July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Manicures **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth Canada Day	2 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Coloring **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	3 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth
4 4th of July Independence Day (US)	5 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Music & Reminiscing **Afternoon**: lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	6 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Balloon Toss **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	7 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Walks Outside **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	8 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Manicures **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	9 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Jokes & Current Events **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	10 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth
11 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth	12 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Exercise **Afternoon**: lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	13 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Bean Bag Toss **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	14 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Walks Outside **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	15 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Manicures **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	16 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Coloring **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	17 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth
18 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth	19 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Music & Reminiscing **Afternoon**: lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	20 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Balloon Toss **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	21 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Walks Outside **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	22 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Manicures **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	23 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Jokes & Current Events **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	24 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth
25 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth	26 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Exercise **Afternoon**: lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	27 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Bean Bag Toss **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	28 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Walks Outside **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	29 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Manicures **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	30 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about **Activity:** Coloring **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about **PM:** Supper, TV time, PJ's, brush teeth	31 **AM:** dress, meds, b-fast, TV time/relaxing, brush teeth, walk about, puzzles **Afternoon:** lunch, brush teeth, TV time, relaxing, walk about, puzzles **PM:** Supper, TV time, relax, PJ's,brush teeth