










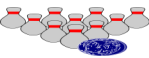



















































S.E.L.F. Calendar (Seniors Empowered to Live Life to the Fullest)



July 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Marsha M. 7/6 Arnold M. 7/9 Cathy M. 7/11 Ken M. 7/13 Patricia B. 7/14	Paul P. 7/20 Nancy C. 7/20 Andrew C. 7/20 Lois J. 7/27 Niel J. 7/28	Geneva H. 7/28	NEED VOLUNTEERS FOR THE RESIDENT BBQ PLEASE!!	Volunteers always welcome! Please submit any calendar suggestions to Shawna, so she can put on calendar.	\$1 Donuts 9a  Adult Coloring 2pm  Cards 7pm 	1. Social Hour 4p  GAME NIGHT Game Night 7p
2. Sport's Club 	3. BR Fitness Class 11a  Movie Monday 2pm On Golden Pond 	4. HAPPY 4th of JULY!!  OFFICE CLOSED	5. 4th of July BBQ /Open RSVP 12pm  BOOK CLUB 4p 	6. Bowling 2pm  Cards 7p 	7. \$1 Donuts 9a  Adult Coloring 2p  Dominoes 7p	8. Social Hour 4p   Bingo 7p
9. Sport's Club 	10. Brkfst Potluck 9a RSVP Senior Fitness Class 11am  Movie Monday Great Gilly 2 	11. Men's Coffee 9am  Bible Study 11a  Pool Leagues 7p 	12. Lunch Bunch Smokehouse BBQ 11:15p RSVP  Dominoes 7p 	13. Alzheimer-Speaker 11a  Bowl Leagues 2pm  Cards 7pm 	14. \$1 Donuts 9a  Adult Color 2p  Cards 7p 	15. Social Hour 4p  GAME NIGHT Game Night 7pm
16. Sport's Club 	17. BR Fitness 11a Lunch with Costco 12pm RSVP  Movie Mon-To Kill a Mockb 2 	18. Men's Coffee 9am  Pool Leagues 7p 	19. Lunch Bunch at Corner Cafe 11:15a RSVP  Bunko 1pm RSVP 	20. Lunch With Lauren Ger Care 12pm RSVP  Bowling League 2p  Open House 3p	21. \$1 Donuts 9a Casserole Potluck 12pm RSVP  Adult Coloring 2p  Music Concert 6p 	22. Social Hour 4p   Bingo 7p
23. Sport's Club  	24. Breakfast Big Biscuit 9a RSVP  Fitness Class 11a  Movie Mon Walt before Mickey 2pm  Dominoes 7p	25. Men's Breakfast 9a  Bible Study 11a 	26. Resident Birthday Party 2p RSVP  Dominoes 7p 	27. Medicare BRKFST 10:30-11:30a  Bowling Leagues 2pm  Dominoes 7p 	28. \$1 Donuts  Adult Coloring 2p  Comm Room-RSVP 5-10p	29. CommRSVP'd 12-5p 5:30-10p 

The Springs at Independence 55+

19301 E. 50th Terrace
Independence, Mo 64055

Phone /Emergency #
816-886-2166
Email: managerindependence@calamar.com

Happy 4th of July!

