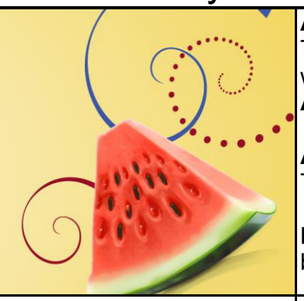
July 2021



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