



# JULY

# VALLEY HEIGHTS ACTIVITY CALENDAR

# 2018

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|--|---|
| <b>1</b><br>9:30 am - 12:30 pm<br><b>Church Transportation</b><br>1:00 pm Scenic Drive:<br>Watsonville<br>1:00 pm Movie<br>7:30 pm Movie       | <b>2</b><br>9:00 am Tai Chi<br>10:00 am Shopping<br>11:00 am Current Events<br>1:30 pm BINGO<br>2:30 pm Coffee break<br>7:30 pm Movie  | <b>3</b><br>9-12 pm Santa Cruz<br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Communion<br>11:00 am Bible Study<br>1:30 pm BINGO<br>3:30 pm Social hour<br>3:30 pm Chris Ring<br>7:30 pm Movie      | <br><b>4</b><br>HAPPY INDEPENDENCE DAY!<br>2-5 pm Open Seating<br>7:30 pm Movie<br>8:15 pm FIREWORKS<br>POPCORN DAY! | <b>5</b><br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Blood pressure<br>12:00 pm Lunch in<br>1:30 pm BINGO<br>7:30 pm Movie                                     | <b>6</b><br>9:00 am Exercise<br>9:30 am Exercise<br>10:00 am DVD Lecture<br>11:00 am Food Committee<br>1:00 pm Shopping<br>3:30 pm Social hour<br>3:30 pm Richard Stauff<br>7:30 pm Movie        | <b>7</b><br>9:30 am Capitola Mall<br>12:00 pm Food, Fun & BINGO<br>1:00 pm Movie<br>7:30 pm Movie   |
| <b>8</b><br>9:30 am - 12:30 pm<br><b>Church Transportation</b><br>1:00 pm Scenic Drive:<br>San Juan Bautista<br>1:00 pm Movie<br>7:30 pm Movie | <b>9</b><br>9:00 am Tai Chi<br>10:00 am Shopping<br>11:00 am Current Events<br>1:30 pm BINGO<br>2:30 pm Coffee break<br>7:30 pm Movie  | <b>10</b><br>9-12 pm Santa Cruz<br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Communion<br>11:00 am Bible Study<br>1:30 pm BINGO<br>3:30 pm Social hour<br>3:30 pm Young At Heart<br>7:30 pm Movie | <b>11</b><br>10:00 am DVD Lecture<br>10:00 am Shopping<br>12:00 pm Welcome Lunch<br>1:00 pm Bridge<br>7:30 pm Movie<br>7:30 pm Poker Night<br>POPCORN DAY!   | <b>12</b><br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Blood pressure<br>12:00 pm Lunch in<br>1:30 pm BINGO<br>7:30 pm Movie                                    | <b>13</b><br>9:00 am Exercise<br>9:30 am Exercise<br>10:00 am DVD Lecture<br>10:30 am Hearing Aid Store<br>1:00 pm Shopping<br>3:30 pm Social hour<br>3:30 pm Banjos by the Bay<br>7:30 pm Movie | <b>14</b><br>11:00 am Lunch at Imura (Salinas)<br>2:00 pm Ice Cream Social<br>1:00 pm Movie<br>7:30 pm Movie  |
| <b>15</b><br>9:30 am - 12:30 pm<br><b>Church Transportation</b><br>1:00 pm PV Arts Exhibit<br>1:00 pm Movie<br>7:30 pm Movie                   | <b>16</b><br>9:00 am Tai Chi<br>10:00 am Shopping<br>11:00 am Current Events<br>1:30 pm BINGO<br>2:30 pm Coffee break<br>7:30 pm Movie | <b>17</b><br>9-12 pm Santa Cruz<br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Communion<br>11:00 am Bible Study<br>1:30 pm BINGO<br>3:30 pm Social hour<br>3:30 pm Lizz Fischer<br>7:30 pm Movie   | <b>18</b><br>10:00 am DVD Lecture<br>10:00 am Shopping<br>11:00 am Resident Council<br>1:00 pm Bridge<br>1:30 pm July Birthday Celebration<br>7:30 pm Movie<br>7:30 pm Poker Night<br>POPCORN DAY!     | <b>19</b><br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Blood pressure<br>12:00 pm Lunch in<br>1:30 pm BINGO<br>7:30 pm Movie                                    | <b>20</b><br>9:00 am Exercise<br>9:30 am Exercise<br>10:00 am DVD Lecture<br>1:00 pm Shopping<br>3:30 pm Social hour<br>3:30 pm Summer Carnival<br>7:30 pm Movie                                 | <b>21</b><br>11:00 am Lunch at Famous Dave's (Gilroy)<br>2:00 pm Ice Cream Social<br>1:00 pm Movie<br>7:30 pm Movie   |
