

July 2011

# The Village Voice

Newsletter of The Cedars Village



## Carma's Commentary

As you wake up each morning, what are the kinds of things that make you smile? Do you have a formula guaranteed to lift your spirits? If so, I'd like to hear about it. (Wouldn't we all!?)

I recently found myself in need of an attitude adjustment. I was feeling low and had to do something to shift my temporary outlook. Knowing how much I like hearing other people's life stories, I decided to seek out someone who would share his with me. Crossing paths with a 93-year-old gentleman by the name of Audean Horn was the perfect solution. Mr. Horn was a farmer for 62 years and one of the first in the area to have a tractor. It didn't have lights and had to be cranked by hand to get the engine running. What caught my attention was that he loaned the tractor to all of his neighbors. He said that it just seemed like the right thing to do. It reminded me that giving and sharing with others is a good way to pull ourselves up by the bootstraps. Audean's eyes sparkled as he shared with me in his soft-spoken, yet energized manner. He seemed at peace with the world.

In his book, *Man's Search for Meaning*, concentration camp survivor Viktor Frankl tries to help us find peace within our own world by giving it meaning. He first writes, "Man's search for meaning is the primary motivation in his life." The theme in his book is based on the philosophy, "He who has a *why* to live for can bear with almost any *how*." However, Frankl later determines that we shouldn't waste time worrying about what life is all about. The focus should be on what life is asking of us. As the author struggles for survival, he notes, "We needed to stop asking the meaning of life, and instead think of ourselves as those who were being questioned by life—daily and hourly. Our answer

must consist, not in talk and meditation, but in right action and right conduct." In other words, get out there and do something!

There are days, however, when I'm simply not interested in "doing something" and need a little help with my spirits. That is when I need to get re-introduced to my endorphins. The best way to produce those "guys" is to exercise and get my body moving. Taking my dog for a brisk walk and working in my yard seem to provide a little "jump start" to the day. Visiting with friends about fun things and listening to the life stories of those I admire is also helpful.

Viktor Frankl heard plenty of life stories during his confinement. One young woman told him that she was grateful that fate hit her so hard because before then she had not taken spiritual accomplishments seriously. She pointed to the branch of a tree outside her window and shared that it said to her, "I am here—I am life, eternal life." I'm pretty sure that she was at peace with the world when she passed away soon after their discussion.

Trees and nature definitely have the ability to soothe the soul. While digging the dirt in my garden, my mind wanders all the way from big things like the meaning of life to little things like where to plant a poppy seed. The seasons come and go and I'm happy to see my plants burst through the soil in the spring. It is as if they come back to see me and catch up on old times. I haven't been able to tell them that I've shared a tractor with my neighbors yet, but I can say there is a whole lot of sharing going on with life stories. I can also tell them that being able to write about these meaningful events introduces my soul to all those around me. It is enough to make me smile.

-- Carma Wall, CEO  
cwall@thecedars.org

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**THIS 'n THAT**  
from around *The Village*

**JUIY LUNCHEON**

When: Tuesday, the 19<sup>th</sup>, 12:00 noon  
Where: Wellness Center Banquet Room  
Menu: Baked steak, mashed potatoes, creamed corn, garden salad, vegetable bread w/butter, berry pie, regular and diabetic, beverages  
Cost: \$9.50  
Hosts: Marvin and Vi Lundquist  
Bob and Mina Sifrit

**Please Note:** Please phone your reservations to Diane at 241-0919, ext 110, by Friday, July 15. *You are invited to bring a donation of food or a check for the McPherson County Food Bank.*

**Chaplains' Corner**

❖ Persons attending the small group meetings at the Cedars enjoy the challenges and opportunities for writing, study, sharing, and laughing that bring us back week after week. Most have something to share, though there are times when someone simply wants to listen in – and that's okay! Come join us. You'll be glad you did!

❖ Much of the richness of a single gospel is sometimes lost in a comparative study of Jesus' life and mission in Matthew, Mark, Luke, and John. During the months of July and August, therefore, the Village Study group will examine The Great Physician: the Healing Stories in Luke and Their Meaning for Today. The only required reading will be the book of Luke, in whichever version(s) you prefer. We will continue to meet at 10:15 on Wednesdays in the Meditation Chapel.

