



Oak Gables Care Center

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY CY: courtyard of N1 & N2 MDR: Main Dining Room N1, N2, N3: common areas of each Care Center neighborhood All House Events: AUDitorium, BISTro, CHapel, FITness Center, THEater		1 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Book Club N2 1:30 Crossword Puzzle N1 2:45 Take Care Exercise N2 3 Prayer for Peace CH 3:15 Fun with Karen N3	2 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:15 Animal Miracles 2 N1 1:30 Garden Strolls & Songs CY 2:45 Take Care Exercise N2 3:15 July Jeopardy Trivia N3	3 9:30 Mass CH 10:00 Chair Mix FIT 10:45 Warm Sweet Rolls N3 1:00 Travel to Quebec! N1 2:30-5 Cycling Without Age Rides (sign up with Bee) 2:45 Take Care Exercise N2	4 9:30 Mass CH	5 1:30 Afternoon Movie TH 1:45 Variety with Bridget N1 6:30 Opera Showing TH
6 9:30 Mass CH 1:30 Afternoon Movie TH 1:45 Variety with Bridget N2	7 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Global Forgiveness Day Discussion N3 1:30 TEDTalk: Reconnecting with Compassion N2 2:45 Take Care Exercise N2 3:15 Cool It Craft N1	8 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Book Club N2 1:30 Crossword Puzzle N2 2:45 Take Care Exercise N2 3:00 Prayer for Peace CH 3:15 Fun with Karen N3	9 8:30 Yoga Livestream* 9:30 Mass: CH 10:00 Chair Mix: FIT 10:30 Music Program with Liz Lupien MDR 1:45 Painting with Sally N2 2:45 Take Care Exercise N2 3:15 Chat with LuAnn N1 6:30 Lucas Plays Violin AUD	10 9:30 Mass CH 10:00 Chair Mix FIT 10:45 Warm Sweet Rolls N1 1:00 Music Trivia N3 2:30-5 Cycling Without Age Rides (sign up with Bee) 2:45 Take Care Exercise N2	11 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Friday Sing & Chat: N3 1:00 Afternoon Movie N2 2:45 Take Care Exercise MDR 3:00 Men’s Group AUD	12 1:30 Afternoon Movie TH 1:45 Variety with Karen N3 6:30 Opera Showing TH
13 9:30 Mass CH 1:30 Afternoon Movie TH 1:45 Variety with Karen N1	14 <i>Bee out</i> 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Learn About Bastille Day with Krista N1 1:30 Fun with Bridget N3 2:45 Take Care Exercise N2	15 <i>Bee out</i> 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Fun with Bridget N1 1:30 Crossword Puzzle with Bridget N3 2:45 Take Care Exercise N2 3:00 Prayer for Peace CH	16 <i>Bee out</i> 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:15 Animal Miracles 3 N3 2:45 Take Care Exercise N2 3:15 Bingo with Nick N2 6:30 Sit, Sip, & Sing AUD	17 <i>Bee out</i> 9:30 Mass CH 10:00 Chair Mix FIT 10:45 Warm Sweet Rolls N2 2:00 Don Irwin Piano AUD 2:30-5 Cycling Without Age Rides (sign up with Bee) 2:45 Take Care Exercise N2	18 <i>Bee out</i> 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Fun with Nick N3 1:00 Afternoon Movie N2 2:45 Take Care Exercise MDR	19 1:45 Variety with Nick N2 6:30 Opera Showing TH
20 9:30 Mass CH 1:30 Afternoon Movie TH 1:45 Variety with Nick N3 2:00 East Metro Symphony Orchestra Concert AUD	21 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Hawaii Map Quiz N3 1:30 Folk Music Favorites N1 2:45 Take Care Exercise N2 3:30 Fun & Fit with Flamenco N2	22 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Book Club N2 1:30 Who Am I? N1 2:45 Take Care Exercise N2 3:00 Prayer for Peace CH 3:30 Sing Along AUD	23 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:15 Animal Miracles 4 N1 1:45 Painting with Sally N2 2:45 Take Care Exercise N2 3:15 July Birthday Party with Tara Brueske MDR 6:30 Classic Brass Concert AUD	24 9:30 Mass CH 10:00 Chair Mix FIT 10:45 Warm Sweet Rolls N3 1:00 Garden Strolls & Songs CY 2:00 Frogs & Toads AUD 2:30-5 Cycling Without Age Rides (sign up with Bee) 2:45 Take Care Exercise N2	25 8:30 Yoga Livestream* 9:30 Mass CH 10:30 Friday Sing & Chat N1 1:00 Afternoon Movie N2 2:45 Take Care Exercise MDR 3:00 Men’s Group AUD 3:15 Devotions with Hillary & Carol N1	26 1:30 Afternoon Movie TH 1:45 Variety with Bee N1 6:30 Opera Showing TH
27 9:30 Mass CH 1:30 Afternoon Movie TH 1:45 Variety with Bridget N2	28 8:30 a.m. Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:30 PBS Documentary: Buffalo Soldiers N3 1:30 Life Stories Board Game N1 2:45 Take Care Exercise N2 3:15 Devotions with Hillary & Carol N2	29 9:30 Mass CH 10:00 Chair Mix FIT 10:30 Book Club N2 1:30 The Origins of Hymns N3 2:45 Take Care Exercise N2 3:00 Prayer for Peace CH 3:15 Fun with Karen N1	30 8:30 Yoga Livestream* 9:30 Mass CH 10:00 Chair Mix FIT 10:15 Our Oceans: Pacific N3 1:30 Bingo N2 2:45 Take Care Exercise N2 3:15 July Happy Hour N1 6:30 Classic Brass Concert AUD	31 9:30 Mass CH 10:00 Chair Mix FIT 10:45 Warm Sweet Rolls N1 1:00 Catholic Trivia N2 2:00 Frogs & Toads AUD 2:30-5 Cycling Without Age Rides (sign up with Bee) 2:45 Take Care Exercise N2	Contact Bee (Life Enrichment Coordinator) with questions or requests at 695-5107.	An asterisk (*) indicates viewing on channel 991. Happenings in the Chapel can be watched on channel 992. Music channels: 401-450. <i>Calendar and activities are subject to change.</i>