





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  						<p>1</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle, Welcome July 9:30 Exercise: Balance & Strength 10:30 All about July Flowers 11:30 Painting with a Twist 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Ball Toss & Music 3:30 Court Yard Reminiscing 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Old Man at Sea 7:00 Evening Wind Down</p>
<p>2</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Lama Trivia / Fun Facts 12:00 Lunch 1:30 Ladder Toss 2:15 Hydration Station 2:30 Chaplain Dan :Sunday Service 3:30 Travelogue: Barbados 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Golden Age Films 7:00 Evening Wind Down</p>	<p>3</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Stretch & Breathe 10:30 Word Searches & Tea 11:30 Ball Toss & Reminisce 12:00 Lunch 1:30 Walking Club 2:15 Hydration Station 2:30 What's in a Word 3:30 Nail Care & Polish 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Rocky 7:00 Evening Wind Down</p>	<p>Independence Day 4</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Independence Day Parade 9:30 Fun Facts on 4th of July 10:30 Patriotic Word Searches 11:30 Educational: Brain Fitness 12:00 Lunch Hot Dogs & Hamburgers 1:30 Today in History 2:15 Hydration Station 2:30 Popsicle Party-- Court Yard 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV: Philadelphia Concert 7:00 Evening Wind Down</p>	<p>5</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Court Yard Chats & Tea 12:00 Lunch: Men's Club 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Baking Banana Bread 3:30 Color & Create 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down</p>	<p>6</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Stretch & Breathe 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Scenic Bus Ride 2:15 Hydration Station 2:30 Frog Trivia 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Annie 7:00 Evening Wind Down</p>	<p>7</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 All about Atlantic City 11:00 Paint with Confidence - Sea Shells 12:00 Lunch 1:00 What's in a Word 2:15 Hydration Station 2:30 Tell the Truth Day 3:30 Court Yard & Popsicles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Back to The Future 7:00 Evening Wind Down</p>	<p>8</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Balance & Strength 10:30 Connections Word Searches & Puzzles 11:30 Brain Teasers 12:00 Lunch 1:30 Bingo 2:15 Hydration Station 2:30 Corn Hole Competition 3:30 Sing Along With Susie Q 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Die Another Day 7:00 Evening Wind Down</p>
<p>9</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Cat Trivia / Fun Facts 12:00 Lunch 1:30 Spiritual: Crossword Puzzles 2:15 Hydration Station 2:30 Chaplain Dan: Sunday Service 3:30 Travelogue: Jamaica 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: For When the Bell Tolls 7:00 Evening Wind Down</p>	<p>10</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Balance & Strength 10:30 Word Searches & Tea 11:30 Balloon Volleyball 12:00 Lunch 1:30 Bird Knowledge 2:15 Hydration Station 2:30 Happy Hour Trivia 3:30 Travel to Puerto Rico 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Golden Age Films 7:00 Evening Wind Down</p>	<p>11</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 All About D -Day 9:30 Exercise: Get Fit 10:30 July Poetry 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Popsicle Party-- Court Yard 3:30 Ladder Ball 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: The Old Man At Sea 7:00 Evening Wind Down</p>	<p>12</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 Women In History 12:00 Lunch: Men's Club 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Baking No Bake Key lime Pie 3:30 The Price is Right 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Evening News 7:00 Evening Wind Down</p>	<p>13</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Posture 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Country Drive 2:15 Hydration Station 2:30 Lion Trivia 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Carrol Burnett Show 7:00 Evening Wind Down</p>	<p>14</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 Virtual Vacation-France 11:00 Craft:: Paint with Confidence 12:00 Lunch 1:00 Past Times Car Show IN2L 2:15 Hydration Station 2:30 Friday Sing Along 3:30 Root Beer Station 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Bob Ross Show 7:00 Evening Wind Down</p>	<p>15</p> <p>6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Balance & Strength 10:30 What Did It Costs 11:30 Color Therapy 12:00 Lunch 1:30 Bingo & Candy 2:15 Hydration Station 2:30 Corn Hole Competition 3:30 Sing Along With Susie Q 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Lawrence Welk Show 7:00 Evening Wind Down</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
