

Hearth Life Enrichment Calendar

July 2022

Friday, July 1

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise- **Canceled**
11:00 Chair Exercise – FC
11:00 Prayer Meeting with Pastor Keith-G
1:00 Virtual Yoga CH 991- **Canceled**
1:00 - 2:00 Open Swim – FC
2:00 - 3:00 Open Gym-FC
3:30 Writers Group- Canceled

Saturday, July 2

10:00 Virtual Chair Exercise-CH 991

Sunday, July 3

**8:30 Bus to St. Mary of the Lake and
United Methodist Church -FL On Hold**
9:45 First Presbyterian-FL On Hold
3:30 Virtual Chapel - CH 991
6:00 Catholic Mass on EWTN
Channel 291

Monday, July 4

HAPPY 4TH OF JULY

Wellness and Life Enrichment

Closed Due To Holiday All Classes

And Activities Canceled

Tuesday, July 5

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Virtual Chair Exercise-CH 991
10:00 Boxing Class - FC
10:00 Catholic Service – C
11:00 Chair Exercises- FC
1:15-2:15 Open Swim-P
1:30 “500” Cards and other card games -AR
2:00-3:00 Open Gym-FC
6:30 Movie: Fisherman’s Friend
2020 PG-13 1h 52m Comedy Subtitles-T

Wednesday, July 6

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga - FC
10:00 Virtual Chair Exercise-CH 991
10:30 TPT Documentary
Out State Minnesota
Red Wing and North Shore – CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga- CH 991
1:00 Mexican Train Dominoes- AR
1:00 - 2:00 Open Swim – FC
2:00-3:00 Open Gym-FC
2:00 Chapel Service – C

Thursday, July 7

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise – CH991
11:00 Chair Exercise – FC
1:00 Bridge-CL
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
6:30 Movie: Saving Mr. Banks
2013 PG 2h 5m Drama Subtitles-T
7:00 Entertainment: Swing Cats Sextet
(See highlights for more details)
in the Rose Garden

Friday, July 8

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercise – FC
11:00 Prayer Meeting with Pastor Keith-G
1:00 Virtual Yoga CH 991
1:00 - 2:00 Open Swim-P
1:30 Trishaw Bike Ride at Front patio
(See Highlights)
2:00 - 3:00 Open Gym-FC

Saturday, July 9

10:00 Virtual Chair Exercise- CH 991
11:00-12:00 DFL Meet & Greet with a
Guest speaker-AD

Sunday, July 10

**8:30 Bus to St. Mary of the Lake and
United Methodist Church -FL On Hold**
9:45 First Presbyterian-FL On Hold
3:30 Virtual Chapel - CH 991
6:00 Catholic Mass on EWTN
Channel 291

Monday, July 11

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga-FC
10:00 Virtual Chair Exercises-CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga-CH 991
1:30 Bingo-AD Canceled
2:00 Entertainment: MacPhail Hour
Presents: Harmonious Horns, Mike
Alexander, and Allison Akins- Rotunda
Patio
(See highlights for more details)
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
6:00 Open Knitting-Bistro Area
6:00 Edward Jones Perspectives-CL

Tuesday, July 12

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service-C
10:00 Boxing Class - FC
11:00 Chair Exercises- FC
1:15 - 2:15 Open Swim - P
1:30 “500” Cards and other card games - AR
2:00-3:00 Open Gym-FC
2:30 Lutheran Communion and Service-C
6:30 Movie: The Imitation Game
2014 PG-13 1h 54m Military Drama No
Subtitles-T

Wednesday, July 13

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga - FC
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercises-FC
1:00 Virtual Yoga- CH 991
1:00 Mexican Train Dominoes-AR
1:00 - 2:00 Open Swim – FC
1:30 Food Committee Meeting- G
2:00 - 3:00 Open Gym-FC
2:00 Chapel Service-C

Thursday, July 14

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise – CH 991
11:00 Chair Exercise – FC
1:00 Bridge-CL
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
6:30 Movie: West Side Story
2021 PG-13 2h 36m Musical Subtitles-T

Friday, July 15

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercise – FC
11:00 Prayer Meeting with Pastor Keith-G
1:00 Virtual Yoga CH 991
1:00 - 2:00 Open Swim – FC
2:00-3:00 Open Gym-FC
3:30 Writers Group-CL

Saturday, July 16

10:00 Virtual Chair Exercise- CH 991

Sunday, July 17

8:30 Bus to St. Mary of the Lake and United
Methodist Church -FL **On Hold**
9:45 First Presbyterian-FL **On Hold**
3:30 Virtual Chapel - CH 991
6:00 Catholic Mass on EWTN
Channel 291

Monday, July 18

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga - FC
10:00 Virtual Chair Exercise-CH 991
10:00 Trishaw Rides – Front Patio
11:00 Chair Exercise – FC
1:00 Virtual Yoga- CH 991
1:30 Bingo- AD
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
6:00 Open Knitting - Bistro Area

