

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2021

Happy Birthday: *Deb Harris – July 2<sup>nd</sup> \* Jeff Beem – July 7<sup>th</sup> \* Pat Dinsdale – July 7<sup>th</sup> \* Leila Nichols – July 10<sup>th</sup> \* Bekah Jefferson – July 13<sup>th</sup> \* Linda Anderson – July 23<sup>rd</sup>*

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|--|--|--|---|---|---|---|
| <p><b>4<sup>th</sup> of July!</b></p> <p>Crafts located in Activity Room</p> <p><small>Independence Day (US)</small></p> | <p><b>4</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Laua Party</p> <p>3:00pm – Snack</p>  | <p><b>5</b> 10-10:30am – <b>NO EXERCISE TODAY</b></p> <p>2:00pm – Bingo</p> <p>3:00pm – Snack</p>                              | <p><b>6</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Coloring (in dining room)</p> <p>3:00pm – Snack</p>  | <p><b>7</b> 10-10:30am – Stretch Exercise</p> <p>2:00pm – <i>Special Guest: John Laird -Butterflies</i></p> <p>3:00pm – Snack <small>Canada Day</small></p> | <p><b>8</b> 10-10:30am – Music Exercise</p> <p>2:00pm – Make &amp; Decorate Sugar Cookies</p> <p>3:00pm – Snack</p> | <p><b>9</b> 10-10:30am – Music Exercise</p> <p>2:00pm – 500 Card Club (in dining room)</p> <p>Bored Board – Pages located in the rack inside the Activity Room</p>  |
| <p>Bored Board – Pages located in the rack inside the Activity Room</p>  | <p><b>11</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Wheel of Fortune</p> <p>3:00pm – Snack</p>                                     | <p><b>12</b> 10-10:30am – Music Exercise</p> <p>2:00pm – Bingo</p> <p><b>3:00pm – Snack &amp; Resident Council Meeting</b></p> | <p><b>13</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Make Summer Dessert Cookbook (bring a recipe to share with others!)</p> <p>3:00pm – Snack</p> | <p><b>14</b> 10-10:30am – Stretch Exercise</p> <p>2:00pm – Manicures</p> <p>3:00pm – Snack</p>  | <p><b>15</b> 10-10:30am – Music Exercise</p> <p>2:00pm – <i>Music: Myrt &amp; Jerry</i></p> <p>3:00pm – Snack</p>   | <p><b>16</b> 10-10:30am – Music Exercise</p> <p>2:00pm – 500 Card Club (in dining room)</p> <p>Bored Board – Pages located in the rack inside the Activity Room</p> |
| <p>Bored Board – Pages located in the rack inside the Activity Room</p>  | <p><b>18</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – <i>Music: Maurice Jewels</i></p> <p>3:00pm – Snack</p>                         | <p><b>19</b> 10-10:30am – Music Exercise</p> <p>2:00pm – Bingo</p> <p>3:00pm – Snack</p>                                       | <p><b>20</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Carnival Party</p> <p>3:00pm – Snack</p>  | <p><b>21</b> 10-10:30am – Stretch Exercise</p> <p>2:00pm – Show &amp; Tell</p> <p>3:00pm – Snack</p>  | <p><b>22</b> 10-10:30am – <b>NO EXERCISE TODAY</b></p> <p>2:00pm – Floats &amp; Tunes</p> <p>3:00pm – Snack</p>     | <p><b>23</b> 10-10:30am – Music Exercise</p> <p>2:00pm – 500 Card Club (in dining room)</p> <p>Bored Board – Pages located in the rack inside the Activity Room</p> |
| <p>Bored Board – Pages located in the rack inside the Activity Room</p>  | <p><b>25</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Squirt Gun Painting or Pet Therapy (pending weather)</p> <p>3:00pm – Snack</p> | <p><b>26</b> 10-10:30am – Music Exercise</p> <p>2:00pm – Bingo</p> <p>3:00pm – Snack</p>                                       | <p><b>27</b> 10-10:30am – Walking Exercise (weather permitting)</p> <p>2:00pm – Jeopardy</p> <p>3:00pm – Snack</p>  | <p><b>28</b> 10-10:30am – Stretch Exercise</p> <p>2:00pm – Manicures</p> <p>3:00pm – Snack</p>  | <p><b>29</b> 10-10:30am – Music Exercise</p> <p>2:00pm – Outside Happy Hour</p> <p>3:00pm – Snack</p>               | <p><b>30</b> 10-10:30am – Music Exercise</p> <p>2:00pm – 500 Card Club (in dining room)</p> <p>Bored Board – Pages located in the rack inside the Activity Room</p> |