


Lake Howard Heights

INDEPENDENT LIVING

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	Residents' July Birthdays 07/06 Dwane W. 07/06 Lorraine D. 07/16 Anthony R. 07/21 Penny R. 07/30 Tal M. 07/31 Carmen G	Staff July Birthdays 07/08 Shioban M. Dining Service 0710 Shamara C. Resident Care 07/31 Chandler B. Resident Care Assistant	Staff Anniversaries 07/01 Ron B. 9 yrs. 0703 Jasmine C. 8 yrs. 07/13 Phillip G. 7 yrs. 07/31 Amanda B. 4 yrs. 07/29 Andrea G. 3 yrs. 07/30 Shioban M. 1 yr.	Please note that all programs are subject to change. Please review the "Today's Programs" located throughout the community for the up to date information.	<div>1</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Publix-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Pokeno-MPR 2:45 Happy Hour w/ Eddy Rivers-Dining Room	<div>2</div> 9:30 Sittercise-MPR 10:00 Independent Games (Card, Board Games, Dominos)-Lanai 10:15 Bible Study w/ Mary-MPR 1:30 Resident Hosted Bingo-MPR
<div>3</div> 9:15 St John's Methodist Church Service-Communion Offered today-MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo-MPR	<div>4</div> Independence Day 8:15 Coffee Cart-Lobby 9:30 Sittercise-MPR 10:00 Resident Hosted Canasta-Lanai 10:15 U.S. Trivia You Didn't Know-Lanai 1:30 Bingo-MPR 2:45 Independent Games-Lanai	<div>5</div> 8:15 Coffee Cart w/ Lou-Lobby 8:30 Shop at Walmart-Must Sign Up In Lobby 8:30 Walking Club w/ Empowerme 9:30 Sittercise w/ Empowerme-MPR 10:00 Blood Pressure Check w/ Amedisys-Lanai 10:15 Mandela Art-MPR 10:30 Resident Council Meeting- MPR 1:30 Pokeno-MPR	<div>6</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise-MPR 10:30 Lunch Out "Abuello's" Must Sign Up In Lobby 1:30 Bingo-MPR 2:45 Wine & Cheese-Lobby	<div>7</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise w/ Empowerme-MPR 10:00 Update "Voter's Registration" Lobby 1:00 Nails by Lou-Bauty Shop 1:30 Bingo-MPR	<div>8</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Publix-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Pokeno-MPR 2:30 Introduction of New Residents-Dining Room 2:45 Happy Hour w/ Deborah Mims-Dining Room	<div>9</div> 9:30 Sittercise-MPR 10:00 Independent Games (Card, Board Games, Dominos)-Lanai 10:15 Bible Study w/ Mary-MPR 1:30 Resident Hosted Bingo-MPR
<div>10</div> 9:15 St John's Methodist Church Service-Communion Offered today-MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo-MPR	<div>11</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Walmart-Must Sign Up In Lobby 9:30 Sittercise-MPR 10:00 Resident Hosted Canasta-Lanai 10:15 Crafts w/ Crissy-MPR 1:30 Bingo-MPR 2:45 Independent Games-Lanai	<div>12</div> 8:15 Coffee Cart w/ Lou-Lobby 8:30 Walking Club w/ Empowerme 9:30 Sittercise w/ Empowerme-MPR 10:00 Blood Pressure Check w/ Amedisys-Lanai 10:15 Mandela Art-MPR 1:30 Pokeno-MPR	<div>13</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise-MPR 10:00 Town Hall Meeting-Dining Room/Everyone is Encouraged to Attend 1:30 Bingo-MPR 2:45 Wine & Cheese w/ Gary Satterzahn-Dining Room	<div>14</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise w/ Empowerme-MPR 10:00 Nails by Lou-Bauty Shop 1:00 WH Library-Must Sign Up In Lobby 1:30 Bingo-MPR 2:45 Banana Splits Day-Lanai	<div>15</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Publix-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Pokeno-MPR 2:45 Happy Hour w/ Jeff Wagy-Dining Room	<div>16</div> 9:30 Sittercise-MPR 10:00 Independent Games (Card, Board Games, Dominos)-Lanai 10:15 Bible Study w/ Mary-MPR 1:30 Resident Hosted Bingo-MPR
<div>17</div> 9:15 St John's Methodist Church Service-Communion Offered today-MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo-MPR 3:30 Sing-a Long w/ Joe Jones-Lobby	<div>18</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Walmart-Must Sign Up In Lobby 9:30 Sittercise-MPR 10:00 Resident Hosted Canasta-Lanai 1:30 Bingo-MPR 2:45 Independent Games-Lanai	<div>19</div> 8:15 Coffee Cart w/ Lou-Lobby 8:30 Walking Club w/ Empowerme 9:30 Sittercise w/ Empowerme-MPR 10:00 Blood Pressure Check w/ Amedisys-Lanai 10:15 Mandela Art-MPR 1:30 Pokeno-MPR 2:45 Auction w/ Allison-MPR	<div>20</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise-MPR 10:00 Shop at Dollar Tree-Auburndale 1:30 Bingo-MPR 2:45 Birthday Bash Dining Room/ Live Entertainment w/Thomas McGannon 🎵	<div>21</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise w/ Empowerme-MPR 1:30 Bingo-MPR 3:30 LHH Senior Prom 2022 Theme "The Roaring '20s" Speakeasy opens	<div>22</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Publix-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Pokeno-MPR 2:45 Happy Hour w/ Rick Langolf-Dining Room	<div>23</div> 9:30 Sittercise-MPR 10:00 Independent Games (Card, Board Games, Dominos)-Lanai 10:15 Bible Study w/ Mary-MPR 1:30 Resident Hosted Bingo-MPR
<div>24</div> 9:15 St John's Methodist Church Service-Communion Offered today-MPR 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo-MPR	<div>25</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Walmart-Must Sign Up In Lobby 9:30 Sittercise-MPR 10:00 Resident Hosted Canasta-Lanai 10:15 Crafts w/ Crissy-MPR 1:30 Bingo-MPR 2:45 Independent Games-Lanai	<div>26</div> 8:15 Coffee Cart w/ Lou-Lobby 8:30 Walking Club w/ Empowerme 9:30 Sittercise w/ Empowerme-MPR 10:00 Blood Pressure Check w/ Amedisys-Lanai 10:15 Mandela Art-MPR 1:30 Pokeno-MPR 2:45 Watermelon Bash-Lanai	<div>27</div> 8:15 Coffee Cart w/ Lou-Lobby 9:00 Seminole Hard Rock-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Bingo-MPR 2:45 Wine & Cheese-Lobby	<div>28</div> 8:15 Coffee Cart w/ Lou-Lobby 9:30 Sittercise w/ Empowerme-MPR 1:00 Nails by Lolu-Bauty Shop 1:30 Bingo-MPR	<div>29</div> 8:15 Coffee Cart w/Lou-Lobby 8:30 Shop at Publix-Must Sign Up In Lobby 9:30 Sittercise-MPR 1:30 Pokeno-MPR 2:45 Happy Hour w/ Deborah Mims-Dining Room	<div>30</div> 9:30 Sittercise-MPR 10:00 Independent Games (Card, Board Games, Dominos)-Lanai 10:15 Bible Study w/ Mary-MPR 1:30 Resident Hosted Bingo-MPR
<div>31</div> 9:15 St John's Methodist Church Service-MPR-Intergenerational Service 10:00 Cards on the Lanai 2:00 Resident Hosted Bingo-MPR						