



July 2010 McKendree Independent Living Activities







































- BIRTHDAYS**
- Rose Jackson 1
 - Ethel Krauss 4
 - Marilyn Morrison 4
 - Martha Rodriguez 10
 - Martha Sisk 11
 - June Brawner 12
 - Annella Creech 13
 - Betty Larkins 14
 - Lillian Gardner 15
 - Mary J. Gullette 16
 - Neal O'Steen 19
 - Bert Thurman 22
 - Eva Gebhart 31

- ANNIVERSARIES**
- Don & Gerry Feick 7.01.1989
 - Albert & Okalena Magee 7-15-1950

(If you have a Birthday or Wedding Anniversary this month that is not listed, please contact Sharon so that we may honor you at the monthly party!)

FYI -Please see the other side for additional information



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Chaplain: Dr. Carmen Lile-Henley- x8407</p> <p>Pool/Fitness: Michele Cosgrove- x8254</p> <p>Transportation: Suleiman Aziz-x 8288</p> <p>Lifestyle Coordinator: Sharon Powell- x8238</p>	<p>Water Exercise Schedule: 8:30 (M-F) Senior Splash 9:30 (M-F) Arthritis class 9:30 (F) Water Tai Chi</p> 	<p>LEGEND</p> <p>*Must sign up on 2nd Floor*</p> <p>Towers Second Floor -2 Chapel (Link Bldg.)-LC Towers Chapel-TC Education Room-EdR Manor Dining Room-MDR Towers Dining Room -DR Coffee Shop-CS Craft Room-CR (basement)</p>		<p>1</p> <p>7:30 Fellowship B'fast-DR 10:30 *Ellendales lunch 1:30 *Van Ride around 00Nashville sites! </p> <p>3:00 Town Hall Meeting-C 3:00 Scrabble -709</p>	<p>2</p> <p>9:30 Exercise-EdR 10:00 Sewing Club </p> <p>11:00 Music & Lunch trip "Red, White & Bluegrass" (FREE) 1:30 *Walmart Shopping 3:00 McKendree Singers-2</p>	<p>3</p>  <p>11-1 Boy Scout Flag Retirement Ceremony Manor Front lawn 2:00 Movie Matinee </p>
<p>4 Independence Day</p>  <p>9:40 Lorance Class-2 10:00 Sunday School-C 10:45 Worship-C (Holy Communion) </p>	<p>5</p>  <p>9:30 Exercise-EdR 9:30 Coffee & Trivia-CS 10:30 Devotions-TC 1:00 Prayer Partners-C 2:00 Magic of the Mind-C 6:30 Bible Study-2</p>	<p>6</p> <p>10:00 Parkinsons Support-201 10:00 Comcast Information-2 1:30 Lydia Circle-2 2:00 *Tai Chi-EdR 2:00 Computer Help-324 6:00 Hand & Foot-709 6:30 Bridge-2</p>	<p>7</p> <p>9:30 Exercise-EdR 10:30 Worship -LC 1:00/2:00 *Grocery shop 6:00p Canasta-709</p> 	<p>8</p> <p>7:30 Fellowship B'fast-DR 10:30 *Red Robin  Lunch @ Providence 1:30 *Visit Cheekwood 3:00 Price is Right-2 3:00 Scrabble -709 5:30 Jazz Music-2 </p>	<p>9</p>  <p>9:30 Exercise-EdR 10:00 Sewing Club 1:30 *Kohl's Shopping 3:00 McKendree Singers-2</p>	<p>10</p> <p>10:30 DAR Meets-2 2:00 Movie Matinee </p>
<p>11</p> <p>9:40 Lorance Class-2 10:00 Sunday School-C 10:45 Worship-C 6:30 Hymn Sing-2 </p>	<p>12</p>  <p>9:30 Exercise-EdR 9:30 Coffee & Trivia-CS 10:30 Devotions-TC 1:00 Prayer Partners-C 1:00 Towers Council-201 2:00 Towers Talk -DR 6:30 Bible Study-2</p>	<p>13</p> <p>8:00 Michael Kanak-509 10:00 *Hermitage Library 10:00 Ruth Circle-2 2:00 *Tai Chi-EdR  2:00 BINGO!-DR 6:00 Hand & Foot-709 6:30 Bridge-2 </p>	<p>14</p> <p>9:30 Exercise-EdR 10:30 Worship -LC 1:00/2:00 *Grocery shop 3:00 Computer Help-324 6:00p Canasta-709</p>	<p>15</p> <p>7:30 Fellowship B'fast-DR </p> <p>10:30 *Lunch at Norman Cousers Country Cooking 1:30 *Tenn State Museum 3:00 Scrabble -709</p>	<p>16</p>  <p>9-2 Clothes Closet-320 9:30 Exercise-EdR 9:30 AARP meets-2 10:00 Sewing Club 1:30 *Target Shopping 3:00 McKendree Singers-2</p>	<p>17</p> <p>2:00 Movie Matinee </p> <p>6:30 Big Band Dance At Centennial Park </p>
<p>18</p> <p>9:40 Lorance Class-2 10:00 Sunday School-C 10:45 Worship-C 2:00 Volunteer Auxiliary meets-DR </p>	<p>19</p>  <p>9:30 Exercise-EdR 9:30 Coffee & Trivia-CS 10:30 Devotions-TC 1:00 Prayer Partners-C 1:30 *Trip to Frist 6:30 Bible study-2 </p>	<p>20</p> <p>9:00 Dr. Mitzi Slayden-509 2:00 *Tai Chi-EdR 2:00 Computer Help-324 2:30 Sodexo Outreach-DR 6:00 Hand & Foot-709 6:30 Bridge-2</p>	<p>21</p> <p>9:30 Exercise-EdR 10:30 Worship -LC 1:00/2:00 *Grocery shop 6:00p Canasta-709</p>	<p>22</p> <p>7:30 Fellowship B'fast-DR 10:00 *Trip to Breeden's Orchard for Peaches! </p> <p>11:30 *Lunch at Fulins 2:00 Great Hymns of 1800s w/Jennifer Prince-2 3:00 Scrabble -709 </p>	<p>23</p> <p>9:30 *WalMart shop 9:30 Exercise-EdR 10:00 Sewing Club 1:30 *Oakwood Commons/Peebles Shopping 3:00 McKendree Singers-2</p> 	<p>24</p> <p>2:00 Movie Matinee </p>
<p>25</p> <p>9:40 Lorance Class-2 10:00 Sunday School-C 10:45 Worship-C 6:30 Hymn Sing-2 </p>	<p>26</p>  <p>9:30 Exercise-EdR 9:30 Coffee & Trivia-CS 10:30 Devotions-TC 1:00 Prayer Partners-C 2:30 Wilson Bank Bingo-2 6:30 Bible Study-2</p>	<p>27</p> <p>10:00 *Hermitage Library 10:00 Make A Card-CR  2:00 BINGO!-DR 2:00 *Tai Chi-EdR 6:00 Hand & Foot-709 6:30 Bridge-2</p> 	<p>28</p> <p>9:30 Exercise-EdR 10:30 Worship -LC 1:00/2:00 *Grocery shop 6:00p Canasta-709</p>	<p>29</p> <p>7:30 Fellowship B'fast-DR 10:30 *Lunch @ Demos/Lebanon </p> <p>2:00 Birthday Party w/ Lori Stegner-DR 3:00 Scrabble -709</p>	<p>30</p> <p>9:30 Exercise-EdR 10:00 Sewing Club 1:30 *Dollar General Shopping trip 3:00 McKendree Singers-2</p> 	<p>31</p> <p>2:00 Movie Matinee </p>