❖ Several residents in the Health Care Center would be very happy to have a friend, an Advocate, to visit them on a regular basis. Many of them do not have family close by, or family does not know quite how to communicate with them. They would dearly love to have someone talk to them, listen to them, read to them, maybe play cards or even sing with them, the kinds of things that friends do for each other. If you could dedicate an hour a week to that kind of mission, please contact Chaplain Florence or Administrator Judy Wineland. We meet once a month on the third Friday at 11:15 in the Meditation Chapel to share experiences and suggestions.

**Village Garage Sale**

**The annual Village garage sale will be held Friday and Saturday, July 15 and 16.** The sale will be from 12:00-5:00pm on Friday and from 8:00am to noon on Saturday. Proceeds will go to the Coffee Shop. Your donations are needed to make the sale a success.

You may bring items any time Thursday or Friday morning. If you need help to move an item, call the W/CC desk and we will find help. If you have questions about the same, call Elva Jean Naylor, 214-3123. Come, browse, and buy!

**Cedars Guild Meeting**

**The Cedars Guild will meet on Thursday, July 28, at the W/CC at 3:00pm.** Come and hear about the many activities of the Guild.

**July Breakfast Menus**

7<sup>th</sup> -- French toast w/assorted sides  
14<sup>th</sup> -- Omelet Day w/assorted sides  
21<sup>st</sup> -- Quiche Lorraine w/assorted sides  
28<sup>th</sup> -- Omelet Day w/assorted sides

### From our library

I'm always excited when I find a new book by Steve Hamilton listed. I have just read *Misery Bay*, and as usual, it is excellent. Steve really knows how to get the reader involved in a good mystery. His stories are always set in the Upper Peninsula of Michigan. This story takes place in the winter and I was cold the whole time I was reading it. The author is from Michigan and knows the country and people very well.

The story starts with a jolt when a young man goes out to the edge of Lake Superior and hangs himself. Alex McKnight does not know this young man. Two months after the hanging, McKnight is asked to help investigate the crime by the one person in the world who has least reason to like him. He is drawn into the mystery which enlarges to other murders, and in the process, he and his enemy become companions.

Hamilton has won the Shamus and the Edgar awards for mystery. He lives in New York with his wife and children. The book is in the Cedars Library in the Mystery section.

As you know, we have moved some of the books to the extension of the library down the hall from Mike's office. You will find poetry books, books of inspiration, humor, a few light romances and coffee table books in that area. I hope you will find time to browse some. We have a new addition in the poetry section called *Fire in the Bog*. It is a collection of poems by Viola Seitz, former Villager, now living in Canada. I particularly like the one titled *Kindness*.

Let me be a little kinder.

Let me be a little blinder

To the faults

Of those around me.

Let me praise a little more.

Let me be

When I am weary,

Just a little bit more cheery,

Let me serve a little better

Those I vow to

Love forever.

Visit the Cedars Library and select something to read. -- Betty Stanley

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## **JULY EVENTS**

**Bob Baldwin, contact person,  
unless otherwise indicated**

### Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

### Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 2:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

### Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

### See you at Village Breakfast (Menus – p. 2)

Join your friends in the large dining room at the Health Care Center and have breakfast together. **We meet on Thursdays at 8:15 am**; the charge is \$4. The dates are **July 7, 14, 21, and 28**. Try eating at noon in the HCC (The Cedars Café) or The Courts.

(July Activities, continued on p. 4)

(July Activities, continued from p. 3)

### Tai Chi classes – twice weekly

With the YMCA we are offering introductory Tai Chi classes **each Monday (4, 11, 18, and 25; and Thursday (7, 14, 21, and 28) in July at 11:15 am in the W/CC.** Tai Chi promotes internal strength physically, mentally, and emotionally.

### Using the Wii

**Every Friday afternoon from 1:00 to 3:00 pm,** Bob will have the Wii game ready to go, in the W/CC fitness room.

### Friday morning coffees

Take a coffee break and come to **The Courts on Friday mornings at 9:30am— July 1, 8, 15, 22 and 29.** Enjoy the fellowship with our friends there.

