













July 2024

Tempo Senior Apartments



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 National U.S. Postage Stamp Day 	2 Made in the USA Day <u>Coffee, Chocolate Chip Muffins & USA Trivia</u> 9:30 AM – 10:30 AM Bldg. 1 <u>Brain Games & Shirley Temples</u> 1:00 PM – 2:00 PM Bldg. 2 <u>Chair Volleyball</u> 3:00 PM – 4:00 PM Bldg. 3	3 <u>Garden Club & Breakfast Bars</u> 8:30 AM – 9:00 AM Bldg. 3 TEMPO MARKET BLDG I *Smiths* 10:00 AM – 12:00 PM <i>*Bring your own bag to Bldg. 1 Common Area*</i>	4 Independence Day  Loop Shopping Shuttle WinCo & Goodwill	5 - FITNESS FRIDAY – Full Body Stretching <i>Senior Fitness w/ Meredith</i> 9:00 AM – 9:30 AM Bldg. 2 Coffee w/ Red, White & Blueberry Pancakes 10:00 AM – 11:00 AM Bldg. 1 Let's Play Card Games w/ Ice Pops 2:00 PM – 3:00 PM Bldg. 3	6 Acai Berry Smoothies, Croissants & Music 9:30 AM – 10:30 AM Bldg. 3 TEMPO FIELD TRIP - Fashion Show Mall! <i>*Please sign up in Bldg. 3 Binder by 7/5/24 if you would like to attend. Time will be announced!*</i> BINGO 2:00 PM – 3:00 PM Bldg. 2
7 National Strawberry Sundae Day 	8 National Blueberry Day 	9 National Sugar Cookie Day <u>Coffee, Sugar Cookies & Current Events</u> 9:30 AM – 10:30 AM Bldg. 2 Exercise Class: Seated Strength 10:00am – 11:00am <u>Coordinator Office Hour</u> 1:00 PM – 2:00 PM Bldg. 3 Bingo 3:00 PM – 4:00 PM Bldg. 1	10 - WORKOUT WEDNESDAY – Seated Boxing Cardio <i>Senior Fitness w/ Meredith</i> 9:00 AM – 9:30 AM Bldg. 3 Team Sikora <i>Eat some popcorn & laminate your Medicare Cards!</i> 11:30 AM – 12:15 PM Bldg. 2 <u>Whitney Library</u> 2:00 PM – 3:00 PM Bldg. 1	11 <u>Coffee, Blueberry Muffins & How Much Did it Cost?</u> 9:30 AM – 10:30 AM Bldg. 1 <u>Puzzles & Arnold Palmers</u> 1:00 PM – 2:00 PM Bldg. 3 Come Enjoy: Corn Dogs & Slushies 3:00 PM – 4:00 PM Bldg. 2 Loop Shopping Shuttle Walmart	12 TEMPO MARKET BLDG II *Smiths* 10:00 AM – 12:00 PM <i>*Bring your own bag to Bldg. 2 Common Area*</i> Ice Cream & Foot Screenings 2:00 PM – 3:00 PM Bldg. 1	13 <u>Coffee, Cinnamon Rolls & Brain Teasers</u> 9:30 AM – 10:30 AM Bldg. 2 Tech Class: Let's Make Emails! 11:00 AM – 12:00 PM Bldg. 1 BINGO 2:00 PM – 3:00 PM Bldg. 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14 National Mac and Cheese Day</p>  <p>July 14</p>	<p>15 National Gummy Worm Day</p>  <p>JULY 15</p>	<p>16 National Cherry Day</p> <p><u>Coffee, Cherry Danishes & Penny Pitching</u> 9:30 AM – 10:30 AM Bldg. 3</p> <p><u>Exercise Class: Seated Strength</u> 10:00am – 11:00am <u>Poolside Smoothies</u> 1:00 PM – 2:00 PM Bldg. 1 Pool</p> <p><u>Afternoon Movie w/ Popcorn & Cherry Limeades</u> 2:30 PM – 4:30 PM Bldg. 2</p>	<p>17</p> <p><u>Garden Club & Fresh Fruit</u> 8:30 AM – 9:00 AM Bldg. 3</p> <p><u>Coffee, Banana Bread & BINGO</u> 9:30 AM – 10:30 AM Bldg. 1</p> <p><u>Arts & Crafts: Mason Jar Beach Terrarium</u> 2:00 PM – 3:00 PM Bldg. 2</p>	<p>18 Nelson Mandela International Day</p> <p><u>Coffee, Coffee Cake & History Chat: Nelson Mandela</u> 9:30 AM – 10:30 AM Bldg. 2</p> <p><u>Board Games & Mocktails</u> 1:00 PM – 2:00 PM Bldg. 1</p> <p><u>Cooking Class: Nacho Fries</u> 3:00 PM – 4:00 PM Bldg. 3</p> <p><u>Loop Shopping Shuttle Mariana's & Burlington</u></p>	<p>19</p> <p><u>- FITNESS FRIDAY - Chair Pilates</u> <i>Senior Fitness w/ Meredith</i> 9:00 AM – 9:30 AM Bldg. 2</p> <p>HELPING HANDS 2:00 PM – 4:00 PM <i>Bags will be delivered upon arrival</i></p>	<p>20</p> <p><u>Coffee, Breakfast Bars & Name That Tune!</u> 9:30 AM – 10:30 AM Bldg. 1</p> <p><u>Therapeutic Coloring & Snacks</u> 11:00 PM – 12:00 PM Bldg. 3</p> <p>BINGO 2:00 PM – 3:00 PM Bldg. 2</p>
<p>21 National Ice Cream Day</p> 	<p>22 National Mango Day</p>  <p>22 JULY</p>	<p>23</p> <p><u>Coffee, Fruit Salad & Wellness Chat: Hydration</u> 9:30 AM – 10:30 AM Bldg. 2</p> <p><u>Exercise Class: Seated Strength</u> 10:00am – 11:00am <u>Puppy Social & Ice Cream Pops</u> <i>Bring your pups for treats!</i> 2:00 PM – 3:00 PM Bldg. 1</p>	<p>24</p> <p><u>- WORKOUT WEDNESDAY - Back Stretching Workout</u> <i>Senior Fitness w/ Meredith</i> 9:00 AM – 9:30 AM Bldg. 3</p> <p>GOLDEN GROCERIES 1:00 PM - 4:00 PM <i>*Bring your own bag to Bldg. 3*</i></p>	<p>25</p> <p>TEMPO MARKET BLDG III <i>*Smiths, Albertsons* 10:00 AM – 12:00 PM *Bring your own bag to Bldg. 3 Common Area*</i></p> <p><u>Loop Shopping Shuttle Smith's & Trader Joe's</u></p>	<p>26 National Bagelfest Day</p> <p><u>Coffee, Bagels & Who Am I?</u> 9:30 AM – 10:30 AM Bldg. 1</p> <p>BRiThDay B'Sh 2:00 PM – 3:30 PM Bldg. 3</p>	<p>27</p> <p><u>Coffee, Lemon Poppyseed Muffins & Word Search Puzzles</u> 9:30 AM – 10:30 AM Bldg. 2</p> <p><u>Tech Class</u> <i>Bring a laptop or phone with any questions you have!</i> 11:00 AM – 12:00 PM Bldg. 1</p> <p>BINGO 2:00 PM – 3:00 PM Bldg. 3</p>
<p>28 National Milk Chocolate Day</p> 	<p>29 National Lasagna Day</p> 	<p>30 National Cheesecake Day</p> <p><u>Archwell Health BINGO</u> 10:00 AM – 11:00 AM Bldg. 3</p> <p><u>Let's Make: Cheesecake Stuffed Strawberries</u> 2:00 PM – 3:00 PM Bldg. 2</p>	<p>31</p> <p><u>- WORKOUT WEDNESDAY - Seated HIIT Workout</u> <i>Senior Fitness w/ Meredith</i> 9:30 AM – 10:30 AM Bldg. 2</p> <p><u>Arts & Crafts: String Painting</u> 2:00 PM – 3:00 PM Bldg. 1</p>			<p>If you have any questions, please call your Resident Services Coordinator at (725) 316-5319 Tuesday - Saturday between 9:00AM – 5:00PM</p>