



























# Suites of Ankeny Activities-July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Program Director</b> <b>Kira Lett</b> 515-635-0936</p>	<p><b>1</b></p> <p><b>WATER PLANTS</b></p> <p>11:00 Melanie Hall's Music-DR</p>	<p><b>2</b></p> <p>10:00 Exercises-DR</p> <p>3:00 Welcome Club &amp; Kira shares her vacation highlights -DR</p>	<p><b>3</b></p> <p>10:00 Exercises-DR</p>  <p>2:30 Men's Club-TBA</p> 	<p><b>4 Patriotic T's</b></p> <p>10:00 Exercises-DR 10:30 Catholic Communion-LO</p> <p>2:30 -DR</p>	<p><b>5 Tie Dye T's</b></p> <p>2:00 Tie Dye Event &amp; then 3:00 Mai Tais-outside at special happy hour</p> 	<p><b>6</b></p> <p>Share Vacation Photos on Display-L</p> 
<p><b>7</b></p> <p>1:00 Manicures with Taylor M-L</p>	<p><b>8</b></p> <p><b>WATER PLANTS</b></p> <p>11:00 Color Trivia &amp; Color Bingo-DR</p>	<p><b>9</b></p> <p>10:00 Exercises-DR</p> <p>3:00 Snack Crate with Taylor: Snack Samples &amp; Learn About a New Country-DR</p>	<p><b>10</b></p> <p>10:00 Exercises-DR</p>  <p>2:30 Tea Party-TBA</p> 	<p><b>11</b></p> <p>10:00 Exercises-DR 10:30 Catholic Communion-LO 1:30 Orzo the Dog-L</p> <p>2:30 -DR</p>	<p><b>12</b></p> <p>10:00 Volunteer Carrie &amp; Kids-DR</p> <p>3:00 to 4:00 in DR</p> 	<p><b>13</b></p> <p>1:00 Painting with Lauren-DR</p> 
<p><b>14</b></p>  <p><b>Popcorn Available Every Sunday</b></p>	<p><b>15 Rainbow T's</b></p> <p><b>WATER PLANTS</b></p> <p>11:00 Skittle Game-DR</p> <p>3:00 Music &amp; Massages with Jean-DR</p>	<p><b>16</b></p> <p>10:00 Exercises-DR 11:00 Jewelry Jazz-L</p> <p>3:00 Tenant Meeting-DR</p>	<p><b>17</b></p> <p>10:00 Exercises-DR</p>  <p>2:30 Men's Club-TBA</p> 	<p><b>18</b></p> <p>9:00 Sweetie the Dog-TBA</p> <p>10:00 Exercises-DR</p> <p>2:30 -DR</p>	<p><b>19</b></p> <p>10:30 Catholic Mass with Father Michael-LO</p> <p>3:00 to 4:00 in DR</p> 	<p><b>20</b></p> <p>9:00 to 10:00 Tech Talk with Volunteer Kenza</p> 
<p><b>21</b></p> <p>10:00 Immanuel Lutheran Church-C</p> <p>1:00 Manicures with Taylor M-L</p>	<p><b>22</b></p> <p><b>CLEAN DRYER LINT TRAPS &amp; WATER PLANTS</b></p> <p>11:00 Word Scrambles-L</p>	<p><b>23</b></p> <p><b>Gorgeous Grandmas Day</b></p> <p>10:00 Exercises-DR</p> <p>3:00 Red Hat Club &amp; Red &amp; Purple Raffle Prizes-DR</p>	<p><b>24</b></p> <p>10:00 Exercises-DR</p>  <p>2:30 Tea Party-TBA</p> 	<p><b>25 Christmas T's</b></p> <p>10:00 Exercises-DR 10:30 Catholic Communion-LO 11:00 David Watson's Christmas Music-DR</p> <p>2:30 -DR</p>	<p><b>26</b></p> <p><b>SUMMER OLYMPICS START</b></p> <p>11:00 Birthday Party-DR</p>  <p>3:00 to 4:00 in DR</p> 	<p><b>27</b></p> <p>Share Wedding Photos on Display-L</p> 
<p><b>28</b></p> <p>10:00 Ankeny E Free Church-C</p>	<p><b>29</b></p> <p><b>WATER PLANTS</b></p> <p>3:00 Zumba Chair Exercises with Jennifer-DR</p>	<p><b>30</b></p> <p>10:00 Exercises-DR</p> <p>3:00 Summer Smoothies-DR</p>	<p><b>31</b></p> <p>10:00 Exercises-DR</p>  <p>2:30 Men's Club</p> 	<p><b>Smile Awards:</b></p>  <p>Janet, Caidence, Heather, Peyton, Mersa, Shelby, Grace, Torri, Kira &amp; Kasey</p>	<p>*Activities are all subject to change. Please watch for weekly signs delivered at each dining room table or ask staff members for the most recent updates*</p>	<p><b>Locations:</b></p> <p>C=Chapel DR=Dining Room L=Library LO=2nd Floor Lounge TBA=To Be Announced SVCC Activities on Back</p>