


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>July 2010</p>				<p>Canada Day 1 8:00-9:00 AM: Coffee Klatsch with Michel, Grafton Dining Room 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19th Floor 11:00 AM: Needlework Network Studio, 19th Floor 1:30-2:00 PM: Yoga Stretch Oxford Room, 19th Floor 3:00 & 7:30 PM: Film Feature, // Postino, Screening Room, 19th Floor (1 hour, 48 minutes) see insert</p>	<p>2 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9-9:30 AM: Better Balance Oxford Room, 19th Floor 11:00-11:45 AM: Aquacize Swimming Pool, 9th Floor 1:30 PM: Wii Fit, Fitness Center 9th Floor 3:00 PM: Scrabble Play, Studio 19th Floor</p>	<p>3 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:30-10:00 AM: BeMoved Dance Fitness, Oxford Room, 19th Floor 2:00 PM: Wii Bowling, Screening Room, 19th Floor 4:30 PM: Catholic Mass Chapel, 19th Floor</p>
<p>Independence Day 4 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 2:30-4:30 PM: July 4th Barbecue, Terrace, 9th Floor (weather permitting) Reservations required! 4:00 & 7:30 PM: Film Feature Born on the Fourth of July, Screening Room, 19th Floor (2 hours, 25 minutes)</p>	<p>5 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Cardio Fitness Oxford Room, 19th Floor 12:15 PM: Catholic Mass Chapel, 19th Floor 1:30-2:00 PM: Chair Pilates Oxford Room, 19th Floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19th Floor</p>	<p>6 7:30-9:30 AM: Coffee Klatsch 10:00 AM: Aqua Balance Swimming Pool, 9th Floor 11:00 AM: Series on Hexateuch (1st six books of Bible), Chapel 12:15 PM: Catholic Mass Chapel, 19th Floor 1:30 PM: Walking for Wellness Fitness Center, 9th Floor 2:15 PM: Clarion Newsletter Meeting, Studio, 19th Floor 3:00 PM: Resident Council Board Meeting, Board Room, 19th Floor 7:30 PM: Poker Play, Studio 19th floor</p>	<p>7 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Sculpt and Tone Oxford Room, 19th Floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9th Floor 3:00 PM: Afternoon Film Feature, Spellbound, Screening Room, 19th Floor (1 hour, 51 minutes)</p>	<p>8 8:00-9:00 AM: Coffee Klatsch with Michel, Grafton Dining Room 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19th Floor 12:15 PM: Catholic Mass Chapel, 19th Floor 1:30-2:00 PM: Yoga Stretch Oxford Room, 19th Floor 1:30 PM: Guitar Music and Sing-a-long with Whitey O'Day, Aberdeen Room, 16th Floor (see insert for details)</p>	<p>9 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9-9:30 AM: Better Balance Oxford Room, 19th Floor 11:00-11:45 AM: Aquacize Swimming Pool, 9th Floor 2:00 PM: Current Events Trivia, Studio, 19th Floor 3:00 PM: Afternoon Board Games, Studio, 19th Floor</p>	<p>10 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:30-10:00 AM: BeMoved Dance Fitness, Oxford Room, 19th Floor 10:00 AM: Sudoku Puzzles Available, Studio, 19th Floor. 2:00 PM: Current Events Trivia, Studio, 19th Floor 3:00 PM: Afternoon Board Games, Studio, 19th Floor Work and check answers at your leisure.</p>
<p>11 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 10:30 AM: Catholic Mass Chapel, 19th Floor 2:00 PM: Afternoon Social Bridge Play, Studio, 19th Floor 4:00 PM: Take a Walk with a Neighbor, Meet in the lobby</p>	<p>12 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Cardio Fitness Oxford Room, 19th Floor 1:30-2:00 PM: Chair Pilates Oxford Room, 19th Floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19th Floor 7:30 PM: Evening Film Feature Spellbound, Screening Room 19th Floor (1 hour, 51 minutes)</p>	<p>13 7:30-9:30 AM: Coffee Klatsch 10:00 AM: Book Club Meets Library, 19th Floor 10:00 AM: Aqua Balance Swimming Pool, 9th Floor 10:30 AM: Short Story Readings with Rob Lamont, Aberdeen Room, 16th Floor 11:00 AM: Series on Hexateuch (1st six books of Bible), Chapel 12:15 PM: Mass, Chapel, 19th Floor 1:30 PM: Walking for Wellness Fitness Center, 9th Floor 3:00 PM: Library Committee Meets, Library, 19th Floor</p>	<p>Bastille Day 14 8:30 AM: Meijer Gardens and Sculpture Park Trip with the Center for Life and Learning (see insert) 9:00-9:30 AM: Sculpt and Tone Oxford Room, 19th Floor 10:00 AM: Town Hall Meeting Cambridge/Oxford Room, 19th Floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9th Floor 12 Noon: Friars Club Luncheon Private Dining Room, 17th floor (see insert for details) 12:15 PM: Mass, Chapel, 19th Floor 5:00-7:30 PM: Bastille Day Dinner and Entertainment, Grafton Dining Room, 17th Floor (see insert)</p>	<p>15 8:00-9:00 AM: Coffee Klatsch with Executive Director, Michel Grafton Dining Room, 17th Floor 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19th Floor 11:00 