

July 2025



Sutherland Apartments Lifestyle Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|---|--|
| | | 9:30 Exercise Bands (ES) 1 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Floral Bookmarks (CS2) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 2 9:30 Tai Chi for Balance (ES) 10:00 Men's Coffee Talk (DL) 10:00 Walking Club (ES) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Tai Chi for Balance 6:30 Game Night (CS2) | 9:30 Drumming w/ Music (ES) 3 10:00 Mah Jongg (HP3) 11:00 Life Loop Training on Devices (BT) 1:00 Baking for Birthdays (HS1) 3:00 Celebrate Birthdays (HH) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR) | 8:30 YMCA Water Aerobics (B) 4 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 1:00 4th of July Craft (CS2) 2:00 Movie & Popcorn (BT) 2:00 Pitch Card Game-3rd Floor (CR3) 4:00 Resident Rosary Prayer (ES) 6:30 Shoot Pool (CR3) | 10:30 Cribbage - Resident-Led (DL) 5 1:30 Board Game of Choice (CS2) 2:30 Bridge Card Game (CR3) 4:00 Beverages in the Pub (HP3) |
| 9:30 Movement Exercise - Resident-Led (ES) 6 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) | 8:30 YMCA Water Aerobics (B) 7 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 9:30 Exercise Bands (ES) 8 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Monthly Book Club (HH) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 9 9:30 Tai Chi for Balance (ES) 10:00 Men's Coffee Talk (DL) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Jessica Timeless Apparel (AT) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Learn Line Dancing (ES) 6:30 Game Night (CS2) 6:30 Shuffleboard (SAR) | 9:30 Drumming w/ Music (ES) 10 10:00 Mah Jongg (HP3) 1:00 Lifelong Learning (Mike Talk): History of Jazz (BT) 2:00 Wet Your Pallet w/Watermelon (DR) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR) | 8:30 YMCA Water Aerobics (B) 11 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 1:00 Sip & Paint (CS2) 2:00 Movie & Popcorn (BT) 2:00 Pitch Card Game-3rd Floor (CR3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 10:30 Cribbage - Resident-Led (DL) 12 1:30 Board Game of Choice (CS2) 2:30 Bridge Card Game (CR3) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR) |
| 9:30 Movement Exercise - Resident-Led (ES) 13 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) | 8:30 YMCA Water Aerobics (B) 14 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 9:30 Exercise Bands (ES) 15 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 10:00 Pickleball 101-On the court 11:00 Christian Service- w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 16 9:30 Tai Chi for Balance (ES) 10:00 Men's Coffee Talk (DL) 10:00 Walking Club-Resident Lead-Meet in Atrium (AT) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 11:30 LUAU (HH) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2) | 9:30 Drumming w/ Music (ES) 17 10:00 Mah Jongg (HP3) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR) | 8:30 YMCA Water Aerobics (B) 18 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 iPhone 101 Class (BT) 11:30 Good Life Restaurant (B) 2:00 Movie & Popcorn (BT) 2:00 Pitch Card Game-3rd Floor (CR3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 10:30 Cribbage - Resident-Led (DL) 19 1:30 Board Game of Choice (CS2) 2:30 Bridge Card Game (CR3) 4:00 Beverages in the Pub (HP3) 6:30 Shuffleboard (SAR) |
| 9:30 Movement Exercise - Resident-Led (ES) 20 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) 4:00 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 21 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 9:30 Exercise Bands (ES) 22 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:30 S'mores- Main Patio 2:30 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 23 9:30 Tai Chi for Balance (ES) 10:00 Men's Coffee Talk (DL) 10:30 Bridge Card Game- 3rd Floor (CR3) 10:30 Community Meeting (HH) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:15 Root Beer Floats (HH) 6:30 Game Night (CS2) | 9:30 Drumming w/ Music (ES) 24 10:00 Mah Jongg (HP3) 1:00 Bunco (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR) | 8:30 YMCA Water Aerobics (B) 25 9:30 Cardio Drumming (ES) 10:00 Ladies Coffee & Laughs (CS2) 11:00 Life Loop Training on Devices (BT) 2:00 Pitch Card Game-3rd Floor (CR3) 2:30 Christmas In July-Wear Colors (HH) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Golf (SAR) | 10:30 Cribbage - Resident-Led (DL) 26 1:30 Board Game of Choice (CS2) 2:30 Bridge Card Game (CR3) 4:00 Beverages in the Pub (HP3) |
| 9:30 Movement Exercise - Resident-Led (ES) 27 9:45 Catholic Communion Service (ES) 1:00 Bridge Card Game - Resident-Led (DL) 4:00 Canasta Card Game (DL) 4:00 Shuffleboard - Resident-Led (SAR) | 8:30 YMCA Water Aerobics (B) 28 9:15 Prayer Circle (ES) 9:30 Hand Weights (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:00 Pitch Card Game (CR3) 2:30 Pokeno Game - Like Bingo (HH) 3:30 Bowling on the Big Screen (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Shoot Pool (CR3) | 9:30 Exercise Bands (ES) 29 10:00 Hy-Vee/Walmart (B) 10:00 Mah Jongg (HP3) 1:00 Craft Making (CS2) 2:30 Beverages in the Pub (HP3) 3:00 Lip Personality Profile (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Darts (SAR) | 8:30 YMCA Water Aerobics (B) 30 9:30 Tai Chi for Balance (ES) 10:00 Men's Coffee Talk (DL) 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:30 Walking Club (AT) 6:30 Game Night (CS2) | 9:30 Drumming w/ Music (ES) 31 10:00 Mah Jongg (HP3) 2:00 Bake N Take (CS2) 4:00 Beverages in the Pub (HP3) 4:00 Resident Rosary Prayer (ES) | <div>Birthdays: Joan G. - 2nd Anne K. - 21st Diane B. - 30th</div> | |



Location Key

B = Bus/Van
HH = Highlands Hall
FG = Fitness Gym
ES = Exercise Studio
SS&S = Serenity Salon & Spa
BT = Bravo Theatre
DR = Drummond's Restaurant
DL = Drummond's Lounge
AT = Atrium
SAR = St. Andrew's Rm, 2nd Fl
CS2 = Creation Station, 2nd Fl
VP2 = Veterans Point, 2nd Fl
HP3 = Highview Pub, 3rd Fl
CR3 = Club Room, 3rd Fl
CC3 = Celtic Corner, 3rd Fl
SL2 = Sutherland Library, 2nd Fl
V = Veranda
FL = Fraser Library

Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.



THE HIGHLANDS LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

July 2025

