



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|--|---|---|--|--|--|---|
| <b>ACTIVITIES LOCATION:</b><br><b>Multi-Purpose Room-MPR</b><br><b>Front Porch-FP</b><br><b>Main Dining Room-MDR</b><br><b>Private Dining Room-PDR</b><br><b>Garden Floor-GF</b><br><b>Card Room-CR</b><br><b>Court Yard-CY</b><br><b>Front Lobby-FL</b><br><b>Fitness Room-FR</b> | <b>Nail Tech Services-sign up</b> <b>1</b><br><b>at Front Desk</b><br>9:00 Walking Club-FL<br>10:00 Shopping Shuttle to Walmart-GF<br><br>2:00 Calendar Review-PDR<br>3:30 Golf Cart Rides-FL<br><br><small>Canada Day</small>  | 9:30 Arthritis Exercise-MPR <b>2</b><br>10:00 Meditation Class-MPR<br><br><b>1:30 Bus Departs for Tuesday w/ Friends at Beth Shalom Synagogue-GF</b><br><br><b>3:30 Photographer James Steamer/Slideshow-MPR</b>              | (No walking club today) <b>3</b><br><b>10:00 Independence Day Parade-FP</b><br><b>11:00-3pm Dunking Booth-FP-Come Dunk Tim!</b><br>12noon Prayer @ flag pole<br><br><b>2:00 Bible Study w/Pastor John-MPR</b>  | <b>Beautician Services</b> <b>4</b><br><br><br><b>2:00 Left, Right, Center Dice Game-PDR</b><br><br><small>Independence Day (US)</small>                              | <b>5</b><br>9:00 Walking Club-FL<br><b>10-11 Blood Pressure &amp; Weight Clinic</b><br>2:00 Movie on big screen TV-w/popcorn-MPR   | <b>6</b><br>Puzzle table located on 2 <sup>nd</sup> floor<br><br>Bird aviary located on the 2 <sup>nd</sup> floor across from MPR   |
| 11:00 Inspirational TV (WLTX) <b>7</b><br><br>2:00 Worship Service w/ Pastor John-MPR/Chapel   | <b>Nail Tech Services-sign up</b> <b>8</b><br><b>at Front Desk</b><br>9:00 Walking Club-FL<br><b>2:00 Classic Hits of 60's, 70's w/ Doug Barker-MPR</b><br>3:30 Popcorn Treat-FL  | <b>Barber Services</b> <b>9</b><br><b>Librarian Services-Book Delivery</b><br>9:30 Arthritis Exercise-MPR<br>10:00 Current Events & Keurig Coffee-MPR<br>2:00 Bingo-MDR<br><b>3:00 The Whittings Jazz Duo Performance-MPR</b> | <b>Podiatry Care-Salon-Sign up</b> <b>10</b><br><b>at Front Desk</b><br>9:00 Walking Club-FL<br><b>10:30-Introduction to Music Therapy with Gracie-MPR</b><br>12noon Prayer @ flag pole<br><b>2:00 Wellness Wednesday-Self Care Workshop w/ Life Coach- Brett Wollar-MPR</b> | <b>Beautician Services</b> <b>11</b><br>9:30 Arthritis Exercise-MPR<br>10:30 Scripture, Song & Prayer w/Pastor John-MPR<br><br><b>2:00 Pianist, Jim Koltuniak-MPR</b><br>3:15 Ice Cream Sundae Social-MPR  | <b>12</b><br>9:00 Walking Club-FL<br><b>10:00-11 Blood Pressure &amp; Weight Clinic in the Fitness Room w/ Melissa</b><br><b>10:30 Trip to Cayce, SC Indoor Farmer's Market for local fruit &amp; veggies-GF</b><br><br><b>2:00 Skin Care Class w/ Mary Kay Consultant-MPR</b> | <b>13</b><br>Puzzle table located on 2 <sup>nd</sup> floor<br><b>2:00 Reflections of Bluegrass Band-MPR</b><br><br>Bird aviary located on the 2 <sup>nd</sup> floor across from MPR     |
