

Join Us for

Wellness 
WEDNESDAYS
AT SMITH VILLAGE

SUMMER is in full swing here at Smith Village! July is the month of joy, contentment, and a great deal of fun in the sun! Let this month of July be filled with outdoor adventures and time spent with family and friends. We look forward to enjoying Wellness Wednesdays with you this July!

ENGAGE YOUR MIND WITH EXERCISE,
GAMES, MOVIES, ART CLASSES, COOKING,
COMPUTER CLASSES & MORE!
RSVP TO TAMMY 773-474-7303



July 2024 Wellness Club @ Smith Village

July 3rd, 2024

- 10am: Exercise (WC)
- 11am: Family Feud (Oak)
- 11:15am: Wii Bowling (GR)
- 12:15pm: Lunch (MP)
- 2pm: 4th of July Cookie Decorating (Oak)
- 2:30pm: Chair Volleyball (CH)

July 10th, 2024

- 10am: Exercise Class (WC)
- 11am: Centennial Time Capsule Letters (MP)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 1pm: Ice Cream Making w/ John Siegel (Oak)
- 2pm: Chef Demo (MDR)
- 2:30pm: Bocci Ball (WC)

July 17th, 2024

- 7:30am: Breakfast on the Patio (Pub Patio) (MAX 24)
- 9:45am: Bean Bags w/ Agape Center (CH)
- 10am: Exercise (WC)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 1:30pm: Let's Go Bowling (L)
- 2:30pm: Chair Volleyball (CH)

July 14th, 2024

- 10am: Exercise (WC)
- 11am: TED Talk: Where Joy Hides (T)
- 11:15am: Wii Bowling (GR)
- 12pm: Health Care Jeopardy by Kyla (Oak)
- 12:30 pm: Lunch (MP)
- 12:30pm: Garden Club Meeting (Art)
- 2pm: American Idol (CH)
- 2:30pm: Bocci Ball (WC)

July 31st, 2024

- 10am: Exercise (WC)
- 11am: Olympic Game: Family Feud (CH)
- 11:15am: Wii Bowling (GR)
- 1pm: Seltzer Tasting (Oak)
- 2:30pm: Olympic Game: Wii Bowling (CH)