



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
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 National Chocolate Wafer Day	Happy Independence Day! We are closed!! 	Morning News Hour/ Participants Choice: Word search/Crossword National Bikini Day
10:00-10:45	Big word Small Word: "Hot Dogs Party on the Independence Day" ^{C, S} One on one projects ^{Pr.}	Karaoke ^{S, C} One on one projects ^{Pr.}	Word Charts ^{C, S} Name That Landmark ^{C, S}		Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Spin the Wheel ^{S, C} One on one projects ^{Pr.}	Wheels of Fortune (iPad) ^{S, C} One on one projects ^{Pr.}	Family Feud ^{C, S} Hedbanz ^{S, C}		Crossword Puzzle ^{C, S} Art & Craft ^{S, C}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}		Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Summer A to Z ^{S, C} One on one projects ^{Pr.}	Table Hockey ^{P, S} One on one projects ^{Pr.}	Life Story ^{C, S} Best 10 ^{C, S} / Art & Craft ^{S, C, Pr.}		Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Chair Volleyball ^{P, S} One on one projects ^{Pr.}	100 or Bust ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}	
4:00-4:30	Trivia ^{C, S/} Conversation Ball ^{C, S}	Tuesday Showtime ^R One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}	
	8	9	10	11	12
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Freeze Pop Day	Morning News Hour/ Participants Choice: Word search/Crossword Cow Appreciation Day	Morning News Hour/ Participants Choice: Word search/Crossword National Kitten Day	Morning News Hour/ Participants Choice: Word search/Crossword Party of 70's	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Bingo Exercise ^{P, S} Cycling ^{P, S}	Trivia (Ipad) One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Karaoke & Dance party ^{S, C} One on one projects ^{Pr.}	Bingo ^{C, S} Art & Craft ^{S, C}
10:55-11:40	Hedbanz ^{C, S} Word Charts ^{C, S}	Balloon Crash ^{P, S} One on one projects ^{Pr.}	Conversation ^{S, C} Spin the Wheel ^{S, C}	70's Trivia ^{C, S} Fashion Show ^{C, S}	Table Bowling ^{P, S} One on one projects ^{Pr.}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Jenga ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Best 10 ^{C, S} Expressive Art ^{S, C, Pr.}	Dump balls & trust friends ^{C, S} One on one projects ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Table Hockey ^{P, S} One on one projects ^{Pr.}	Ping Pong Hole in One ^{P, C} Pictionary ^{C, S}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Whack a Mole ^{P, S} Hungry Hungry Hippos ^{P, S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Round Table Talk ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	15	16	17	18	19
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National I Love Horses Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Happy Birthday, Lester!	Morning News Hour/ Participants Choice: Word search/Crossword National Tropical Fruit Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Story Writing ^{C, S} One on one projects ^{S, C, Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Bible Trivia ^{P, S} One on one projects ^{Pr.}	This is the Year ^{C, S} Origami ^{S, C}
10:55-11:40	Hangman ^{C, S} Fill in the Blank ^{S, C}	Rainbow Board ^{C, S, P} Connect 4 ^{C, S, P}	Pictionary ^{C, S} Conversation ^S	Pool Noodle Drop ^{P, C} Balloon Tennis ^{S, P}	True or False Toss ^{S, P} Hungry Hungry Hippos ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Obie ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Spin the Wheel ^{C, S} Which Came First? ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} One on one projects ^{Pr.}	100 or Bust ^{C, S} UNO ^{S, C.}	Exercise Bingo ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Bean Bag Toss ^{P, S} Magic Broom ^{P, S}	Name that Tune ^{C, S} Expressive Art ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Guitar Concert ^{S, R} One on one projects ^{Pr.}	Penny Ante ^{R, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Guitar Music with Michael ^{S, Pr.} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	22	23	24	25	26
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Hammock Day	Morning News Hour/ Participants Choice: Word search/Crossword National Vanilla Ice cream Day	Morning News Hour/ Participants Choice: Word search/Crossword National Amelia Earhart Day	Morning News Hour/ Participants Choice: Word search/Crossword National Wine and Cheese Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:45	Big Word Small Word ^{C, S} A to Z ^{C, S}	Karaoke ^{S, C} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}	Deal or No Deal (Ipad) ^{S, C} One on one projects ^{Pr.}	Jeopardy ^{C, S} One on one projects ^{Pr.}
10:55-11:40	Crossword ^{C, S} Left Right Center ^{C, S}	Pyramid Toss ^{C, S} Bingo ^{S, C}	Name that Landscape ^{C, S} Raise up Hand ^{S, C}	Wheels of Fortune ^{C, S} Lawn Darts ^{P, S}	Bowling ^{P, S} Headbanz ^{C, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.} Obie ^{S, C}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword ^{S, C} Expressive Art ^{S, C, Pr.}	Best 10 ^{C, S} Arts and Craft ^{Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Tic Tac Toe Toss ^{P, C} Table Hockey ^{C, P}	Chimes ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Ping Pong Hole in One ^{P, C} Table Pin Ball ^{P, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Conversation Ball ^{S, C} One on one projects ^{Pr.}	Jenga ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Trivia ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	29	30	31		
9:00-9:45	Morning News Hour/ Participants Choice: Word search/Crossword National Lasagna Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword		
10:00-10:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Price is Right ^{S, C} One on one projects ^{Pr.}	Warm up Exercise ^{P, S} Intergenerational ^{Pr., S, C} One on one projects ^{Pr.}		
10:55-11:40	Headbanz ^{C, S} Hangman ^{C, S}	Crossword Puzzle ^{C, S} UNO Game ^{C, S}	Hangman ^{C, S} Conversation Ball ^{Pr.}		
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.} Sewing Group ^{C, S}		
2:00-2:45	Chimes ^{C, S, Pr.} One on one projects ^{Pr.}	Sing along ^{C, S, R} Art & Craft ^{S, C, Pr.}	Life Story ^{C, S} Expressive of Art ^{S, C, Pr.}		
3:00	Refreshments	Refreshments	Refreshments		
3:30-4:00	Chair Volleyball One on one projects ^{Pr.}	Table Hockey ^{P, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}		
4:10-4:30	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Trivia ^{C, S} Conversation ball ^{C, S, P.}	Midweek Movie Matinee ^{R/} One on one projects ^{Pr.}		

*Alternative activities will be offered as requested

July is...

- National Grilling Month
- National Peach Month
- National Picnic Month
- National Hot Dog Month
- National Baked Bean Month
- World Watercolor 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

Upper Body: Weight lifting
Medicine Balls
Theraband
Hand Grippers
Wellness (Mind & Body): Chair Yoga
Core Focus: Chair Pilates
Lower Extremity: Virtual Cycling Club
Active ROM: Parachute
Fun band
Armchair Exercise