### Patriotic Sing-along

(Royal Eickstadt)

**Friday, July 1, at the W/CC at 7:00 pm.**

Y'all come! Salute our country and enjoy each other. Let us know if you'd like to contribute a musical number or a short reading. Call Royal at 241-0627).



### 2<sup>nd</sup> Tuesday Coffees – July 12

**Men's and Women's groups – 10:00am**

**Men:** at the Health Care Chapel for visiting, coffee, and occasional speaker.

**Women:** at W/CC Coffee Shop.

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the Coffee Shop for our monthly coffee.

### Red Hatters to meet

(Corky Flood)

**The Red Hat group will lunch together on Wednesday, July 13, at LaFiesta.** Let Corky know if you need transportation. (Phone 241-4005).

### Book Club – Monday, July 25

Everyone is welcome to come to the Cedars Book Club which will meet on **July 25 at 3:00 in the Board Room of the Wellness Center.** Not sure where that is located? Ask Diane at the front desk or someone you might see in the coffee shop. Pick up your coffee/tea and come enjoy the conversation. You can share what you've been reading or just come and listen and get ideas. New residents are always encouraged to come check this out and see if they might want to join us on a regular basis. Come for the fellowship.

### Trip to Emporia - Tuesday, July 26

We're heading to Emporia for our trip this month and we've selected sites you may not have visited before but have wanted to check out. Read on and see if this is something you can do. Then mark your calendar and call Fruths to reserve a spot.

We'll leave from the Wellness Center at **8:00.** We'll travel through beautiful countryside on the way to Emporia, stopping at the Flying J Truck Stop for a rest break before going to **Glendo Corporation.** We'll have a tour of Glendo GRS Corp. This business leads the industry in tools designed for jewelry and engraving arts, as well as equipment for industrial and business use. The technology was developed by Don Glaser in 1965. He revolutionized the hand engraving field with pneumatic-powered tools and supplies that are now used for engraving, stone setting, wood carving, scrimshaw and more. No photography is allowed in their workshop or assembly area. Not clear about what we'll be seeing?? Go to Google and type in Glendo Corporation, Emporia, KS to get a clear picture of what we'll see. There's lots of information on their web site. (July Activities, "Trip to Emporia," continued on p. 5)

We'll go from Glendo to **Olpe's Chicken House for lunch**. The Coble family has been serving their famous fried chicken dinners since 1958. (You can ask Dave Fruth about that.)

After lunch we'll go to the **David Traylor Zoo**. It's small and walkable. The grounds boast the serenity of ponds and botanical areas with resting spots along the way. Donation.

Our last stop will be to visit the showplace **home of William Allen White**, nationally known newspaperman and author. Admission to the house is \$2. We'll tour his home and gardens, now a National Historic Landmark, and come to know White, his family, and their stories. White looms large in the politics of Kansas, debating the Populists of the 1890s and battling against the Ku Klux Klan in the 1920s. Children of Kansas know the name of William Allen White because there is a concerted effort to get students reading selected books each year and then vote on the one they liked the best.

Sound like a fun trip to you? We hope so. Call **Fruths (245-0674)** after July 11 to let us know **by Saturday, July 23** so we can notify the restaurant and make arrangements for transportation. We'll need to charge \$5 for the van; if we need to take cars, you can pay you driver the same. We will be relaxed about the day; we hope to be home by 5:00.

### **Documents to be shredded**

If you have documents that need to be shredded, you can bring those to the main Cedars office or Assisted Living on the fourth Wednesday of the month. This would be **Wednesday, July 27th**. They will have a secure box for your documents.

### **Recycling**

**Wednesday, July 27<sup>th</sup> will be Recycling Day** at the Village. Bring your recyclables to the trailer, parked in the W/CC parking lot from **8:00 am to noon**.

### **Movie Night - Friday, July 29**

Come to the **Wellness Center at 7:00 on Friday, July 29**, to share in the heart warming movie called "**I Am Sam**." Feel free to bring your friends. We'll have popcorn and other munchies and something cold to drink. Donations.

If you'd like to know more about this movie, go to Google on your computer and type in "I Am Sam - movie." You can see some clips at that website.

