

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Breakfast – 9:30am Morning Stroll 11am Reading Supper – Movie & Popcorn <small>Canada Day</small>	2 Breakfast – Coffee & Colors Lunch – Walk & Talk Supper – Relax & Reminisce	3 Breakfast – 9:30am Morning Stroll 11am Coffee & Chats Lunch – 1pm Sing Along Supper – Puzzles	4 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music <small>Independence Day (US)</small>	5 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	6 Morning Walks Afternoon Cards Group 6pm Lawrence Welk Show (Televised)
7 “Day of Rest” Worship Services Televised 11am Coffee & Convers <b>1:30pm Church Services w/ Grinnell Methodist Church</b>	8 Breakfast – 9:30am Morning Stroll 11am Reading Supper – Movie & Popcorn	9 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	10 Breakfast – 9:30am Morning Stroll 11am Coffee & Chats Lunch – 1pm Sing Along Supper – Puzzles	11 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	12 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	13 Morning Walks Afternoon Cards Group 6pm Lawrence Welk Show (Televised)
14 “Day of Rest” Worship Services Televised 11am Coffee & Convers	15 Breakfast – 9:30am Morning Stroll 11am Reading Supper – Movie & Popcorn	16 Breakfast – Coffee & Colors Lunch – Walk & Talk Supper – Relax & Reminisce	17 Breakfast – 9:30am Morning Stroll 11am Coffee & Chats Lunch – 1pm Sing Along Supper – Puzzles	18 Breakfast – Chair Exercises Lunch – Coffee & Colors <b>1pm Music w/ Ron B. – Dining Room</b> Supper – 1 on 1 Hand Massages w/ Lotion	19 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	20 Morning Walks Afternoon Cards Group 6pm Lawrence Welk Show (Televised)
21 “Day of Rest” Worship Services Televised 11am Coffee & Convers	22 Breakfast – 9:30am Morning Stroll 11am Reading Supper – Movie & Popcorn	23 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	24 Breakfast – 9:30am Morning Stroll 11am Coffee & Chats Lunch – 1pm Sing Along Supper – Puzzles	25 Breakfast – Manicures Lunch – Moving Party Supper – Relax & Music	26 Breakfast – 8:30am Chair Exercises Lunch – 11am Trivia Supper – American Funniest Video & Snacks	27 Morning Walks Afternoon Cards Group 6pm Lawrence Welk Show (Televised)
28 “Day of Rest” Worship Services Televised 11am Coffee & Convers	29 Breakfast – 9:30am Morning Stroll 11am Reading Supper – Movie & Popcorn	30 Breakfast – Coffee & Colors Lunch – Walk & Talk Supper – Relax & Reminisce	31 Breakfast – 9:30am Morning Stroll 11am Coffee & Chats Lunch – 1pm Sing Along Supper – Puzzles			