

# June 2022

## Commons WINGS Wellness Social Calendar

# July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Riverdale Assembly of God:</b> Chapel (CCTV)</p> <p><b>2:00 Cookies &amp; Coffee:</b> Terrace Lobby</p> <p><b>3:00 Bingo:</b> Commons Loft</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>1:00 Bible Study:</b> Terrace Activity Room</p> <p><b>2:00 Popcorn &amp; Trivia:</b> Commons Loft</p> <p><b>3:00 Manicures:</b> Commons Loft</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:15 Hymn Sing:</b> Commons Loft</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:30 Popcorn &amp; Movie:</b> Terrace Activity Room</p> <p><b>7:00 Hymn Sing:</b> Chapel (CCTV)</p>	<p><b>10:00 Men's Coffee Social:</b> Terrace Community Room</p> <p><b>10:30 Exercise:</b> Commons Loft</p> <p><b>11:00 Video Exercise:</b> Chapel (CCTV)</p> <p><b>1:30 Popcorn &amp; Movie- TBD:</b> Terrace Activity Room</p> <p><b>2:00 Baking Group:</b> Commons Activity Room</p> <p><b>3:00 Card Games:</b> Commons Loft</p> <p><b>5:30 Dice Games:</b> Commons Loft</p> <p><b>6:30 Prayer Circle:</b> Chapel</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:00 Catholic Service:</b> Terrace Activity Room</p> <p><b>10:30 Devotion Reading- "Our Daily Bread":</b> (CCTV)</p> <p><b>11:00 Catholic Fellowship:</b> Community Room</p> <p><b>11:00 Women's Devotion:</b> Chapel</p> <p><b>1:00 Chair Yoga:</b> Chapel (CCTV)</p> <p><b>1:15 Bingo:</b> Commons Loft</p> <p><b>3:00 Chapel Service:</b> Commons Loft</p> <p><b>6:30 Game Night:</b> Terrace Community Room</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>3:00 Sing Along:</b> Terrace Activity Room</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>1:00 Wii Bowling:</b> Terrace Activity Room</p> <p><b>6:30 Hymn Sing:</b> Commons Lobby</p>

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# July 2022

## Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Zion Lutheran:</b> Chapel (CCTV) <b>3</b></p> <p><b>2:00 Cookies &amp; Coffee:</b> Terrace Lobby</p> <p><b>3:00 Bingo</b> Commons Loft</p>	<p>Happy Independence Day!</p> <p><b>2:00 Patriotic Piano Music with Jude:</b> Commons Lobby <b>4</b></p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room <b>5</b></p> <p><b>10:15 Walking Group:</b> Courtyard</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:30 Popcorn &amp; Movie:</b> Terrace Activity Room</p> <p><b>2:30 Food Committee:</b> Harvest Restaurant</p> <p><b>7:00 Hymn Sing:</b> Chapel (CCTV)</p>	<p><b>10:00 Men's Coffee Social:</b> Terrace Community Room <b>6</b></p> <p><b>10:30 Exercise:</b> Commons Loft</p> <p><b>11:00 Video Exercise:</b> Chapel (CCTV)</p> <p><b>1:30 Popcorn &amp; Movie-: "Yankee Doodle Dandy"</b> Terrace Activity Room</p> <p><b>2:00 Baking Group:</b> Commons Activity Room</p> <p><b>3:00 Card Games:</b> Commons Loft</p> <p><b>5:30 Dice Games:</b> Commons Loft</p> <p><b>6:30 Prayer Circle:</b> Chapel</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room <b>7</b></p> <p><b>10:00 Catholic Service:</b> Terrace Activity Room</p> <p><b>10:30 Devotion Reading- "Our Daily Bread":</b> (CCTV)</p> <p><b>11:00 Catholic Fellowship:</b> Community Room</p> <p><b>11:00 Women's Devotion:</b> Chapel</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:30 Commons Resident Meeting:</b> Loft</p> <p><b>3:00 Chapel Service with Holy Communion:</b> Commons Loft</p> <p><b>6:30 Game Night:</b> Terrace Community Room</p>	<p><b>10:30 Light Exercise:</b> Commons Loft <b>8</b></p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>3:00 Sing Along:</b> Terrace Activity Room</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>10:00 Family of Christ Lutheran Church Service:</b> Chapel (CCTV) <b>9</b></p> <p><b>1:00 Wii Bowling:</b> Terrace Activity Room</p> <p><b>6:30 Hymn Sing:</b> Terrace Fireside</p>

