

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 11:30pm-Categories <b>2:30pm- Crafty Hour – Ice Cream Painting</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation Canada Day	2 10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Star of the Month – Russell Crowe Detective</b> 3pm- Hydration Station and Junk Drawer 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	3 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- <b>Classics with Chris</b> <b>1:30pm- Pondering Prompts</b> 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	4 10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm-Short Stories 2:00pm- Hydration Station & <b>4th Color Along</b> 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation Independence Day (US)	5 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
6 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	7 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts <b>1pm- Jeopardy Trivia</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	8 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- <b>Music with Tom Cooke</b> <b>2pm- SCENIC BUS RIDE</b> <b>2:30pm- July Trivia</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	9 10:30am- <b>Rockin' with Danny Dolan</b> 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4:00pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	10 10:30am- Seated Stretches 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss <b>1:30pm- Can You Picture This?</b> <b>3:00pm- Lifestyle Remembrance – Remembering the Moon Landing</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	11 10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm-Short Stories <b>2:00pm- Hydration Station/ Frank's Ukulele Fun</b> 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation	12 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time <b>2:30pm- July Color Along</b> 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
13 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	14 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Beach Volleyball 3pm-Nail Polishing <b>4pm- More Fun Trivia</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	15 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 11:30pm-Categories <b>2:30pm- Word Puzzle Corner</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	16 10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Junk Drawer Detective Poems!</b> 3pm- Hydration Station and <b>Summer Sensory</b> 3:30pm- Flower Arranging 4pm- Hot Potato 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	17 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss <b>1:30pm- Manly Jeopardy Trivia</b> 2:00pm- <b>Travelogue – North Island, New Zealand</b> 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	18 10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm-Short Stories 2:00pm- Hydration Station 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation	19 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time 2:30pm- Fly Swat 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
20 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Stickman 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	21 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts <b>1pm- Which Picture Fits Here</b> 3pm-Nail Polishing <b>4pm- Word Puzzle Corner</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	22 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 11:30pm-Categories <b>2:30pm- Crafty Hour – Paint a Birdhouse</b> 3:30pm- Short Stories 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	23 10:30am- Scarf Aerobics 11am- Drumming Circle 12:30pm- Daily Chronicle & Fun Facts 1pm- Balloon Keep Up 1:30pm- BINGO! and Trivia! 3pm- Hydration Station 3:30pm- Flower Arranging 4:00pm- Rhyme Time 5:30pm- After Dinner Stretch 6pm- Movie Night 7pm- Evening Music Relaxation	24 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts <b>1:30pm- New Zealand Trivia</b> 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation	25 10:30am- Chair Aerobics 11am- Nail Polishing 12:30pm- Daily Chronicle & Fun Facts 1pm-Short Stories <b>2:00pm- Hydration Station/ Frank's Ukulele Fun</b> 3:00pm- Walks & Talks 4pm- Puzzle Corner 5:30pm- After Dinner Stretch 6pm- Friday Night News 7pm- Evening Music Relaxation	26 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1pm- Resident's Choice 2pm- Rhyme Time <b>2:30pm- July Color Along</b> 3pm- Hydration Station 3:30pm- Magnetic Fishing 5:30pm- After Dinner Stretch 6pm- Saturday Night TV Shows 7pm- Evening Music Relaxation
27 11am- Good Morning News and Chats 11:30am- Gentle Stretching 12:30pm- Daily Chronicle & Fun Facts 1:00pm- Balloon Keep Up 2pm- Rhyme Time 2:30pm- Scent Reminiscent 3pm- Hydration Station 3:30pm- Peace & Coloring 5:30pm- After Dinner Stretch 6pm- Evening Music Relaxation	28 10:30am- Chair Yoga 11am- National Geographic Hour 12:30pm- Daily Chronicle & Fun Facts 1pm- Cone Toss 1:30pm- Beach Volleyball 3pm-Nail Polishing <b>4pm- Modern Jeopardy Trivia</b> 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music	29 10:30am- Chair Dancercise 11am- Lincoln Log Creations 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss 1:30pm- <b>Music with Vic</b> 2:30pm- Beach Volleyball 3:30pm- Short Stories and <b>Finish the Song Lyric</b> 4pm- Matching Memory 5:30pm- After Dinner Stretch 6pm- Inside Laps 7pm- Evening Music Relaxation	30 10:30am- Scarf Aerobics 11am- Building Station 12:30pm- Daily Chronicle & Fun Facts 1pm- BINGO! and Trivia! <b>2pm- Stitch Up Memory Game</b> 3pm- Hydration Station and <b>Word Puzzle Corner</b> 3:30pm- Flower Arranging 4pm- Hot Potato 5pm- <b>Country Western BBQ Night!</b> 6pm- Movie Night 7pm- Evening Music Relaxation	31 10:30am- Seated Stretches 11am- Folding Function 12:30pm- Daily Chronicle & Fun Facts 1pm- Bottle Toss <b>1:30pm- Pondering Prompts</b> 3pm- Balloon Keep Up 3:30pm- Writing Refresh 4pm- Hydration Station 5:30pm- After Dinner Stretch 6pm- Gratitude Chats 7pm- Evening Music Relaxation		