Tuesday, July 19

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service-C
10:00 Boxing Class - FC
11:00 Chair Exercises- FC
1:15 - 2:15 Open Swim - P
1:30 “500” Cards and other card games -AR
2:00-3:00 Open Gym-FC
3:00 Resident Council-AD
6:30 Movie: Maudie
2017 PG-13 Drama 1h 55m Subtitles-T

Wednesday, July 20

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga - FC
10:00 Virtual Chair Exercise-CH 991
10:30 TPT Documentary
James J. Hill -CH991
11:00 Chair Exercises-FC
1:00 Virtual Yoga- CH 991
1:00 Mexican Train Dominoes
Without Julie -AR
1:00 - 2:00 Open Swim – FC
2:00 - 3:00 Open Gym-FC
2:00 Chapel Service-C

Thursday, July 21

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise – CH 991
11:00 Chair Exercise – FC
1:00 Bridge – CL
1:15-2:15 Open Swim-P
2:00-3:00 Open Gym-FC
6:30 Movie: The Upside
2019 Subtitles PG-13 2h 6m Comedy Based
on Real Life-T

Friday, July 22

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
10:00 Virtual Chair Exercise-CH 991
11:00 Chair Exercise – FC
11:00 Prayer Meeting with Pastor Keith-G
1:00 Virtual Yoga CH 991
1:00 - 2:00 Open Swim – FC
2:00-3:00 Open Gym-FC
2:00 Entertainment: Nordic Music Program (see highlights for more details) In the Auditorium

Saturday, July 23

10:00 Virtual Chair Exercise- CH 991

Sunday, July 24

8:30 Bus to St. Mary of the Lake and United Methodist Church -FL **On Hold**
9:45 First Presbyterian-FL **On Hold**
3:30 Virtual Chapel - CH 991
6:00 Catholic Mass on EWTN Channel 291

Monday, July 25

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Chair Yoga - FC
10:00 Virtual Chair Exercise-CH 991
10:00 Pet Visits with Kim and Hazel – A
11:00 Chair Exercise – FC
1:00 Virtual Yoga- CH 991
1:30 Bingo- AD
2:00-3:00 Open Gym-FC
3:00 Bible Study with Pastor Keith-CL
6:00 Open Knitting - Bistro Area

Tuesday, July 26

8:00-9:00 Open Gym-FC
8:00-9:15 Open Swim-P
9:00 Virtual Chair Exercise-CH 991
10:00 Catholic Service – C
10:00 Boxing Class -FC
11:00 Chair Exercise – FC
1:15-2:15 Open Swim-P
1:30 500 Cards and other Card games -AR
2:00 Entertainment: Jim Kirkendell
Guitar and voice (See highlights for more details)-Rotunda Patio
2:00-3:00 Open Gym-FC
6:30 Movie: Top Gun
1986 PG 1h 49m Action/ Romantic Drama
Subtitles-T

Wednesday, July 27

Wellness Closed for Staff Training

8:00-9:00 Open Gym-FC Closed
8:00-9:15 Open Swim-P Closed
9:00 Chair Yoga – FC Closed
10:00 Virtual Chair Exercise-CH 991
11:00 Sit To Be Fit with Julie - FC
1:00 Virtual Yoga- CH 991
1:00 Mexican Train Dominoes-AR
1:00 - 2:00 Open Swim – FC Closed
2:00 - 3:00 Open Gym-FC Closed
2:00 Chapel Service-C

Thursday, July 28

Wellness Closed for

Staff Training

8:00-9:00 Open Gym-FC Closed

8:00-9:15 Open Swim-P Closed

10:00 Virtual Chair Exercise – CH 991

11:00 Sit To Be Fit with Julie - FC

1:00 Bridge-CL

1:15-2:15 Open Swim-P Closed

2:00-3:00 Open Gym-FC Closed

3:00 Friends of the Library meeting -G

6:30 Movie: Marty

1955 NR 1h 30m Romance Classic CC-T

Friday, July 29

8:00-9:00 Open Gym-FC

8:00-9:15 Open Swim-P

10:00 Virtual Chair Exercise-CH 991

10:00 Balance and Strength Class-AD

10:30 Schedule Stops-FL

11:00-11:45 Prayer Meeting with Pastor
Keith-G (See highlights for more details)

11:00 Chair Exercises-FC

1:00 Virtual Yoga-CH 991

1:00-2:00 Open Swim-P

2:00 Open Gym-FC

Saturday, July 30

10:00 Virtual Chair Exercises-CH991

Sunday, July 31

8:30 Bus to St. Mary of the Lake and United
Methodist Church- On Hold

9:45 Bus to First Presbyterian- On Hold
(see highlights for more details)

3:30 Sunday Service-CH 991

6:00 Catholic Mass on EWTN
Channel 291 (note Channel)

JULY HIGHLIGHTS

Movies: 6:30pm Tuesday and Thursdays Movies-Theater Pop and popcorn will be served!