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# July 2022

## Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Anoka Baptist: Chapel (CCTV)</b> 10</p> <p><b>2:00 Cookies &amp; Coffee: Terrace Lobby</b></p> <p><b>3:00 Bingo: Commons Loft</b></p>	<p><b>10:30 Light Exercise: Commons Loft</b> 11</p> <p><b>11:00 Moderate Exercise: Chapel (CCTV)</b></p> <p><b>1:00 Bible Study: Terrace Activity Room</b></p> <p><b>2:30 Popcorn &amp; Trivia: Commons Loft</b></p> <p><b>3:00 Manicures: Commons Loft</b></p> <p><b>3:30 Outing/Social Committee: Community Room</b></p> <p><b>6:30 Bingo: Terrace Community Room</b></p>	<p><b>8:30 Video Exercise: Terrace Activity Room</b> 12</p> <p><b>10:15 Walking Group: Courtyard</b></p> <p><b>1:00 Bingo: Commons Loft</b></p> <p><b>2:30 Popcorn &amp; Movie: Terrace Activity Room</b></p> <p><b>2:30 Card Making Class: Commons Activity Room</b></p> <p><b>7:00 Hymn Sing: Chapel (CCTV)</b></p>	<p><b>10:00 Men's Coffee Social: Terrace Community Room</b> 13</p> <p><b>10:30 Exercise: Commons Loft</b></p> <p><b>11:00 Video Exercise: Chapel (CCTV)</b></p> <p><b>1:30 Popcorn &amp; Movie- "The Daybreakers" Terrace Activity Room</b></p> <p><b>2:00 Baking Group: Commons Activity Room</b></p> <p><b>3:00 Card Games: Commons Loft</b></p> <p><b>5:30 Dice Games: Commons Loft</b></p> <p><b>6:30 Prayer Circle: Chapel</b></p>	<p><b>8:30 Video Exercise: Terrace Activity Room</b> 14</p> <p><b>10:00 Catholic Service: Terrace Activity Room</b></p> <p><b>10:30 Devotion Reading- "Our Daily Bread": (CCTV)</b></p> <p><b>11:00 Catholic Fellowship: Community Room</b></p> <p><b>11:00 Women's Devotion: Chapel</b></p> <p><b>1:00 Chair Yoga: Chapel (CCTV)</b></p> <p><b>1:15 Bingo: Commons Loft</b></p> <p><b>3:00 Chapel Service with Holy Communion: Commons Loft</b></p> <p><b>6:30 Game Night: Terrace Community Room</b></p>	<p><b>10:30 Light Exercise: Commons Loft</b> 15</p> <p><b>11:00 Moderate Exercise: Chapel (CCTV)</b></p> <p><b>1:30 Birthday Party with entertainment by Tony Garry: Harvest Restaurant</b></p> <p><b>3:00 Sing Along: Terrace Activity Room</b></p> <p><b>6:30 Bingo: Terrace Community Room</b></p>	<p><b>1:00 Wii Bowling: Terrace Activity Room</b> 16</p> <p><b>6:30 Hymn Sing: Commons Lobby</b></p>

Type the name, address, and other information about your community/company here.

# July 2022

## Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Solid Rock Free Lutheran:</b> Chapel (CCTV)</p> <p><b>2:00 Cookies &amp; Coffee:</b> Terrace Lobby</p> <p><b>3:00 Bingo:</b> Commons Loft</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>1:00 Bible Study:</b> Terrace Activity Room</p> <p><b>2:00 Food for Thought – Pianist Nate Hance:</b> Chapel</p> <p><b>2:30 Popcorn &amp; Trivia:</b> Commons Loft</p> <p><b>3:00 Manicures:</b> Commons Loft</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:15 Walking Group:</b> Courtyard</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:30 Popcorn &amp; Movie:</b> Terrace Activity Room</p> <p><b>7:00 Hymn Sing:</b> Chapel (CCTV)</p>	<p><b>10:00 Men’s Coffee Social:</b> Terrace Community Room</p> <p><b>10:30 Exercise:</b> Commons Loft</p> <p><b>11:00 Video Exercise:</b> Chapel (CCTV)</p> <p><b>1:30 Popcorn &amp; Movie-: “The Sacketts”</b> Terrace Activity Room</p> <p><b>3:00 Card Games:</b> Commons Loft</p> <p><b>5:30 Dice Games:</b> Commons Loft</p> <p><b>6:30 Prayer Circle:</b> Chapel</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:00 Catholic Service:</b> Terrace Activity Room</p> <p><b>10:30 Devotion Reading- “Our Daily Bread”:</b> (CCTV)</p> <p><b>11:00 Catholic Fellowship:</b> Community Room</p> <p><b>11:00 Women’s Devotion:</b> Chapel</p> <p><b>1:00 Chair Yoga:</b> Chapel (CCTV)</p> <p><b>1:15 Bingo:</b> Commons Loft</p> <p><b>3:00 Chapel Service:</b> Commons Loft</p> <p><b>6:30 Game Night:</b> Terrace Community Room</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>3:00 Sing Along:</b> Terrace Activity Room</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>1:00 Wii Bowling:</b> Terrace Activity Room</p> <p><b>6:30 Hymn Sing:</b> Terrace Fireside</p>

