


Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

 <p><b>Cascade Living Group</b> The Difference Between Living and Living Well !!!</p>	<p><b>1</b> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B 11:00 Yoga Stretch FC 11:15 Buffalo Wild Wings and Silverdale Mall 3:00 Farkle GL 6:15 Movie TH</p> <p style="text-align: center;"><small>Canada Day</small></p>	<p><b>2</b> 9:30 Body Joint Exercise FC 10:00 Cribbage B 11:00 Strength &amp; Balance FC 1:00 Lawn Games <b>1:00 Wheaton Way Shopping</b> 3:00 Blackjack 6:00 Mexican Train L</p>	<p><b>3</b> 9:30 Body Joint Exercise FC 10:15 Bible Study TH 11:00 Yoga Stretch FC 11:15 Therapy Dogs /Lobby 1:00 Nimble Needles FL 1:00 Wii Bowling TH 1:00 Spinner Dominoes GL 3:00 Happy Hour/fun Singers DR 6:15 Movie TH</p>	<p><b>4</b> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B <b>11:30 4<sup>th</sup> of July BBQ</b> <b>1:00 Casino</b> 2:00 Ice cream party B 6:15 Movie TH 9:30 Fireworks in Town Hall</p> <p style="text-align: center;"><small>Independence Day (US)</small></p>	<p><b>5</b> 9:30 Body Joint Exercise FC <u>10:00 American Sign language TH</u> 10:30 Hymn Sing along L 1:00 Bingo GL 1:00 Wii Golf TH 2:00 Wii Bowling TH 3:00 Social Hour 6:15 Movie TH 6:30 Phase 10 L</p>	<p><b>6</b> Highway 3 in the Evening DR 9:30 Body Joint Exercise FC 10:00 Cribbage GL 11:00 Adult Coloring GL 1:00 Wii Bowling TH 2:00 Sequence GL 6:15 Movie TH</p>
<p><b>7</b> Tech Support/Please Sign up at the Bistro. 10:00 Cribbage GL 1:00 Wii Bowling TH 1:00 Painting/Paint by Number PR 2:00 Mexican Train L 6:15 Movie TH</p>	<p><b>8</b> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B 11:00 Yoga Stretch FC <b>11:15 My Girl Diner and Museum</b> 3:00 Bunco GL 6:15 Movie TH</p>	<p><b>9</b> 9:30 Body Joint Exercise FC 10:00 Cribbage B 11:00 Strength &amp; Balance FC 1:00 Pool and Darts SL <b>1:00 Wheaton Way Shopping</b> 3:00 Farkle GL 6:00 Mexican Train L</p>	<p><b>10</b> 9:30 Body Joint Exercise FC 10:15 Bible Study TH 11:00 Yoga Stretch FC 11:15 Therapy Dogs /Lobby 1:00 Nimble Needles FL 1:00 Wii Bowling TH 1:00 Book Club L 1:00 Spinner Dominoes GL <u>2:00 Chef Talk DR</u> <u>3:00 Happy Hour/Nebals DR</u> 6:15 Movie TH</p>	<p><b>11</b> Tech Support/Sign up 9:30 Body Joint Exercise FC 10:00 Catholic Service L 9:30 Body Joint Exercise FC 10:00 Catholic Service L 10:00 Cribbage/Board Games GL 11:00 Strength &amp; Balance FC 1:00 Beanbag Baseball TH <b>3:00 Silver Tunes HHDR</b> 6:30 Mexican Train L</p>	<p><b>12</b> 9:30 Body Joint Exercise FC <u>10:00 American Sign language TH</u> 10:30 Hymn Sing along L 1:00 Bingo GL 1:00 Wii Golf TH 2:00 Wii Bowling TH 3:00 Social Hour 6:15 Movie TH 6:30 Phase 10 L</p>	<p><b>13</b> 9:30 Body Joint Exercise FC 10:00 Cribbage GL 11:00 Adult Coloring GL 1:00 Wii Bowling TH 2:00 Sequence GL 3:00 Crafts PR 6:15 Movie TH</p>
<p><b>14</b> Tech Support/Please Sign up at the Bistro. 