


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY PROGRAMS Unless otherwise noted 9:15 Positive Current Events 10:30 AM Snack 11:00 Feeding of the Fish/ Garden Group 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind	1 10:00 Wake up & Zumba 11:15 Ring Toss Crafting Creation 1:30 Scenic Ride Share & Reminisce "Life Story" 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	2 10:00 Wake-up & Workout 11:15 Fill in the Blank Courtyard Games 1:30 Walking Group Musical Beach Ball 2:00 Bulls-Eye Target Toss 3:00 Music Sing Along 3:45 Afternoon Stretch Audio Book Club	3 10:00 Wake up & Zumba 11:15 Brain Games Courtyard Games 1:30 Balloon Volley Crafting Circle 2:30 Sundae Cart 3:00 Seated Yoga Nail Care & Reminisce 3:30 Music w/ Bud Pistachio	4 INDEPENDENCE DAY 10:00 Wake up & Zumba 11:00 Music w/ Rock'n Rob 1:30 Balloon Volley 2:00 Brain Games 2:30 Movie & Popcorn Music & Magazines 4:00 Mindful Meditation	5 10:00 AM Exercise 10:30 Scenic Ride Reminisce Game 11:15 Guess the Word 1:30 Parachute Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	6 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Ring Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation
7 10:00 AM Exercise 10:40 Communion w/ OLM Helping Hands 11:15 Virt. Catholic Service Nail Care 1:30 Balloon Bash/ Coloring 2:00 Worship Service w/ Com. 3:15 Afternoon Stretch Comedy & Laughter 4:00 Hymnal Sing-Along	8 10:00 Wake up & Zumba 11:15 Ring Toss Crafting Creation 1:30 Scenic Ride Share & Reminisce "Life Story" 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	9 10:00 Wake-up & Workout 11:15 Fill in the Blank Courtyard Games 1:30 Walking Group Musical Beach Ball 2:00 Bulls-Eye Target Toss 2:30 Music w/ Bob Trembley 3:15 Afternoon Stretch Audio Book Club 3:45 Music Sing Along	10 10:00 Wake up & Zumba 11:15 Brain Games Courtyard Games 1:45 Balloon Volley Crafting Circle 2:30 Sundae Cart 3:15 Seated Yoga Nail Care & Reminisce 3:45 Sing Along	11 10:00 Wake-up & Workout 11:15 Word Chains 12:00 COURTYARD COOKOUT 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	12 10:00 AM Exercise 10:30 Scenic Ride Reminisce Game 11:15 Guess the Word 1:30 Parachute Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	13 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Ring Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation
14 10:00 AM Exercise 10:40 Communion w/ OLM Helping Hands 11:15 Virt. Catholic Service Nail Care 1:30 Balloon Bash/ Coloring 2:00 Fun Facts 3:15 Afternoon Stretch Comedy & Laughter 4:00 Hymnal Sing-Along	15 10:00 Wake up & Zumba 11:15 Ring Toss Crafting Creation 1:30 Bean Bag Toss 2:00 Colonial Times w/ Gale 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	16 10:00 Wake-up & Workout 11:15 Fill in the Blank Courtyard Games 1:30 Walking Group Musical Beach Ball 2:00 Chaplain Chat Bulls-Eye Target Toss 3:15 Afternoon Stretch Audio Book Club 3:45 Music Sing Along	17 10:00 Wake up & Zumba 11:15 Brain Games Courtyard Games 1:45 Balloon Volley Crafting Circle 2:30 Sundae Cart 3:15 Seated Yoga Nail Care & Reminisce 3:45 Sing Along	18 10:00 Wake-up & Workout 11:15 Word Chains 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation 5:30 Family Sundae Night	19 10:00 AM Exercise 10:30 Scenic Ride Reminisce Game 11:15 Guess the Word 1:30 Parachute Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	20 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Ring Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation
21 10:00 AM Exercise 10:40 Communion w/ OLM Helping Hands 11:15 Virt. Catholic Service Nail Care 1:30 Balloon Bash/ Coloring 2:00 Fun Facts 3:15 Afternoon Stretch Comedy & Laughter 4:00 Hymnal Sing-Along	22 10:00 Wake up & Zumba 11:15 Ring Toss Crafting Creation 1:30 Scenic Ride Share & Reminisce "Life Story" 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	23 10:00 Wake-up & Workout 11:15 Fill in the Blank Courtyard Games 1:45 Walking Group Musical Beach Ball 2:00 Bulls-Eye Target Toss 3:15 Afternoon Stretch Audio Book Club 3:45 Music Sing Along	24 10:00 Wake up & Zumba 11:15 Brain Games Courtyard Games 1:30 Tap'n Time w/ Belle 1:45 Crafting Circle 2:30 Sundae Cart 3:15 Seated Yoga Nail Care & Reminisce 3:45 Sing Along	25 10:00 Wake-up & Workout 11:15 Word Chains 12:00 COURTYARD COOKOUT 1:30 Giant Kerplunk Kitchen Creations 2:00 Name that Tune 3:15 Afternoon Stretch Puzzles 3:45 Mindful Meditation	26 10:00 AM Exercise 10:30 Scenic Ride Reminisce Game 11:15 Guess the Word 1:30 Parachute Relaxation to Music 3:15 Seated Yoga 3:45 Finish the Line	27 10:00 Wake-up & Workout 11:15 Courtyard Bowling Comedy & Laughter 1:30 Ring Toss Music & Relaxation 2:00 Brain Games 3:15 Afternoon Stretch Rosary 3:45 Music & Meditation
28 10:00 AM Exercise 10:40 Communion w/ OLM Helping Hands 11:15 Virt. Catholic Service Nail Care 1:30 Balloon Bash/ Coloring 2:00 Fun Facts 3:15 Afternoon Stretch Comedy & Laughter 4:00 Hymnal Sing-Along	29 10:00 Wake up & Zumba 11:00 Music w/ Mike Coletta Crafting Creation 1:30 Scenic Ride Share & Reminisce "Life Story" 3:15 Afternoon Exercise Helping Hands 3:45 Meditation & Reflection	30 10:00 Wake-up & Workout 11:15 Fill in the Blank "Water" Games 12:00 JULY B-DAY LUNCHEON 1:30 Walking Group Musical Beach Ball 3:15 Afternoon Stretch Audio Book Club 3:45 Music Sing Along	31 10:00 Wake up & Zumba 11:15 Brain Games Courtyard Games 1:45 Balloon Volley Crafting Circle 2:30 Sundae Cart 3:15 Seated Yoga Nail Care & Reminisce 3:45 Sing Along			ASPECTS OF LIVING Cognitive Musical Life Experiences Reminisce Health & Fitness Inspirational/Emotional Social

Subject to change: Daily Schedules Made Available & Displayed in Community

All outings are weather permitting

MEAL TIMES: 12:00-1:00p; 4:30-5:30p