

# Weekly Schedule of Events

Week of July 23– July 29, 2017

## Sunday, July 23

11:00 Hymn Sing – Aviary Lounge HC  
4:00 Community Worship – Theater  
6:00 Simple Supper – Café

## Monday, July 24

10:00 Sandwich Making – Café  
11:00 Get into the Flow w/ Chris – AL Neighborhood  
11:15 Fitness w/Mike – Gallery  
8:00 Mindfulness Meditation - Theater

## Tuesday, July 25

10:00 Roman Catholic Service - Theater  
10:00 Mosaic Class – Art Studio  
10:00 Water Aerobics - Pool  
11:00 Listening to Music – Lounge  
11:00 Get into the Flow w/ Chris – AL Neighborhood  
2:00 Exercise with Chris - Gallery  
2:30 Surprise Ride – HC Courtyard  
4:00 Director's Dialogue - Theater  
8:00 **Movie Night in the Theater**  
*The Zookeeper's Wife* 2017 – 2 hrs. 7 min.  
w/ Jessica Chastain, Daniel Brühl

## Wednesday, July 26

9:45 Tai Chi w Alex King – Standing – Gallery  
10:30 Tai Chi w Alex King –Seated - Gallery  
11:00 Get into the Flow w/ Chris – AL Neighborhood  
11:15 Fitness w/Mike – Gallery  
2:00 New Testament Video and Discussion w/ Dana  
AL Neighborhood  
3:30 Faith and Bible Study– Aviary Lounge HC  
7:00 Politics & Prose - Leaving Main Lobby at 6:15  
Edward Luce: *The Retreat of Western Liberalism*

## Thursday, July 27

10:00 Mosaic Class – Art Studio  
10:00 Water Aerobics – Pool  
11:00 Get into the Flow w/ Chris – AL Neighborhood  
1:30 Documentary – Theater  
*Europe to the Max – Enchanted Italy*  
2:00 Exercise with Chris - Gallery  
2:30 Surprise Ride – HC Courtyard  
8:00 TED Talk w/ Dana - CANCELLED

## Friday, July 28

9:45 Tai Chi w Alex King – Standing – Gallery  
10:30 Tai Chi w Alex King – Seated - Gallery  
11:00 Get into the Flow w/ Chris – AL Neighborhood  
11:15 Fitness w/ Mike – Gallery  
4:00 Learn How to Tweet w/ Michele – Theater  
Bring your smartphones / tablets and passwords  
5:00 Social Hour – Lounge

## Saturday, July 29

1:30 Scrabble – Card Room  
3:00 Knitting Group – Lounge  
8:00 Movie Night in the Theater  
*Network* 1976 – 2 hrs. 1 min.  
w/ Faye Dunaway, William Holden



Free Wifi at IRC. Select “InglesideGuests”  
and use this password “Wecome2ING”