Mondays 1:30 Bingo Please come and join us for live bingo in the auditorium. **(No bingo on Monday, July 4th due to the Holiday and the 11th we have entertainment instead)** Auditorium

Off-Site Sunday Services-On 8:30 Bus to St. Mary of the Lake and White Bear Lake United Methodist Church and 9:45 Bus to First Presbyterian Sign-up at the front desk. Contact Julie *4062 with any questions. Front Lobby

Friday, July 15, 3:30 Writers Group They will meet the 1st and 3rd Friday of each month. Everyone Welcome! **July 1st class** canceled due to the Holiday. A sign-up sheet will be in the library. Club Room

Friday, July 1, 8, 15, 22, and 29 11:00-11:45 Pray Meeting Will be held every Friday at 11:00. Prayer will be led by Pastor Keith, all are welcome. Contact Pastor Keith with any questions *4014-Gallery

Thursdays, July 7, 14, 21, and 28, 1:00 Bridge This bridge is considered “fun bridge”. This will be held each Thursday of the month. Club Room

Thursday, July 7, 7:00 Entertainment: The Swing Cats Sextet

The Swing Cats Sextet is our 3 horn band performing familiar American Songbook songs from the 20s to 50s, including traditional jazz, swing, Latin arrangements. We have Charles Kemper on keys and vocals, and back him with 2 saxes, trumpet, bass and drums! Rose Garden

Tuesday, July 8, 1:30 Trishaw Rides Come join us for a ride around our campus with trained staff. Enjoy the fresh air while riding in the front of our new Trishaw bike. Everyone needs to sign a Liability Waive prior to bike ride. Front Patio

Saturday, July 9, 11:00-12:00 Speaker Meet & Greet Jeanne Hendricks,
Candidate for U.S. Congress. Sponsored by Friends of the DFL. All are Welcome
to Attend-AD

**Monday, July 11, 2:00 Entertainment: MacPhail Hour Presents Harmonious
Horns; Mike Alexander and Allison Akins**

One of the most in-demand freelance musicians in the Midwest, horn
player **MIKE ALEXANDER** is known for his versatility as a solo, chamber, orchestral, and
commercial musician. Mike was appointed Principal horn of the Minnesota Opera Orchestra in
2019, and performs regularly with the Minnesota Orchestra, Saint Paul Chamber Orchestra as
well as opera and ballet pits throughout Minnesota. Outside of classical music, Mike has played
in touring Broadway productions ranging from West Side Story to My Fair Lady and has
performed with a myriad of musical acts including Evanescence, Josh Groban, Weird Al
Yankovic, and Mannheim Steamroller. Alexander holds a master's degree in performance from
the New England Conservatory, and a bachelor's in horn performance with Artist Diploma from
the Eastman School of Music.

Although the majority of **ALLISON AKINS** work at MacPhail is comprised of managing the
Sing, Play, learn! early childhood music program at MacPhail, Allison is an accomplished horn
player. Akins has a master's degree in Horn Performance and Literature from the Eastman
School of Music, in addition to her undergraduate performance degree from the University of
Kansas. An avid performer, she has worked with the Kansas City Symphony, Rochester (NY)
Philharmonic, Portland (ME) Symphony as well as national tours of Tony Award-winning
musicals Billy Elliot and Mary Poppins. Current freelance work has included collaborations with
local ensembles including Vocal Essence, Oratorio Society, Magnum Chorus and Itasca
Symphony Orchestra. Allison also remains an active member of Chione Woodwind Quintet and
serves as their treasurer. - **Rotunda Patio**

Monday, July 11, 6:00pm Edward Jones Perspectives Everyone Welcome!-Club
Room

Monday, July 18, 10:00 Trishaw Rides Come join us for a ride around our
campus with trained staff. Enjoy the fresh air while riding in the front of our new
Trishaw bike. Everyone needs to sign a Liability Waive prior to bike ride. Front
Patio

Friday, July 22, 2:00 Entertainment: Nordic Music Program The performers are
Kristina Lantz, violin, Erika Lantz, soprano and Melanie Ohnstad, piano-
Auditorium

Tuesday, July 26, 2:00 Entertainment: Jim Kirkendall Jim is a veteran entertainer who performs different styles of music during a fun set that offers the audience an engaging variety of music. He has performed extensively throughout the United States and Canada.

Jim presents selections of original material as well as favorite covers from the likes of John Denver, Elvis, The Beatles etc and a lot of well-known sing-a-longs. .

Jim performs with both six and twelve string guitars and a smooth vocal style that seamlessly interweaves country, folk and Americana during his performance.

Rotunda Patio

AD= Auditorium (Ground Level)

AR= Commons Activity Room (2nd Floor)

B= Bistro

C= Chapel (Ground Level)

CL= Club Room (Across from Library)

CON= Conservatory

FL= Front Lobby

FC= Fitness Center (Ground Level)

FP= Front Patio

CH991= in-house Virtual Channel-991

G= Gallery (Next to conservatory)

GC= Garden Court Dining (Across from Dining Room)

HCR= Hearth Community Room (first floor)

L= Library (First Floor)

T= Movie Theatre (Ground Level)

NG= North Gables (Ground Level)

R = Rotunda (Ground Level)

RG= Rose Garden

Any question please contact Jill Hanson at *4061 Programs are subject to change and cancellation.