AM: Needlework Network Studio, 19th Floor 1:30-2:00 PM: Yoga Stretch, Oxford Room, 19th Floor 3:00 PM: Lookingglass Alice, Lookingglass Theatre (see insert for sign-up and price information) 5:00-7:00 PM: Memory Loss Support Group Meets, Conference Room, 19th Floor</p>	<p>16 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9-9:30 AM: Better Balance Oxford Room, 19th Floor 11:00-11:45 AM: Aquacize Swimming Pool, 9th Floor 1:30 PM: Wii Fit, Fitness Center 9th Floor 2:00 PM: Are You Smarter Than a Fifth Grader? Oxford Room, 19th Floor</p>	<p>17 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:30-10:00 AM: BeMoved Dance Fitness, Oxford Room, 19th Floor 4:30 PM: Catholic Mass Chapel, 19th Floor 7:30 PM: Saturday Night at the Movies featuring <i>The Hurt Locker</i>, Screening Room, 19th Floor (2 hours, 11 minutes)</p>
<p>18 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 10:00 AM: Word Scramble Puzzles Available, Studio, 19th Floor. Work and check answers at your leisure. 3:00 PM: Afternoon Film Feature Hurt Locker, Screening Room 19th Floor (2 hours, 11 minutes)</p>	<p>19 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Cardio Fitness Oxford Room, 19th Floor 1:30-2:00 PM: Chair Pilates Oxford Room, 19th Floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19th Floor</p>	<p>20 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 10:00 AM: Aqua Balance Swimming Pool, 9th Floor 1:30 PM: Walking for Wellness Fitness Center, 9th Floor 2:30 PM: Current Events Trivia Studio, 19th Floor 7:30 PM: Poker Play, Studio 19th Floor</p>	<p>21 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Sculpt and Tone Oxford Room, 19th Floor 10:00 AM: Garden Club Meets Bistro, 9th Floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9th Floor 2:00 PM: Wii Bowling, Screening Room, 19th Floor</p>	<p>22 8:00-9:00 AM: Coffee Klatsch with Executive Director, Michel, Grafton Dining Room, 17th Floor 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19th Floor 1:30-2:00 PM: Yoga Stretch, Oxford Room, 19th Floor 5:00-7:00 PM: Margarita Madness Cocktail Party, Terrace, 9th floor (weather permitting)</p>	<p>23 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9-9:30 AM: Better Balance, Oxford Room, 19th Floor 11:00-11:45 AM: Aquacize Swimming Pool, 9th Floor 11:30 AM: Ladies Lunch Outing at La Sardine, Lobby (see insert) 4:30 PM: Jewish Shabbat Ambassador Lounge, 17th Floor</p>	<p>24 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:30-10:00 AM: BeMoved Dance Fitness, Oxford Room, 19th Floor 3:00 PM: Afternoon Film Feature, It's Complicated Screening Room, 19th Floor (1 hour, 50 minutes)</p>
<p>25 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 10:30 AM: Catholic Mass Chapel, 19th Floor 2:00 PM: Afternoon Social Bridge Play, Studio, 19th Floor 7:30 PM: Evening Film Feature It's Complicated, Screening Room, 19th Floor (1 hour, 50 minutes)</p>	<p>26 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Cardio Fitness Oxford Room, 19th Floor 12:15 PM: Catholic Mass Chapel, 19th Floor 1:30-2:00 PM: Chair Pilates Oxford Room, 19th Floor 2:00-2:30 PM: Mat Pilates Oxford Room, 19th Floor</p>	<p>27 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 19th Floor 10:00-10:45 AM: Aqua Balance Swimming Pool, 9th Floor 12:15 PM: Mass, Chapel, 19th Floor 1:30 PM: Walking for Wellness Fitness Center, 9th Floor 6:00 PM: A Look at the Contemporary Arts Council Loyola Museum of Art (see insert)</p>	<p>28 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9:00-9:30 AM: Sculpt and Tone Oxford Room, 19th Floor 11:00-11:45 AM: Total Body Circuit, Fitness Center, 9th Floor 12:15 PM: Catholic Mass Chapel, 19th Floor 2:30 PM: Cooking Demonstration, Ambassador Lounge, 17th Floor</p>	<p>29 8:00-9:00 AM: Coffee Klatsch with Executive Director, Michel Grafton Dining Room, 17th Floor 10:00-10:45 AM: Cardio Strength Fusion, Oxford Room, 19th Floor 1:30-2:00 PM: Yoga Stretch, Oxford Room, 19th Floor 3:00 PM: Afternoon Film Feature, The White Ribbon, Screening Room, 19th Floor (2 hrs., 24 minutes)</p>	<p>30 7:30-9:30 AM: Coffee Klatsch Grafton Dining Room, 17th Floor 9-9:30 AM: Better Balance, Oxford Room, 19th Floor 11:00-11:45 AM: Aquacize Swimming Pool, 9th Floor 1:30 PM: Wii Fit, Fitness Center 9th Floor 3:00-4:00 PM: Ice Cream Social, Terrace, 9th Floor</p>	<p>31 7:30-9:30 AM: Coffee Klatsch 9:30-10:00 AM: BeMoved Dance Fitness, Oxford Room, 19th Floor 10:00 AM: Polish Chicago Tour Meets at Chicago Cultural Center (see insert for details) 4:30 PM: Mass, Chapel, 19th Floor 7:30 PM: Evening Film Feature, The White Ribbon, Screening Room, 19th Floor (2 hrs., 24 mins.)</p>