| <b>22</b><br>9:30 am - 12:30 pm<br><b>Church Transportation</b><br>1:00 pm Scenic Drive:<br>San Andreas Rd.<br>1:00 pm Movie<br>7:30 pm Movie  | <b>23</b><br>9:00 am Tai Chi<br>10:00 am Shopping<br>11:00 am Current Events<br>1:30 pm BINGO<br>2:30 pm Coffee break<br>7:30 pm Movie | <b>24</b><br>9-12 pm Santa Cruz<br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Communion<br>11:00 am Bible Study<br>1:30 pm BINGO<br>3:30 pm Social hour<br>3:30 pm Mike Noonan<br>7:30 pm Movie    | <b>25</b><br>9:00 am Tai Chi<br>10:00 am DVD Lecture<br>10:00 am Shopping<br>12:00 pm Ladies Social<br>1:00 pm Bridge<br>7:30 pm Movie<br>7:30 pm Poker Night<br>POPCORN DAY!                          | <b>26</b><br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Blood pressure<br>12:00 pm Lunch in<br>1:00 pm Podiatrist (Dr. Hyland)<br>1:30 pm BINGO<br>7:30 pm Movie | <b>27</b><br>9:00 am Exercise<br>9:30 am Exercise<br>10:00 am DVD Lecture<br>12:00 pm Mens Lunch<br>1:00 pm Shopping<br>3:30 pm Social hour<br>3:30 pm Ho Aloha<br>7:30 pm Movie                 | <b>28</b><br>11:00 am Picnic at Seascapes Park (Aptos)<br>2:00 pm Ice Cream Social<br>1:00 pm Movie<br>7:30 pm Movie  |
| <b>29</b><br>9:30 am - 12:30 pm<br><b>Church Transportation</b><br>1:00 pm Shopping at Michael's (Salinas)<br>1:00 pm Movie<br>7:30 pm Movie   | <b>30</b><br>9:00 am Tai Chi<br>10:00 am Shopping<br>11:00 am Current Events<br>1:30 pm BINGO<br>2:30 pm Coffee break<br>7:30 pm Movie | <b>31</b><br>9-12 pm Santa Cruz<br>9:00 am Exercise<br>9:30 am Exercise<br>11:00 am Communion<br>11:00 am Bible Study<br>1:30 pm BINGO<br>3:30 pm Social hour<br>3:30 pm Danceland<br>7:30 pm Movie      | Note: Activities and events subject to change. Please read flyers and bulletins for details.   |  |  | <br>Happy Birthday to<br>Willa Dean Wgekoff July 09<br>Rus Wgekoff July 10<br>Clara Malatza July 10<br>Richard Rose July 26<br>Floy Sakata July 29 |

**Independence Day is Wednesday, July 4th.**  
 Come & enjoy "Open Seating" dinner from 2-5 PM in the beautiful Dining Room at Valley Heights. Then at 8:15 PM, be prepared to enjoy a fun fireworks display outside our main Lobby doors. Dress accordingly and arrive early for a great view!

WELCOME OUR NEWEST RESIDENTS:

MICHAEL KALICH,  
 AND  
 LUPE & BILL BERGSTROM

July Birthday Celebration!  
 All residents are happily invited to a special "July Birthdays" celebration on Wednesday, July 18 in the living Room. Live music by Morgani begins at 1:50 PM, with refreshments to follow. This event is hosted by the family of Rus & Willa Dean Wgekoff.

**Valley Heights Summer Carnival**  
 You're invited to the 14th annual Valley Heights Summer Carnival. The Activities Department has been hard at work making this year's carnival enjoyable for all! Game stations will be set up in the Living Room for people to play. Games will begin at 3:30 PM on Friday, July 20. Then at 4:15 PM, we will randomly pick names from participation tickets to award prizes! Come enjoy this special event at Social Hour!

"Many public-school children seem to know only two dates: 1492 and 4th of July; and as a rule they don't know what happened on either occasion."  
 - Mark Twain