Sam Dawson is a mentally-challenged father raising his daughter Lucy with the help of an extraordinary group of friends. As Lucy turns seven and begins to intellectually surpass her father, their close bond is threatened when their situation comes under the scrutiny of a social worker who wants Lucy places in foster care. Faced with a seemingly unwinnable case, Sam vows to right the legal system and forms an unlikely alliance with Rita Harrison, a high-powered, self-absorbed attorney who initially takes his case pro bona as a challenge from her colleagues. On the surface the two couldn't be further apart, but in reality they are subtly similar. Sam's compulsive nature is mirrored in Rita's more socially acceptable obsessive-compulsive nature. Together they struggle to convince the system that Sam deserves to get his daughter back and, in the process, fuse a bond that results in a unique testament to the power of unconditional love.



In Memoriam

**Arthur Miller**

1929 – 2011

**Minutes of the Village Council**

**June 20, 2011**

**Wellness Center Board Room**

*Present: Council Members:* Betty Stanley, Lois Neher, Roger Black, Jody Miller. *Administration:* Bob Baldwin.

President Betty Stanley called the meeting to order and Jody Miller read minutes of the May meeting, which were approved. Bob Baldwin passed out copies of the Treasurer's report which shows a balance of \$696.70

Bob reported that the Board has approved the building of two new units which will be located on Darlow Drive, east of the north down under room. The Village continues at capacity and the new units are also sold.

The report on the calling system indicates that it is now being well received and Bob will continue to send out reminders, in addition to the ones in *The Village Voice*.

There was no additional report on the pictorial directory. It is still scheduled for late summer.

There being no additional business, the meeting was adjourned.

**The next meeting of the Council will be Monday, July 18th at 1:30 p.m.**

-- Jody Miller, secretary

## My Favorite Animal

Our teacher asked us what our favorite animal was, and I said, "Fried chicken." She said I wasn't funny, but she couldn't have been right because everyone else in the class laughed. My parents told me to always be truthful and honest, and I am. Fried chicken *is* my favorite animal. I told my dad what happened and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too.



Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed, too. Then he told me not to do it again. The next day in class my teacher asked me what my favorite live animal was. I told her it was chicken. She asked me why, just like she'd asked the other children. So I told her it was because you could make them into fried chicken. She sent me back to the principal's office again. He laughed, and told me not to do it again. I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher asked us to tell her what famous person we admire most. I told her, "Colonel Sanders."

Guess where I am now...???

(-- shared by Lois Neher)



An intellectual is someone who can listen to the "William Tell Overture" without thinking of the Lone Ranger.

## Did you know?

This year we're going to experience unusual calendar phenomena:

July 2011 has 5 Fridays, 5 Saturdays, and 5 Sundays. This happens once every 823 years!

And that's not all: The 2011 calendar has these four rare date combinations:

1/1/11, 1/11/11, 11/1/11, and 11/11/11

❖ ❖ ❖

And here's an interesting mathematical fact: Take the last two digits of the year in which you were born; add the age you will be this year. The results will be 111 for *everyone in the whole world!* Try it!!

(from e-mail; shared by Millie Boone)

## Charter Membership Comes to a Close

With the end of June came the last date for Charter Membership into The Cedars Heritage Society and we want to very sincerely thank those of you who took the time to remember The Cedars in your estate planning. In addition to opening gift annuities through the Development Office, people joined by gifting land or other physical assets, naming The Cedars as beneficiary on life insurance policies or IRA's, or simply listing us as partial recipient on their estates. Whatever the method, the importance of planned giving to The Cedars' ongoing ability to care for all of our residents cannot be over-stated.

If your intent is to include The Cedars in your own estate plan, but weren't able to do so before the end of June, please come by the Development Office to discuss the options available. While gift annuities of \$5000 or more are a popular choice, The Cedars can also assist in setting up a wide variety of trusts for larger estates to ensure that your resources are preserved for generations to come. And for those who are already members, keep your eyes open for information on our first Heritage Society recognition event! Thanks.

(-- Eric Litwiller, Director of Development)

## Kids' Instructions for Life

Never trust a dog to watch your food.

