

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July GRANDVIEW GARDENS 2025		1	2	3	INDEPENDENCE DAY 4	5
		10:00 Wake-up & Workout 11:15 Musical "Hot Potato" Puzzles 1:30 Scenic Ride Afternoon Stretch 2:00 Trivia...Did you Know 3:00 Audubon Society Presents: Backyard Birds Walking Group	10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:30 Trivia 2:00 Worship Service & Communion w/ Rev. Cheryl 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	10:00 Wake-up & Workout 11:15 Balloon Bash Puzzles 1:30 Afternoon Stretch Kitchen Creations 2:00 Word Games 3:15 Corn Hole Mani-Cares 3:45 Mindful Meditation	10:00 AM Exercise 11:15 4 th of July Trivia 1:30 Patriotic Exercise Relaxation to Music 2:00 Brain Games 2:30 Music & Munchies 3:15 Bean Bag Toss 3:45 Sing Along & Reminisce	10:00 Wake-up & Workout 11:15 Dance Party Color Artistry 1:30 Afternoon Stretch Music & Relaxation 2:00 Reminisce Roulette 3:15 Bean Bag Toss Rosary (AP) 3:45 Uplifting Stories
6	7	8	9	10	11	12
10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride Sunday Stretch 2:00 Brain Games 3:15 Balloon Volley Music & Reminisce 3:45 Sunday Sing-Along	10:00 Wake up & Zumba 11:15 "Pitcher Practice" Toss Mani-Cares 1:30 Afternoon Stretch Crafter's Circle 2:00 Word Games 3:15 High Rollers Color Artistry 3:45 Meditation & Reflection	10:00 Wake-up & Workout 11:15 Musical "Hot Potato" Puzzles 1:30 Scenic Ride Afternoon Stretch 2:00 Trivia...Did you Know 3:15 Balloon Volley Virtual Rosary 3:45 Sing Along	10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:30 Afternoon Stretch 2:00 Brain Games 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It? 5:30 Family Sundae Social	10:00 Wake-up & Workout 11:15 Balloon Bash Puzzles 1:30 Afternoon Stretch Kitchen Creations 2:00 Word Games 3:15 Corn Hole Mani-Cares 3:45 Mindful Meditation	10:00 AM Exercise 10:45 Scenic Ride 11:15 Nail Care/Reminisce 1:30 Seated Yoga Relaxation to Music 2:00 Brain Games 2:30 Music & Munchies 3:15 Bean Bag Toss 3:45 Sing Along & Reminisce	10:00 Wake-up & Workout 11:15 Dance Party Color Artistry 1:30 Afternoon Stretch Music & Relaxation 2:00 Reminisce Roulette 3:15 Bean Bag Toss Rosary (AP) 3:45 Uplifting Stories
13	14	15	16	17	18	19
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20	21	22	23	24	25	26
10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride Sunday Stretch 2:00 Brain Games 3:15 Balloon Volley Music & Reminisce 3:45 Sunday Sing-Along	10:00 Wake up & Zumba 11:15 "Pitcher Practice" Toss Mani-Cares 1:30 Afternoon Stretch Crafter's Circle 2:00 Word Games 3:15 High Rollers Color Artistry 3:45 Meditation & Reflection	10:00 Wake-up & Workout 11:15 Musical "Hot Potato" Puzzles 1:30 Scenic Ride Afternoon Stretch 2:00 Trivia...Did you Know 3:15 Balloon Volley Virtual Rosary 3:45 Sing Along	10:00 Wake up & Zumba 11:15 Table Top Darts Color Artistry 1:30 Tap'n Time w/ Belle 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	10:00 Wake-up & Workout 11:15 Balloon Bash Puzzles 1:30 Afternoon Stretch Kitchen Creations 2:00 Word Games 3:15 Corn Hole Mani-Cares 3:45 Mindful Meditation	10:00 AM Exercise 10:45 Scenic Ride 11:15 Nail Care/Reminisce 1:30 Seated Yoga Relaxation to Music 2:00 Brain Games 2:30 Music & Munchies 3:15 Bean Bag Toss 3:45 Sing Along & Reminisce	10:00 Wake-up & Workout 11:15 Dance Party Color Artistry 1:30 Afternoon Stretch Music & Relaxation 2:00 Reminisce Roulette 3:15 Bean Bag Toss Rosary (AP) 3:45 Uplifting Stories
27	28	29	30	31	DAILY PROGRAMS Unless otherwise noted 9:15 Positive Current Events 10:30 AM Snack 11:00 Feeding of the Fish 1:00 Daily Chronicles 2:30 Snack & Social 5:15 Mindful Unwind 5:40 Movie/Classic Series	
10:15 Communion w/ OLM 10:30 Hymns & Snack 11:00 Virtual. Service (YT) 11:30 Get up & Move 1:30 Sunday Scenic Ride Sunday Stretch 2:00 Brain Games 3:15 Balloon Volley Music & Reminisce 3:45 Sunday Sing-Along	10:00 Wake up & Zumba 11:15 "Pitcher Practice" Toss Mani-Cares 1:30 Afternoon Stretch Crafter's Circle 2:00 Word Games 3:15 High Rollers Color Artistry 3:45 Meditation & Reflection	10:00 Wake-up & Workout 11:15 Musical "Hot Potato" Puzzles 1:30 Scenic Ride Afternoon Stretch 2:00 Trivia...Did you Know 3:15 Bulls-Eye Virtual Rosary 3:45 Sing Along	10:00 Wake up & Zumba 11:00 Live Music w/ Mike C. Color Artistry 1:30 Afternoon Stretch 2:00 Brain Games 3:15 Seated Yoga Music & Meditation 3:45 Who Sings It?	10:00 Wake-up & Workout 11:15 Balloon Bash Puzzles 1:30 Afternoon Stretch Kitchen Creations 2:00 Word Games 3:15 Corn Hole Mani-Cares 3:45 Mindful Meditation	ASPECTS OF LIVING Cognitive Musical Life Enrichment Reminisce Health & Fitness Inspirational/Spiritual 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