10:00 Cribbage GL 1:00 Wii Bowling TH 1:00 Painting/Paint by Number PR 2:00 Mexican Train L 6:15 Movie TH</p>	<p><b>15</b> <u>Foot care Call 360 876 1612</u> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B 11:00 Yoga Stretch FC 1:00 Beanbag Baseball TH <b>2:00 Bank/Post office run</b> 2:00 Phase 10 GL 6:15 Movie TH</p>	<p><b>16</b> 9:30 Body Joint Exercise FC 10:00 Cribbage B 10:00 Donuts with Jeff GL 11:00 Strength &amp; Balance FC 1:00 Lawn Games <b>1:00 Wheaton Way Shopping</b> 3:00 Poker GL 6:00 Mexican Train</p>	<p><b>17</b> 9:30 Body Joint Exercise FC 10:15 Bible Study TH 11:00 Yoga Stretch FC <b>11:15 Therapy Dogs</b> 1:00 Wii Bowling TH 1:00 Nimble Needles FL 1:00 Spinner Dominoes GL <u>2:00 Town Hall DR</u> <u>3:00 Happy Hour/Lukas Music DR</u> 6:15 Movie TH</p>	<p><b>18</b> Tech Support/Sign up 9:30 Body Joint Exercise FC 10:00 Catholic Service L 10:00 Coffee Social GL 10:00 Cribbage/Board games 11:00 Strength &amp; Balance FC <b>1:00 Casino</b> 2:00 Puzzle Time FL 6:30 Mexican Train L</p>	<p><b>19</b> 9:30 Body Joint Exercise FC <u>10:00 American Sign language TH</u> 10:30 Hymn Sing Along L 1:00 Bingo GL 1:00 Wii Golf TH 2:00 Wii Bowling TH 3:00 Social Hour 6:15 Movie TH 6:30 Phase 10 L</p>	<p><b>20</b> 9:30 Body Joint Exercise FC 10:00 Cribbage GL 11:00 Adult Coloring GL <b>11:00 Elk's Car Show</b> 1:00 Wii Bowling TH 2:00 Phase 10 GL 6:15 Movie TH</p>
<p><b>21</b> Tech Support/Please Sign up at the Bistro. 10:00 Cribbage GL <b>11:00 Emerald Downs</b> 1:00 Wii Bowling TH 1:00 Painting/Paint by Number PR 2:00 Mexican Train L 6:15 Movie TH</p>	<p><b>22</b> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B <b>10:00 Silverdale Shopping</b> 11:00 Yoga Stretch FC 1:00 Beanbag Baseball TH 2:00 Phase 10 GL 6:15 Movie TH</p>	<p><b>23</b> 9:30 Body Joint Exercise FC 10:00 Cribbage B 11:00 Strength &amp; Balance FC 1:00 Ladder ball <b>1:00 Wheaton Way Shopping</b> 3:00 Blackjack GL 6:00 Mexican Train L</p>	<p><b>24</b> <u>9:30 Body Joint Exercise FC</u> 10:15 Bible Study TH 11:00 Yoga Stretch FC 11:15 Therapy Dogs/Lobby 1:00 Wii Bowling TH 1:00 Nimble Needles FL 1:00 Spinner Dominoes GL <u>3:00 Happy Hour/Monte DR</u> 6:30 Movie TH</p>	<p><b>25</b> Tech Support/Sign up 9:30 Body Joint Exercise FC 10:00 Catholic Service L 10:00 Adult Coloring PR 11:00 Strength &amp; Balance FC <u>11:30 Ambassador Lunch DR</u> 1:00 Farkle GL <b>2:00 Activity Meeting TH</b> <u>3:00 Birthday Welcome Party DR</u> 6:30 Mexican Train L</p>	<p><b>26</b> 9:30 Body Joint Exercise FC <u>10:00 American Sign language TH</u> 10:30 Hymn Sing Along L 1:00 Bingo GL 1:00 Wii Golf TH 2:00 Wii Bowling TH 3:00 Social Hour 6:15 Movie TH 6:30 Phase 10 L</p>	<p><b>27</b> 9:30 Body Joint Exercise FC 10:00 Cribbage GL 11:00 Adult Coloring GL 12:30 Baking PR 1:00 Wii Bowling TH 2:00 Phase 10 GL 6:15 Movie TH</p>
<p><b>28</b> Tech Support/Please Sign up at the Bistro. 10:00 Cribbage GL 1:00 Wii Bowling TH 1:00 Painting/Paint by Number PR 2:00 Mexican Train L 6:15 Movie TH</p>	<p><b>29</b> 9:30 Body Joint Exercise FC 10:00 Coffee Social GL 10:00 Cribbage B 11:00 Yoga Stretch FC 1:00 Beanbag Baseball TH 2:00 Phase 10 GL <b>2:00 Scenic Drive and Ice Cream</b> 6:15 Movie TH</p>	<p><b>30</b> 9:30 Body Joint Exercise FC 10:00 Cribbage B 11:00 Strength &amp; Balance FC 1:00 Corn Hole <b>1:00 Wheaton Way Shopping</b> 3:00 Wheel of Fortune TH 6:00 Mexican Train L</p>	<p><b>31</b> 9:30 Body Joint Exercise FC <u>10:00 Eyeglass Clinic B</u> 10:15 Bible Study TH 11:00 Yoga Stretch FC 11:15 Therapy Dogs 1:00 Wii Bowling TH 1:00 Nimble Needles FL 1:00 Spinner Dominoes GL <u>3:00 Happy Hour/Marty TH</u> 6:15 Movie TH</p>	<h1>July 2024</h1> <p>The Willows 3201 Pine Road NE Bremerton, Washington 98310      360-479-8522</p>		

FC=Fitness Center • B=Bistro • TH=Town Hall • PR=Project Room • GL=Game Lounge • SL=Sports Lounge • FL= Fireside Lounge L=Library DR=Dining Room