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# July 2022

## Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Riverdale Assembly of God:</b> Chapel (CCTV)</p> <p><b>2:00 Cookies &amp; Coffee:</b> Terrace Lobby</p> <p><b>3:00 Bingo:</b> Commons Loft</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>1:00 Bible Study:</b> Terrace Activity Room</p> <p><b>2:00 Popcorn &amp; Trivia:</b> Commons Loft</p> <p><b>3:00 Manicures:</b> Commons Loft</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:15 Walking Group:</b> Courtyard</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:30 Popcorn &amp; Movie:</b> Terrace Activity Room</p> <p><b>6:30 Jazz Band Concert with Mike Frazier:</b> Courtyard</p> <p><b>7:00 Hymn Sing:</b> Chapel (CCTV)</p>	<p><b>10:00 Men's Coffee Social:</b> Terrace Community Room</p> <p><b>10:30 Exercise:</b> Commons Loft</p> <p><b>11:00 Video Exercise:</b> Chapel (CCTV)</p> <p><b>1:30 Popcorn &amp; Movie:</b> "The Thin Man Goes Home" Terrace Activity Room</p> <p><b>2:00 Baking Group:</b> Commons Activity Room</p> <p><b>3:00 Card Games:</b> Commons Loft</p> <p><b>3:30 Mass &amp; the Sacrament Anointing of the Sick:</b> Chapel</p> <p><b>5:30 Dice Games:</b> Commons Loft</p> <p><b>6:30 Prayer Circle:</b> Chapel</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:00 Catholic Service:</b> Terrace Activity Room</p> <p><b>10:30 Devotion Reading- "Our Daily Bread":</b> (CCTV)</p> <p><b>11:00 Catholic Fellowship:</b> Community Room</p> <p><b>11:00 Women's Devotion:</b> Chapel</p> <p><b>1:00 Chair Yoga:</b> Chapel (CCTV)</p> <p><b>1:15 Bingo:</b> Commons Loft</p> <p><b>3:00 Chapel Service:</b> Commons Loft</p> <p><b>6:30 Game Night:</b> Terrace Community Room</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>3:00 Sing Along:</b> Terrace Activity Room</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>1:00 Wii Bowling:</b> Terrace Activity Room</p>

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July 2022

August 2022

Commons WINGS Wellness Social Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1:30 Worship Service with Immanuel OPC:</b> Chapel (CCTV)</p> <p><b>2:00 Cookies &amp; Coffee:</b> Terrace Lobby</p> <p><b>3:00 Bingo:</b> TENTATIVE</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Exercise:</b> Chapel (CCTV)</p> <p><b>1:00 Bible Study:</b> Terrace Activity Room</p> <p><b>1:00 Piano Music:</b> Commons Lobby</p> <p><b>2:00 Popcorn &amp; Trivia:</b> Commons Loft</p> <p><b>3:00 Manicures:</b> Commons Loft</p> <p><b>3:30 Outing Committee:</b> Community Room</p> <p><b>6:30 Bingo:</b> Community Room</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:15 Walking Group:</b> Commons Lobby</p> <p><b>1:15 Bingo:</b> Commons Loft</p> <p><b>2:30 Popcorn &amp; Movie:</b> Terrace Activity Room</p> <p><b>7:00 Hymn Sing:</b> Chapel (CCTV)</p>	<p><b>10:00 Men's Coffee Social:</b> Terrace Community Room</p> <p><b>10:30 Exercise:</b> Commons Loft</p> <p><b>11:00 Video Exercise:</b> Chapel (CCTV)</p> <p><b>1:30 Popcorn &amp; Movie- :</b> Terrace Activity Room</p> <p><b>2:00 Baking Group:</b> Commons Activity Room</p> <p><b>3:00 Card Games:</b> Commons Loft</p> <p><b>5:30 Dice Games:</b> Commons Loft</p> <p><b>6:30 Prayer Circle:</b> Chapel</p>	<p><b>8:30 Video Exercise:</b> Terrace Activity Room</p> <p><b>10:00 Catholic Service:</b> Terrace Activity Room</p> <p><b>10:30 Devotion Reading- "Our Daily Bread":</b> (CCTV)</p> <p><b>11:00 Catholic Fellowship:</b> Community Room</p> <p><b>11:00 Women's Devotion:</b> Chapel</p> <p><b>1:00 Chair Yoga:</b> Chapel (CCTV)</p> <p><b>1:00 Bingo:</b> Commons Loft</p> <p><b>2:15 Commons Resident Meeting:</b> Commons Loft</p> <p><b>3:00 Chapel Service:</b> Commons Loft</p> <p><b>6:30 Game Night:</b> Terrace Community Room</p>	<p><b>10:30 Light Exercise:</b> Commons Loft</p> <p><b>11:00 Moderate Exercise:</b> Chapel (CCTV)</p> <p><b>3:00 Sing Along:</b> Terrace Activity Room</p> <p><b>6:30 Bingo:</b> Terrace Community Room</p>	<p><b>1:00 Wii Bowling:</b> Terrace Activity Room</p> <p><b>6:30 Hymn Sing:</b> Commons Lobby</p>

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