

INDEPENDENT LIVING HIGHLIGHTS of the WEEK  
(Sunday, July 5<sup>th</sup> – Saturday, July 11<sup>th</sup>)

SUNDAY, July 5<sup>th</sup>

- 9:00 AM MEDITATION: SUNDAY DAYDREAM - Channel 955
- 10:00 AM SUNDAY YOUTUBE WORK OUT - Channel 955
- 2:00 PM ECUMENICAL CHURCH SERVICE WITH PASTOR HAROLD EPPLEY - Channel 955
- 3:30 PM SUNDAY RERUNS: “NEWS CURRENTS WITH GARY” - Channel 955
- 4:30 PM SUNDAY RERUNS: “MUSICOLOGY 955” - Channel 955
- 5:00 PM SUNDAY RERUNS: “QUICK TRIVIA WITH MIKE” - Channel 955

MONDAY, July 6<sup>th</sup>

- 8:30 – 11:30 AM ECP LIBRARY CART - 2<sup>nd</sup> Floor Contemporary
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM BALANCE/TONE/POSTURE - Channel 955
- 10:00 AM BALANCE/TONE/POSTURE WITH WILLY - Lindsay Hall (Please sign up at Front Desk)
- 11:00 AM CHAIR YOGA - Channel 955
- 12:00 PM M.S.O. MUSICIANS: FROM OUR HOME TO YOURS (PART THREE) - Channel 955
- 1:00 – 4:00 PM ECP LIBRARY CART - 2<sup>nd</sup> Floor Historic
- 1:00 PM MONDAY MUSEUMS: “NICOLAE TONITZA COLLECTION” - Channel 955
- 2:30 PM LOW IMPACT EXERCISE - Channel 955
- 3:00 PM NEWS CURRENTS WITH GARY - Channel 955

TUESDAY, July 7<sup>th</sup>

“ACTIVITIES PACKET” DELIVERY

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 11:00 AM CHAIR ZUMBA - Channel 955
- 11:00 AM WEEKLY WALKING GROUP - (Please sign up at Front Desk)
- 12:00 PM M.S.O. MUSICIANS: FROM OUR HOME TO YOURS (REPEAT) - Channel 955
- 1:00 PM MUSICOLOGY 955 - Channel 955
- 2:30 PM LOW IMPACT EXERCISE - Channel 955
- 3:00 PM DAVID TOLAN’S MUSIC APPRECIATION: “BENNY AND SOME FRIENDS” - Channel 955
- 4:00 PM HAPPY HOUR IN BRADFORD AND WATERTOWER - Door to Door Drink Delivery

WEDNESDAY, July 8<sup>th</sup>

- 8:30 – 11:30 AM ECP LIBRARY CART - 3<sup>rd</sup> Floor Contemporary
- 8:30 AM BIBLE STUDY WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 9:00 AM AQUA AEROBICS - Fitness Center Pool (Please sign up at Front Desk)
- 10:30 AM CHAIR YOGA - Channel 955
- 11:15 AM BALANCE & POSTURE - Channel 955
- 1:00 – 4:00 PM ECP LIBRARY CART - 3<sup>rd</sup> Floor Historic
- 2:00 PM NEWS CURRENTS WITH GARY (REPEAT) - Channel 955
- 4:00 PM HAPPY HOUR IN HISTORIC - Door to Door Drink Delivery

THURSDAY, July 9<sup>th</sup>

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 10:00 AM TONE IT UP WITH WILLY - Lindsay Hall (Please sign up at Front Desk)
- 11:00 AM CHAIR ZUMBA - Channel 955
- 12:00 PM COFFEE WITH TYLER - Channel 955

INDEPENDENT LIVING HIGHLIGHTS of the WEEK (CONTINUED)  
(Sunday, July 5<sup>th</sup> – Saturday, July 11<sup>th</sup>)

THURSDAY, July 9<sup>th</sup> (CONTINUED)

- 2:00 PM THE GREAT TREASURE CHEST AUCTION - Channel 955
- 2:30 PM LOW IMPACT - Channel 955
- 3:00 PM VIRTUAL VACATIONS: “A TRIP TO THE MARIANA TRENCH” - Channel 955
- 4:00 PM HAPPY HOUR IN CONTEMPORARY - Door to Door Drink Delivery

FRIDAY, July 10<sup>th</sup>

TRIVIA FRIDAY

“CASTLE CONNECTIONS” NEWSLETTER DELIVERY

- 8:30 – 11:30 AM ECP LIBRARY CART - 4<sup>th</sup> Floor Contemporary
- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:30 AM CHAIR YOGA - Channel 955
- 11:00 AM QUICK TRIVIA WITH MIKE BREVER - Channel 955
- 11:30 AM THE GREAT TREASURE CHEST AUCTION (REPEAT) - Channel 955
- 1:00 – 4:00 PM ECP LIBRARY CART - 4<sup>th</sup> Floor Historic
- 1:30 PM BALANCE & POSTURE - Channel 955
- 2:00 PM QUICK TRIVIA WITH MIKE BREVER (REPEAT) - Channel 955
- 2:30 PM DAVID TOLAN MUSIC APPRECIATION: “BENNY AND SOME FRIENDS” (REPEAT) - Channel 955
- 4:00 PM COFFEE WITH TYLER (REPEAT) - Channel 955

SATURDAY, July 11<sup>th</sup>

- 9:00 AM MEDITATION WITH PASTOR HAROLD EPPLEY - Channel 955
- 10:00 AM TONE IT UP - Channel 955
- 2:00 PM SING-A-LONG WITH LAURA (REPEAT) - Channel 955
- 3:00 PM CATHOLIC MASS WITH FATHER EUGENE POCERNICH - Channel 955
- 4:00 PM BIBLE STUDY WITH PASTOR HAROLD EPPLEY (REPEAT) - Channel 955

Per some requests we are including adult coloring pages in your activities packet this week - if you need colored pencils we have them in bulk – contact Laura at 963-8408