


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
9:00-9:45				Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40				Word Scrambles ^{C,S} Drum Circle ^{P,S,C}	Expressive Art ^{C,S} - Lily Jeopardy ^{C,S}
10:50-11:20				Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S} -Lily
11:30-1:50				Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr} .	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr} .
2:00-2:45				Crossword Puzzle ^C - Linda Name that Landmark ^C One on one projects ^{Pr}	Bingo Groups ^{S,Pr} One on one projects ^{Pr} .
3:00				Refreshments	Refreshments
3:30-4:00				Best 10 ^C Connect 4 ^{C,S} One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
4:10-4:30				Pictionary ^{C,S} One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
	5	6	7	8	9
9:00-9:45	Happy Birthday, Linda J. (4th)	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Happy Independent Day (4th)	Chimes ^{Pr,S} Word Scrambles ^{C,S}	Hangman ^{C,S} Origami ^{C,S} - Lily	Word Charts ^{C,S} Drum Circle ^{P,S,C}	Jeopardy ^{C,S} Expressive Art ^{C,S} - Lily
10:50-11:20		Regular Exercise ^{P,S} Cycling ^P .	Conversation ^{C,S} Best 10 ^C - Lily	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S} -Lily
11:30-1:50		Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr} .	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr} .	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr} .	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr} .
2:00-2:45		Crossword Puzzle ^{C,S} - Linda Headbandz ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen,C} - Diane One on one projects ^{Pr}	Bingo Groups ^{S,Pr} One on one projects ^{Pr} .
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Bingo Groups ^{S,Pr} - Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Connect 4 ^{C,S} Wheel of fortune ^{C,S} One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .
4:10-4:30		Trivia ^C /Pictionary ^{C,S} / One on one projects ^{Pr} .	Midweek Movie Matinee ^R / One on one projects ^{Pr} .	Conversation Group ^S / One on one projects ^{Pr} .	Friday Frolic ^R / One on one projects ^{Pr} .

	12	13	14	15	16
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Headbandz ^{C,S} Hangman ^{C,S}	Chimes ^{Pr,S} Word Charts ^{C,S}	Watercolor ^{C,S} Word Scrambles ^{C,S}	Big Words Small Words ^{C,S} Expressive Art ^{C,S}	Jeopardy ^{C,S} Drum Circle ^{P,S,C}
10:50-11:20	Raise Your Hand ^{S,C} Best 10 ^{S,C}	Regular Exercise ^{P,S} Cyclings ^{P,S}	Conversation ^{C,S} Connect 4 ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
11:30-1:50	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Expressive Art ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen.C} - Diane One on one projects ^{Pr.}	Bingo Groups ^{S,P} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Name That Person ^{C,S} Trivia ^{C,S}	Bingo Groups ^{S,Pr} - Linda & Kay One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	100 or Bust ^{C,S} Shake a Memeory ^{C,S}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Art Appreciation ^{C,S} Relaxing Conversation ^C / One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Pictionary/Roundtable Talk ^{S,R,C} / One on one projects ^{Pr}	Friday Frolic ^R / One on one projects ^{Pr.}
	19	20	21	22	23
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Headbandz ^{C,S} Word Scrambles ^{C,S}	Chimes ^{Pr,S} Big Words Small Words ^{C,S}	Hangman ^{C,S} Origami ^{C,S}	Expressive Art ^{C,S} Word Charts ^{C,S}	Drum Circle ^{P,S,C} Jeopardy ^{C,S}
10:50-11:20	Best 10 ^{C,S} Conversation ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	100 Or Bust ^{C,S} Raise Your Hand ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
11:30-1:50	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^{C,S,Pr} - Linda Expressive Art ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen.C} - Diane One on one projects ^{Pr}	Bingo Groups ^{S,P} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Connect 4 ^{C,S} Wheel of Fortune ^{C,S}	Bingo Groups ^{S,Pr} - Linda & Kay One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Bingo Groups ^{S,Pr} - Kay One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C / One on one projects ^{Pr}	Shake a Memory ^{C,S} / One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Conversation Group ^S / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}

	26	27	28	29	30
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:40	Big Words Small Words ^{C,S} Raise Your Hand ^{S,C}	Chimes ^{Pr,S} Word Charts ^{C,S}	Hangman ^{C,S} Watercolor ^{C,S}	Expressive Art ^{C,S} Word Scrambles ^{C,S}	Chair Yoga ^{P,S} Cycling ^{P,S}
10:50-11:20	Wheel of Fortune ^{C,S,-} Headbandz ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Drum Circle ^{P,S,C} Jeopardy ^{C,S}
11:30-1:50	Lunch & Relaxation/ Rock & Relax/ One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}	Lunch & Relaxation/ Rock & Relax / One on one projects ^{Pr.}
2:00-2:45	Chair Yoga ^{P,S} Cycling ^{P,S}	Crossword Puzzle ^{C,S,Pr.} - Linda Expressive Art ^{C,S}	Price Is Right ^{C,S,R} One on one projects ^{Pr.}	Crossword Puzzle ^C - Linda Crochet w/ conversation ^{Sen.C.} - Diane One on one projects ^{Pr}	Bingo Groups ^{S,P} One on one projects ^{Pr.}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Pictionary ^{C,S} Trivia ^{C,S}	Bingo Groups ^{S,Pr.} - Linda One on one projects ^{Pr}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Bingo Groups ^{S,Pr} One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^C / One on one projects ^{Pr.}	Shake a Memory ^{C,S} / One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Conversation Group ^S / One on one projects ^{Pr.}	Friday Frolic ^R / One on one projects ^{Pr.}

July is...

- National Hot Dog Month
- National Ice Cream Month
- National Grilling Month
- World Watercolor Month
- National Peach Month
- National Picnic Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Core Focus: Body Blades

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers

Wellness (Mind & Body):

Lower Extremity:
Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise