## Linus Oakes **Monthly Activities**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR - Activity Room C - Chapel CR - Community Room L - Lobby LG - Lounge	Birthdays	1 9:00 Stroll along 10:30 AM Shopping Trip G 1:00 Table Talk with Tonya CR 2:00 LO Bingo / 10¢ a card 25¢ Blackout	2 (R 9:15 Stretch and Tone (R 10:00 Yoga and meditation (C 10:30 Communion (G 12:30 Mahjong (G 1:00 Board Games	<ul> <li>3</li> <li>9:00 Coffee and Donuts at Henry's</li> <li>9:00 Stroll along</li> <li>1:30 PM Shopping Trip</li> </ul>	4Independence DayNo Mail or Banks todayCR9:15Stretch and ToneCR10:00Yoga and meditationIG12:30MahjongIG1:00Board GamesIG1:30Social Hour3:00Early Dinner Buffet	5 9:00 Stroll along 1 0:00 Morning Mimosas 1 0:00 Board games 3:00 Social Hour 1 6:00 Resident Bingo
<ul> <li>6</li> <li>1:00 Board games</li> <li>2:00 Worship Service</li> </ul>	<ul> <li>7</li> <li>CR 9:15 Stretch and Tone</li> <li>CR 10:00 Yoga and meditation</li> <li>LG 10:30 Mahjong</li> <li>LG 1:00 Board Games</li> </ul>	<ul> <li>8</li> <li>9:00 Stroll along</li> <li>10:00 Bowman's Pond</li> <li>10:30 AM Shopping Trip</li> <li>2:00 LO Bingo / 10¢ a card 25¢ Blackout</li> </ul>	9 (R 9:15 Stretch and Tone IG 10:00 Happy Crafters (R 10:00 Yoga and meditation IG 12:30 Mahjong IG 1:00 Board Games	<ul> <li>9:00 Stroll along         <ol> <li>1:30 Graffiti Day/ Vendor Fair, Car Show and Food Truck</li> <li>1:30 PM Shopping Trip</li> <li>6:00 Poker</li> </ol> </li> </ul>	11CR9:15Stretch and ToneCR10:00Yoga and meditationLG12:30MahjongLG1:00Board GamesLG3:00Social Hour	<ul> <li>9:00 Stroll along</li> <li>10:00 Morning Mimosas</li> <li>1:00 Board games</li> <li>3:00 Social Hour</li> <li>6:00 Resident Bingo</li> </ul>
<ul> <li>1:00 Board games</li> <li>2:00 Worship Service</li> </ul>	14CR9:15Stretch and ToneCR10:00Yoga and meditationLG10:30MahjongAR11:00BereavementLG1:00Board Games	<ul> <li>15</li> <li>9:00 Stroll along</li> <li>10:30 AM Shopping Trip</li> <li>AR 1:00 Vision Writers Group</li> <li>CR 2:00 LO Bingo / 10¢ a card 25¢ Blackout</li> </ul>	16 CR 9:15 Stretch and Tone CR 10:00 Yoga and meditation C 10:30 Communion IG 12:30 Mahjong IG 1:00 Board Games	<ul> <li>9:00 Stroll along</li> <li>1:30 PM Shopping Trip</li> <li>2:00 Resident Council Meeting</li> </ul>	<ul> <li>18</li> <li>CR 9:15 Stretch and Tone</li> <li>CR 10:00 Yoga and meditation</li> <li>IG 12:30 Mahjong</li> <li>12:30 Roseburg Audiology</li> <li>IG 1:00 Board Games</li> <li>IG 3:00 Social Hour</li> </ul>	<ul> <li>19</li> <li>9:00 Stroll along</li> <li>10:00 Contemplative Prayer</li> <li>10:00 Morning Mimosas</li> <li>1:00 Board games</li> <li>3:00 Social Hour</li> <li>6:00 Resident Bingo</li> </ul>
20 11:15 Sawdust Theater/Coquille G 1:00 Board games C 2:00 Worship Service	21 (R 9:15 Stretch and Tone (R 10:00 Yoga and meditation (G 10:30 Mahjong (G 1:00 Board Games (R 1:00 Bunco	22 9:00 Stroll along 10:30 AM Shopping Trip CR 2:00 LO Bingo / 10¢ a card 25¢ Blackout	23 (R 9:15 Stretch and Tone (G 10:00 Happy Crafters (R 10:00 Yoga and meditation (G 12:30 Mahjong (G 1:00 Board Games	24 9:00 Stroll along 1:30 PM Shopping Trip G 6:00 Poker	25 (R 9:15 Stretch and Tone (R 10:00 Yoga and meditation (G 12:30 Mahjong (G 1:00 Board Games (G 3:00 Social Hour	26 9:00 Stroll along G 10:00 Morning Mimosas G 1:00 Board games G 3:00 Social Hour G 6:00 Resident Bingo
<ul> <li>27</li> <li>G 1:00 Board games</li> <li>C 2:00 Worship Service</li> </ul>	28 CR 9:15 Stretch and Tone CR 10:00 Yoga and meditation LG 10:30 Mahjong AR 11:00 Bereavement LG 1:00 Board Games	29 9:00 Stroll along 10:30 AM Shopping Trip CR 2:00 LO Bingo / 10¢ a card 25¢ Blackout	30 (R 9:15 Stretch and Tone (R 10:00 Yoga and meditation (G 12:30 Mahjong (G 1:00 Board Games	31         9:00 Jacksonville Oregon Trip         9:00 Stroll along         1:30 PM Shopping Trip		

\*Activities subject to change Life is like riding a bicycle. To Keep your balance, you must keep moving."

## July 2025