10:30 AM Cottage Sittercise (WC) 10:30 AM Crafts "Paint Your Own Wood Tray" (AR) 11:15 AM Focused Fitness (WC) <b>1:00 PM OUTING: Summer Blockbuster Movie! Jurassic World Rebirth (Front Lobby)</b> 2:00 PM Open Gym (WC) 2:30 PM Current Events (AR) 3:00 PM Open Swim (WC) 4:00 PM Armchair Travels Historic Walking Tour of Entire Duke of Gloucester Street in Colonial Williamsburg, Virginia (AR) 6:00 PM Friday Funnies Movie "Keeping Mum" (AR)		<b>25</b>		10:00 AM Coffee and Conversation (CC) 10:30 AM Cottage Sittercise (WC) <b>11:00 AM Sterling Music Series with Thayer! (AR)</b> 11:15 AM Open Gym (WC) <b>2:00 PM Saturday Snack Bar (AR)</b> 4:00 PM Leigh Plays Guitar in the Living Room! (Front Lobby) 6:00 PM Evening Movie "Soul Surfer" a True Story! (AR)		<b>26</b>	
10:00 AM ONLINE: EWTN Global Catholic Service "The Daily Reading" (AR) 11:00 AM Documentaries "Sharkwater" Award Winning! (AR) 2:00 PM BINGO (AR) 4:00 PM Games with Friends: Resident Choice! (AR) 6:00 PM Evening Movie "Dr. Zhivago" Winner of 5 Oscars! (AR)		<b>27</b>		10:00 AM Walking Club (Patio) 10:00 AM Water Aerobics with Christine (WC) 10:30 AM Cottage Sittercise (WC) 11:30 AM Wii Sports (WC) 2:30 PM Open Gym (WC) 3:00 PM Open Swim (WC) 4:00 PM BINGO (AR) 6:00 PM Evening Movie "A Star is Born" (2018) Nominated for 8 Academy Awards (AR) 6:30 PM Cottage Game Night (CL)		<b>28</b>		10:30 AM Zumba with Carla **NEW CLASS (WC) 11:00 AM Bible Study with Joel (AR) <b>12:45 PM Wii Bowling Tournament: Outing to Sterling West</b> 2:00 PM Pokeno & Prizes (AR) 6:00 PM Evening Movie "Capote" Nominee for Best Picture of the Year (AR)		<b>29</b>		10:00 AM Water Aerobics with Christine (WC) <b>10:00 AM Rummikub Game Time! (AR)</b> 10:30 AM Cottage Sittercise (WC) 11:15 AM Focused Fitness (WC) 2:00 PM Open Gym (WC) <b>3:00 PM "The Bibliophiles" Book Club (CC)</b> 3:00 PM Open Swim (WC) 3:00 PM Wii Bowling (WC) <b>4:45 PM Cottage Residents' Happy Hour and Dinner with "Lyrics Trivia" (CL)</b> 6:00 PM Evening Movie "The Last of the Mohicans" (AR)		<b>30</b>		10:00 AM Art Class with Scott (AR) 10:30 AM Cottage Sittercise (WC) 11:15 AM Caregiver Support Group Facilitated by Joel (Shelly's Office) <b>1:00 PM Hymns &amp; Hope with Joel (LR)</b> 1:00 PM Open Gym (WC) 2:00 PM BINGO (AR) 2:00 PM Open Swim (WC) <b>3:30 PM Happy Hour with Loose Shoes! (Front Lobby)</b> 6:00 PM Evening Movie "The Postman Always Rings Twice" (AR)		<b>31</b>		LOCATION KEY AR - Activity Room BP - Back Patio CC - Casual Cafe LR - Living Room CL - The Club		WC - Wellness Center					



## July Book of the Month!



A Goodreads  
Choice Award Book  
Rated 4.33 stars!  
Book discussion on  
July 30th!

### Cottage Special Events

July 2 - Speaker Andrew Kurt  
"The History of Beer"

July 2 - Cottage Dinner / Trivia Night

July 8 - Cottage Ladies Lunch at Seed

July 8 - Summer Accessories Pop-up Shop

July 9 - Cottage Happy Hour / Dinner

July 10 - Feisty Fossils

July 15 - Zumba!

7/16 Cottage Dinner / Happy Hour with  
entertainer Keith West

7/18 - Speaker Tim Naccarato

"Updates / Criminal and Constitutional Laws"

7/25 Summer Blockbuster Movie Outing

"Jurassic World Rebirth"

7/29 - Zumba!



## Cottage Residents



### 4th of July Activities!

10:30 am Flag Wand Craft

11:15 am On the Big Screen: Nate  
Bargatze Comedy Sketches and  
The Tabernacle Choir and US Military  
Band perform at West Point

12:00 Noon BBQ on the Back Patio

3:30pm Patriotic Singalong with  
Gretchen and 4<sup>th</sup> of July treats  
on the front porch!

6:00PM Evening Movie: The Patriot  
with Mel Gibson

### Landmark Building Happy Hours

July 3 Tom and Joni Illi

July 10 - Craig Gleeson

July 17 - Randy Barnes (our Liberace!)

July 31 - Loose Shoes



## HAPPY BIRTHDAY

### Resident Birthdays

Kay Bolton 7/2

Nancy Moser 7/3

Diane Chapin 7/6

Carolyn Axt 7/8

Gerry Winstead 7/10

Ed Waters 7/12

Barbara Oliver 7/13

Helen Coulon 7/16

Michael Williamson 7/22

Liz Durhan 7/23

Randy Sanders 7/25

Lynda Watts 7/27

Fred Young 7/30



### Employee Birthdays

Rickell Milner 7/1

Rachel Lott 7/2

Tyra Carter 7/3

Juliette Mitchell 7/7

Dayana Cudilleiro Garcia 7/8

Nasir Andrews 7/21

Venus Perez 7/22

Estelle Moss 7/24

John Swaby 7/29