-- Patrick, age 10

When you want something expensive, ask your grandma. -- Matt, age 12

Sleep in your clothes so you'll be dressed in the morning. -- Jen, age 8

Never try to hide a piece of broccoli in a glass of milk. -- Rosemary, age 7

Don't flush the toilet when your dad's in the shower. -- Lamar, age 10

Never ask for anything that costs more than five dollars when your parents are doing taxes. -- Carol, age 9

Don't ever be too full for dessert. -Kelly, age 10

Never bug a pregnant mom.  
-- Nicholas, age 11

Whenever your dad is mad and asks, "Do I look stupid?" don't answer him.  
-- Heather, age 16

Never tell your mom her diet isn't working. - Michael, age 14

Don't pick on your sister when she is holding a baseball bat. - Joe, age 12

Never dare your little brother to paint the family car. - Phillip, age 13

Remember you're never too old to hold your father's hand. - Molly, age 11

[From the internet: [www.housetohouse.com](http://www.housetohouse.com)]

**July 2011**

**Director of Independent Living & Wellness/Conference Center**

**Bob Baldwin**

### **Activities Council and Calling System**

We have had about a month of calls to test out the new calling system and at this point, I think it has been a success. I will not list the events that happen the same time every week, but will try to list all the once-a-month or special events that we get planned.

The Activities council is always looking for ideas or new things to try or do. We are also looking for people to head up these events. If you have an idea or an interest, come and join us at our monthly planning meetings.

The people who do attend and plan these events should be applauded for all that they do. They are constantly giving of their time and energy to hold events that might be of interest to any and all. The meetings are usually held on the first Friday of the month for the next month's activities. If you have any interest, contact me and I will invite you to the next meeting.





## WELLNESS / CONF. CTR. - DEVOTIONAL EVENTS - JULY 2011

**Mondays** - 10:15 AM - Meditation Chapel (not 7/4) - Ready Writers  
**1st Mon** - 6:30 PM - Meditation Chapel - Grief Support Group  
**Wednesdays** - 10:15 AM - Meditation Chapel - Village Study Group  
**Thursdays** - 1:00 PM - Meditation Chapel - Grief Support Group  
**Friday 7/15** - 11:15 AM - Meditation Chapel - Advocates/Friends  
**Fridays** - 10:15 AM - Coffee Shop - Just for Laughs

## MAXWELL / CEDAR HOUSES - DEVOTIONAL EVENTS

**Mondays** - 9:30 AM - 803 - Inspirational Music - Lucille Hand  
**Wednesday** - 9:30 AM - 805 - Insp. Music (not 7/27) - Rosalie Black  
**Wed 7/27** - 9:30 AM - 805 - COMMUNION - Joe S., others TBA  
**Wednesday** - 10:00AM - 807 - Inspirational Music 7/6 Joanna Hoffman  
- 7/13 Noleen Binder - 7/20 Eloise Lichty  
**Wed 7/27** - 10:00AM - 807 - COMMUNION - Joe S., others TBA  
**Thursdays** - Chaplain Chris visits in houses.  
**Fridays** - 9:30 AM - 801 - Inspirational Music(not 7/22)-Joe Shook

## ASSISTED LIVING - DEVOTIONAL EVENTS AT THE COURTS

**Tuesdays** - 11 AM - PDR - Bible Study - Paul Willard  
**Thursdays** - 4 PM - 2<sup>nd</sup> floor - Bible Study - Susan Ballou  
**Fridays** - 9:30 AM - Dining Room - Piano - Royal Eickstadt

## SUNDAY WORSHIP

**TV** - 10:15 AM - Ch 13 - Worship - Church of the Brethren  
- Can be viewed on giant screen - Courts, 2<sup>nd</sup> floor, Activities Room  
**Radio** - 10:30 AM - FM 96.7 - Worship - Free Methodist  
**Courts** - 6:00 PM - 2<sup>nd</sup> floor - Worship - Susan Ballou, Leader  
- communion served on 2nd Sunday  
- 7/31 Hymn sing