16 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit & Be Fit 10:30 Catholic Mass Live 11:30 Time Slips 12:00 Lunch 1:30 Paint With Confidence 2:15 Hydration Station 2:30 Chaplain Dan: Sunday Service 3:30 Visits With Friends & Family / Puzzles 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Shirley Temple Show 7:00 Evening Wind Down	17 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Balance & Strength 10:30 Walking with Purpose –Bird Watching 11:30 Balloon Volleyball 12:00 Lunch 1:30 Ice Cream Social 2:15 Hydration Station 2:30 Court Yard : Ball Toss 3:30 Game Show - Millionaire 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Classic TV Shows 7:00 Evening Wind Down	18 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronical / News 9:30 Exercise: Get Fit 10:30 Sing With Susie Q 11:30 Educational: Brain Fitness 12:00 Lunch 1:30 Circle Ball Kicks - Muscle Tone 2:15 Hydration Station 2:30 Canvas Painting 3:30 Name that Instrument 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Forrest Gump 7:00 Evening Wind Down	19 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Praying the Rosary 11:30 History of Horses 12:00 Lunch: Men's Club 1:30 Look Who's Dancing (P) 2:15 Hydration Station 2:30 Baking Buttermilk Corn Bread 3:30 Color with Confidence 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down	20 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily News & History 9:30 Exercise: Posture 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Outing: Country Drive 2:15 Hydration Station 2:30 Animal Trivia—Resident Choice 3:30 Puzzles / Word Searches 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Evening World News 7:00 Evening Wind Down	21 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Sit and be Fit 10:30 Summer Destinations 11:00 Craft:: Paint with Confidence 12:00 Lunch 1:00 Name 5 Categories 2:15 Hydration Station 2:30 Friday Sing Along 3:00 Steel Drums (P) 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Lucille Ball Show 7:00 Evening Wind Down	22 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Balance & Strength 10:30 World Bike Day 11:30 Star Fish Painting 12:00 Lunch 1:30 Bingo Candy With Refreshments 2:15 Hydration Station 2:30 Corn Hole Competition 3:30 Sing Along With Susie Q 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Lawrence Welk 7:00 Evening Wind Down	
23 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Yoga 10:30 Catholic Mass Live 11:30 Ladder Toss 12:00 Lunch 1:30 Spiritual: Crossword Puzzles 2:15 Hydration Station 2:30 Chaplain Dan: Sunday Service 3:30 Bingo with Candy 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Nightly News 7:00 Evening Wind Down	24 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Balance & Strength 10:30 Self Care: Guided Meditation IN2L 11:30 Word Searches/Crosswords 12:00 Lunch 1:30 Color me Calm 2:15 Hydration Station 2:30 Tell a Joke Circle 3:30 Walking Club 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Show: The Roy Rodgers Show 7:00 Evening Wind Down	25 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Posture 10:30 Balloon Volleyball 11:30 Name That Instrument 12:00 Lunch 1:30 Today in History 2:15 Hydration Station 2:30 Games and Puzzles 3:30 Hymn Sing 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Show: Game Shows 7:00 Evening Wind Down	26 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Sit and Be Fit 10:30 Praying the Rosary 11:30 Corn Hole Competition 12:00 Lunch 1:30 Look Who's Dancing 2:15 Hydration Station 2:30 Walking Club 3:30 Card Games/Board Games 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down	27 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & History 9:30 Exercise: Yoga 10:30 St Eleanor: Communion 11:30 Walking Club 12:00 Lunch 1:30 Water Color Painting 2:15 Hydration Station 2:30 Sing Along with Suzie Q 3:30 Courtyard Stroll 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Nature Documentary 7:00 Evening Wind Down	28 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Muscle Club 10:30 Wordle and Crosswords 11:00 Courtyard Stroll 12:00 Lunch 1:00 Painting Geometric Shapes 2:15 Hydration Station: DIY Chocolate Milk 2:30 Household Chores: Folding 3:00 Fred Astaire Dancers (P) 4:50 Music and Lemon Hands 5:00 Dinner 6:30 TV Show: I Love Lucy 7:00 Evening Wind Down	29 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Get Fit 10:30 Tiger Trivia 11:30 IN2L Safari Slideshow 12:00 Lunch 1:30 Brain Fitness 2:15 Hydration Station 2:30 Mindful Coloring to Music 3:30 IN2L Family Feud 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Good News 7:00 Evening Wind Down	
30 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & Devotions 9:30 Exercise: Posture 10:30 Catholic Mass Live 11:30 Walking Club 12:00 Lunch 1:30 Spiritual: Crossword Puzzles 2:15 Hydration Station 2:30 Chaplain: Sunday Service 3:30 Bingo with Candy 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Golden Age Films 7:00 Evening Wind Down	31 6:00 Activities of Daily Living 8:00 Breakfast 9:00 Daily Chronicle & News 9:30 Exercise: Yoga 10:30 IN2L: Family Feud 11:30 Peaceful Meditation 12:00 Lunch 1:30 Nature Watch Outside 2:15 Hydration Station: Fruit and Drinks 2:30 Baking Club: Cookies 3:30 Calming Coloring 4:50 Music and Lemon Hands 5:00 Dinner 6:30 Movie: Gun Smoke 7:00 Evening Wind Down						<h1>JULY 2023</h1>