| 11:00 Inspirational TV (WLTX) <b>14</b><br><br>2:00 Worship Service w/ Pastor John-MPR/Chapel  | <b>Nail Tech Services-sign up</b> <b>15</b><br><b>at Front Desk</b><br>9:00 Walking Club-FL<br>10:00 Shopping Shuttle to Walmart-GF<br><br><b>3:00 Wine Tasting &amp; Cheese Pairing Social-MPR</b>   | <b>16</b><br>9:30 Arthritis Exercise-MPR<br>10:00 Health Awareness Topic- Walking Benefits & Hydration Awareness-MPR<br><br>2:00 Bingo-MDR<br>4:00 Porch Pals & Golf Cart Rides-FP  | <b>17</b><br>8:30 Men's Club Breakfast in the Dining Room<br>9:00 Walking Club-FL<br><br>12noon Prayer @ flag pole<br><br><b>2:00 Beach Music Karaoke with Oak Street Health-MPR</b>   | <b>Beautician Services</b> <b>18</b><br>9:30 Arthritis Exercise-MPR<br>10:30 Scripture, Song & Prayer w/Pastor John-MPR<br><br><b>2:00 Meeting w/ Administrator, Daniel Amodio-MPR</b>   | <b>19</b><br>9:00 Walking Club-FL<br><b>10:00-11 Blood Pressure &amp; Weight Clinic in the Fitness Room w/ Melissa</b><br><b>11:15 Lunch Bunch Outing-Harbor Inn Seafood-GF</b><br><br>2:00 Movie on big screen TV-w/popcorn-MPR   | <b>20</b><br>Puzzle table located on 2 <sup>nd</sup> floor<br><br>Bird aviary located on the 2 <sup>nd</sup> floor across from MPR<br><br><b>2:00 Left, right, center Dice Game-PDR</b> |
| 11:00 Inspirational TV (WLTX) <b>21</b><br><br>2:00 Worship Service w/ Pastor John-MPR/Chapel  | <b>Nail Tech Services-sign up</b> <b>22</b><br><b>at Front Desk</b><br>9:00 Walking Club-FL<br>10:00 Shopping shuttle to Dollar Tree/Family Dollar-GF<br><b>2:30 Tea Party with special refreshments, flavored teas &amp; teapots-MPR (Wear a hat if you would like!)</b> | <b>Barber Services</b> <b>23</b><br>9:30 Arthritis Exercise-MPR<br><b>10:30 Cruise Ship Entertainers-Paul &amp; Karla Hughes-MPR</b><br><br>2:00 Bingo MDR<br>3:15 Nintendo Wii Bowling-MPR                                   | <b>24</b><br>9:00 Walking Club-FL<br>12noon Prayer @ flag pole<br><br><b>2:30 Art Class with Artist, Sharon Funderburk-(Painting on Canvas-No experience necessary)-MPR</b>  | <b>Beautician Services</b> <b>25</b><br>9:30 Arthritis Exercise-MPR<br>10:30 Scripture, Song & Prayer w/Pastor John-MPR<br><b>2:00 Timbo's Big Top Circus Fun Show-MPR</b><br><b>4-5 Happy Hour Social-MDR (hors d'oeuvres, wine &amp; conversation)</b> | <b>26</b><br>9:00 Walking Club-FL<br><b>10:00-11 Blood Pressure &amp; Weight Clinic in the Fitness Room w/ Melissa</b><br><br><b>2:00 Special Guests: Dawn Smith Jordan &amp; Sammy the Singing Dog-MPR</b>  | <b>27</b><br>Puzzle table located on 2 <sup>nd</sup> floor<br><b>2:00 Amick Junction Bluegrass Band-MPR</b><br><br>Bird aviary located on the 2 <sup>nd</sup> floor across from MPR     |
| 11:00 Inspirational TV (WLTX) <b>28</b><br><br>2:00 Worship Service w/ Pastor John-MPR/Chapel  | <b>Nail Tech Services</b> <b>29</b><br>9:00 Walking Club-FL<br>10:00 Shopping Shuttle to Walmart-GF<br><br>2:30 Birthday Celebration-MPR  | <b>30</b><br>9:30 Arthritis Exercise-MPR<br>10:00 Keurig Coffee & Conversation-MPR<br><br>2:00 Bingo-MDR<br><br><b>6:30 Candlelight Music Concert with Gracie-MPR</b>   | <b>31</b><br>9:00 Walking Club-FL<br>12noon Prayer @ flag pole<br><br><b>2:00 Bible Study w/Pastor John-MPR</b>  | <h1>July 2024</h1> <p><b>INDEPENDENT LIVING CALENDAR</b></p>  <p><b>Rice Estate</b><br/>Lutheran Homes of South Carolina</p>  |  |   |

ACTIVITIES ARE SUBJECT TO CHANGE. ANY CHANGES IN SCHEDULE WILL BE POSTED. RICE ESTATE 100 FINLEY RD, COLUMBIA SC 29203