## OTHER

**COMMUNION** provided for Catholic residents on a weekly basis  
- usually on a Thursday - St. Joseph's Catholic Church

## July 2011

Mon	Tue	Wed	Thu	Fri
June 27	June 28	June 29	June 30	July 1
				Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed Potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding
INDEPENDENCE DAY  Café Closed	Lemon Lime Jell-O Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie	Coleslaw Pepper Steak Pork & Kraut Buttered Penne Pasta Broccoli Corn Dinner Roll Cookies and Cream Pie	Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie	BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans Vegetable Medley Bread Stick Root Beer Cake
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake	Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée Peas Yellow Squash Cookie	Tomato & Mozzarella Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie	Cucumber Salad Lasagna Rolls w/ Meat Sauce Chicken Tetrazzini Creamed Corn Zucchini Lime Layer Dessert	Heavenly Mold Meatloaf Red Beans and Rice Baked Potato Scandinavian Vegetable Turnips Mango Cheesecake
Coleslaw Fried Catfish Meatball Sub Au Gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb Pie	Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan Pie Bars	Caesar Salad Lasagna Italian green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake	Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green Beans Chef's Choice Vegetable 7 layer dessert	3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ Gravy Zucchini Corn Bread pudding	Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake	Cole Slaw Pasta and Meatballs Sweet & Sour Chicken Garlic bread Italian Blend Vegetables Rice Cookie	Cottage Cheese Jell-O Salad King Ranch Chicken Pineapple Glazed ham Green Beans Baked Amaretto Apples	Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed Potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding

JULYCALENDAR

<u>DATE</u>	<u>EVENT</u>
<u>July 1</u>	
Fri. 1	7:00pm Patriotic Sing-along, W/CC
<u>July 4-8</u>	
Mon. 4	<i>Fourth of July</i> There will be no July 4 <sup>th</sup> potluck The regularly scheduled Monday morning events will not meet: exercise, Ready Writers, Tai Chi
Wed. 6	9:00am Exercise group, fitness ctr 10-11:30; 2-4pm Sew&tie quilts. S-DUR 10:15am Village Study, Med. Chp;
Thu. 7	8:15am Village breakfast, HCC; menu-p.2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 8	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm., W/CC
<u>July 11-16</u>	
Mon. 11	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. chp 11:15am Tai Chi, W/CC
Tue. 12	10:00am Men's Coffee, HCC 10:00am Women's Coffee, Coffee Shop
Wed. 13	9:00am Exercise group, fitness ctr 10-11:30am; 2-4pm Sew&tie quilts, S-DUR 10:15am Village Study, Med. chp 11:30am Red Hat Luncheon, LaFiesta
Thu 14	8:15am Village breakfast, HCC, menu-p.2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 15	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 11:15am Advocates/Friends, Med. Chp. 12-5 pm Village Garage Sale, W/CC; p. 2 1-3pm Wii Games, Exercise Rm, W/CC
Sat 16	8am-noon Village Garage Sale, W/CC; p. 2

<u>DATE</u>	<u>EVENT</u>
<u>July 18-23</u>	
Mon. 18	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC 1:30pm Village Council, W/CC Bd. Rm.
Tue. 19	noon July Village Luncheon, W/CC
Wed 20	Document Shred, all day; office & Courts 8am-noon Recycling, W/CC Parking Lot 9:00am Exercise group, fitness ctr 10-11:30; 2-4pm Sew&tie quilts, S-DUR 10:15am Village Study, Med. Chp.
Thu. 21	8:15am Village breakfast, HCC; menu p.2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart
Fri. 22	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm.,W/CC
Sat. 23	Last day to reserve for Emporia Trip; p.
<u>July 25-29</u>	
Mon. 25	9:00am Exercise group, fitness ctr 10:15am Ready Writers, Med. Chp. 11:15am Tai Chi, W/CC 3:00pm Book Club, W/CC Board Rm
Tue. 26	8:00am Emporia Trip, leave from W/CC
Wed 27	9:00am Exercise group, fitness ctr 10-11:30am;2-4pm Sew&Tie quilts, S-DUR 10:15am Village Study, Med. Chp.
Thu. 28	8:15am Village breakfast, HCC; menu p.2 9:00am China painting, S-DUR 11:15am Tai Chi, W/CC 2:00pm Cedars van to Wal-Mart 3:00pm Cedars Guild Mtg., W/CC
Fri 29	9:00am Exercise group, fitness ctr 9:30am Coffee at The Courts 10:15am Just for Laughs, Coffee Shop 1-3:00pm Wii Games, Exercise Rm, W/CC 7:00pm Movie Night

