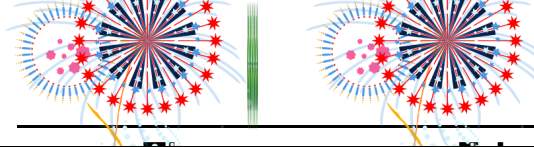


# July 2025 MC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>July Birthday's</b>  <b>Kathy Dennis July 10th</b> <b>Kathy Lancour July 29th</b>  	30th Wear <b>Blue</b> today  <b>10:00 Ecumen Exercise – CH</b> 2:00 <b>Glenn Lasple Music</b> on the Crest Patio—Hot Dog Bar to celebrate America's Birthday <b>2:30 Coffee Break</b> <b>3:00–4:30 Art and Activities with Britta</b>	1. Wear <b>Red</b> and White <b>10:00 Bone Builders- CH</b> <b>12:45– 1:15 One to One Visits</b> <b>1:30 Tuesday Tone– Up!</b> <b>2:30 Coffee Break</b> <b>3:00 –4:30 Bingo with Britta</b>	2. Wear <b>Red, White and Blue</b>  <b>10:00 Walking Wednesdays Exercise-Grill</b> <b>12:45 - 1:45 Walk and talk with Britta</b> 2:00 "Fishheads" on the Crest Patio– Happy Hour <b>2:30 Coffee Break</b> <b>3:00–4:30 Manicures with Britta</b>	<b>3. Wear your American Pride</b> <b>10:00 Bone Builders- CH</b> 11:00 Presentation by National Museum of the American Sailor– Attack on Pearl Harbor–Chapel and CH 67 1:00-2:00 Strawberry Floats In the Chapel for residents only prior to Sailor visit 2:00 –4:00 "Ask a Sailor–Navy Outreach–Chapel and CH 67– Come and visit with a Sailor <b>2:30 Coffee Social</b> <b>3:00-4:30 Group Exercise with Britta</b>	<b>4.</b>    <b>2:30 Coffee Social</b> <b>No Life Enrichment Events Today– Visit on the Patio and enjoy the day!</b>	<b>5.</b>  <b>10:00-11:00 Saturday Stretch and Move</b>  <b>2:30 Coffee Break</b>
<b>6.</b>  <b>2:30 Coffee Break</b>	<b>7.</b>  <b>10:00 Ecumen Exercise – CH</b> <b>1:30 Monday Art Session!</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Art and Activities with Britta</b>	<b>8.</b>  <b>10:00 Bone Builders- CH</b> <b>12:45– 1:15 One to One Visits</b> <b>1:30 Tuesday Tone– Up!</b> <b>2:30 Coffee Break</b> <b>3:00 –4:30 Activities with Britta</b>	<b>9.</b> <b>10:00 Walking Wednesdays Exercise– Grill</b> <b>10:45 Hymn's with Joy</b> <b>12:45 - 1:45 Walk and talk with Britta</b> <b>1:45– 2:30 Activities with Britta</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Manicures with Britta</b>	<b>10.</b> <b>10:00 Bone Builders- CH</b> 1:30-3:00 Ice Cream Sundaes compliments of the Lakeshore Auxiliary– Fireside Room 2:00 <b>Tommy Wotruba</b> –Music on the Crest Patio–Grab your Sundae and come listen to the music– <b>WATCH THE TALL SHIPS COME TO DULUTH</b>  <b>2:30 Coffee Social</b> <b>3:00–4:30 Group Exercise with Britta</b>	<b>11.</b>  <b>10:00 Ecumen Exercise- CH</b> <b>1:00-2:00 One to One Visits</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo</b>	<b>12.</b>  <b>10:00-11:00 Saturday Stretch and Move</b> 2:00–3:00 <b>NATE AMOR</b> – Vocalist with Trans Siberian Orchestra to perform <b>Live at Ecumen</b> -Crest Patio  <b>2:30 Coffee Break</b>
<b>13.</b>  <b>2:30 Coffee Break</b>	<b>14.</b>  <b>10:00 Ecumen Exercise – CH</b> 1:30-3:00 "95 Years of Ecumen Lakeshore" Anniversary Reception– Chapel–Cake and Coffee <b>2:30 Coffee Break</b> <b>3:00–4:30 Art and Activities</b>	<b>15. Wear Flamingos or Pink</b>  <b>10:00 Bone Builders- CH</b> 1:30 <b>Flamingo Bingo -Chapel</b> <b>2:30 Coffee Break</b> <b>3:00 –4:30 Tuesday Tone-up</b>	<b>16.</b> <b>10:00 Walking Wednesdays Exercise– Grill</b> <b>12:45 - 1:45 Walk and talk with Britta</b> 2:00 Monarch Butterfly Movie –Clubroom–Come and Learn  <b>2:30 Coffee Break</b>  <b>3:00–4:30 Manicures with Britta</b>	<b>17.</b> 10:00-3:00 Used Treasure Sale–Plaza <b>10:00 Bone Builders- CH</b> 2:00 "Jazz to the People" Chapel and CH 67 –come and listen to some great music. <b>2:30 Coffee Social</b> <b>3:00–4:30 Group Exercise with Britta</b>	<b>18.</b> 9:00-12:00 Used Treasure Sale–Plaza <b>10:00 Ecumen Exercise- CH</b> <b>1:00-2:00 One to One Visits</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo</b>	<b>19.</b>  <b>10:00-11:00 Saturday Stretch and Move</b>  <b>2:30 Coffee Break</b>
<b>20.</b>  <b>2:30 Coffee Break</b>	<b>21.</b> <b>10:00 Ecumen Exercise – CH</b> <b>1:30 Monday Art Session!</b> <b>2:30 Coffee Break</b> <b>3:00-4:30 Art and Activities with Duluth Symphonic Winds and Wine</b> –Crest Patio–Come and enjoy the music!	<b>22.</b>  <b>10:00 Bone Builders- CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up</b> <b>2:30 Coffee Break</b> <b>3:00 –4:30 Activities with Britta</b>	<b>23.</b> <b>10:00 Walking Wednesdays Exercise– Grill</b> <b>10:45 Hymn's with Joy</b> <b>12:45 - 1:45 Manicures</b> <b>2:30 Coffee Break</b> <b>3:00 Shores Happy Hour–Margaritas</b>	<b>24.</b> <b>10:00 Bone Builders- CH</b> <b>1:00-1:30 Group Exercise</b> 2:00 Ecumen's Ping Pong Toss– It's a true competition –Chapel  <b>2:30 Coffee Social</b> <b>3:15 Visit on the Patio with Britta</b>	<b>25.</b> <b>10:00 Ecumen Exercise- CH</b> <b>1:00-2:00 One to One Visits</b> <b>2:00 Active Game</b> <b>2:30 Coffee Break</b> <b>3:00 Bingo</b>	<b>26.</b>  <b>10:00-11:00 Saturday Stretch and Move</b>  <b>2:30 Coffee Break</b>
<b>27.</b>  <b>2:30 Coffee Break</b>	<b>28.</b> <b>10:00 Ecumen Exercise – CH</b> <b>1:30 Monday Art Session!</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Art and Activities with Britta</b>	<b>29.</b>  <b>10:00 Bone Builders- CH</b> <b>12:45-1:15 One to one Visits</b> <b>1:30 Tuesday Tone-up</b> <b>2:30 Coffee Break</b> <b>3:00 –4:30 Activities with Britta</b>	<b>30.</b> <b>10:00 Walking Wednesdays Exercise– Grill</b> <b>12:45 - 1:45 Walk and talk with Britta</b> <b>1:45– 2:30 Activities with Britta</b> <b>2:30 Coffee Break</b> <b>3:00–4:30 Manicures with Britta</b>	<b>31.</b>  <b>10:00 Bone Builders- CH</b> <b>1:00-1:45 Group Exercise</b> <b>2:30 Coffee Social</b> <b>3:15 Visit on the Patio with Britta</b> 6:00-8:00 "Spice of Life" Music on the Crest Patio	<b>Calendar is Subject to Change</b>	
						AR-3rd Floor Activity CR– Club Room CH-Chapel FR– Fireside LL–Lower Level LR– 2nd floor Living Room Channel 67 –TV channel