

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31</p> <p>10:00 Religious Services (AR) 11:00 Conversational Ball 3:00 Jokes & Humor 4:00 Card Games (AR)</p>	<p>LOCATION KEY</p> <p>MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit</p> <p><i>*Activities and locations are subject to change</i></p>				<p>1</p> <p>10:00 Move it or Lose it! 11:00 Civil Rights Day 1:30 Finish the Phrase 2:30 BINGO (MDR) 3:45 Happy Hour</p>	<p>2</p> <p>10:00 Chair Yoga 11:00 Jokes & Humor 3:00 Conversation Ball 4:00 Family Feud</p>
<p>3</p> <p>10:00 Religious Services (AR) 11:00 Firework Artwork 3:00 Corn Hole 4:00 Card Games (AR)</p> <p>Independence Week</p>	<p>4</p> <p>10:00 Move it or Lose it! 11:00 Patriotic Sing-Along 2:30 BINGO (MDR) 3:30 4th of July Social</p> <p>Independence Day</p>	<p>5</p> <p>10:00 Balloon Volleyball 11:00 Culinary: Red, White, and Blue Smoothies 1:30 Rock & Bowl 3:00 Afternoon Treats & Reminiscing: 4th of July 6:00 Evening Relaxation</p>	<p>6</p> <p>10:00 Move it or Lose it! 11:00 Guess Who – American Presidents 2:30 BINGO (MDR) 4:00 Karaoke with Lou Allen</p>	<p>7</p> <p>10:00 Seated Cardio Boxing 11:00 4th of July Trivia & History 1:30 Cardio Drumming 3:00 Patriotic Pick-a-Letter 6:00 Rehab Rounds</p>	<p>8</p> <p>9:45 Morning Stretch 10:30 Live Music with Cooie 1:30 Balloon Baseball 2:30 BINGO (MDR) 3:45 Happy Hour</p>	<p>9</p> <p>10:00 Chair Yoga 11:00 Name That American Hero 3:00 Ring Toss 4:00 Price is Right – 4th of July</p>
<p>10</p> <p>10:00 Religious Services (AR) 11:00 Dog Trivia & Facts 3:00 Conversation Ball 4:00 Card Games (AR)</p> <p>Dog Days of Summer</p>	<p>11</p> <p>10:00 Move it or Lose it! 11:00 Pet Rocks 2:30 BINGO (MDR) 3:30 Manis & Hand Massages</p>	<p>12</p> <p>10:00 Balloon Volleyball 11:00 Culinary: Franks & Beans 2:00 Live Music with Cooper 3:00 Afternoon Treats & Reminiscing: Pet Reminiscing 6:00 Evening Relaxation</p>	<p>13</p> <p>10:00 Move it or Lose it! 11:00 Make Dog Treats for Shelter 2:00 Birthday Celebration & Live Music with Corey 3:45 Stretching to the Oldies</p>	<p>14</p> <p>10:00 Chair Tai Chi 11:00 Dog Show & Parade 1:30 Resident Council (AR) 3:00 Men's Group: Man's Best Friend 6:00 Rehab Rounds</p>	<p>15</p> <p>10:00 Move it or Lose it! 11:00 Zoom Tour at the Shelter 1:30 Horseshoes 2:30 BINGO (MDR) 3:45 Happy Hour</p>	<p>16</p> <p>10:00 Chair Yoga 11:00 Saturday Movie: Old Yeller 3:00 Left Right Center 4:00</p>
<p>17</p> <p>10:00 Religious Services (AR) 11:00 Flower Pressing 3:00 Horse Racing 4:00 Card Games (AR)</p> <p>Summer Activities</p>	<p>18</p> <p>10:00 Move it or Lose it! 11:00 Ocean Trivia 2:30 BINGO (MDR) 3:30 Catholic Mass with Father Dallas</p>	<p>19</p> <p>10:00 Balloon Volleyball 11:00 Culinary: Fruit Popsicles 2:00 Live Music with the Butterfields 3:00 Afternoon Treats & Reminiscing: Summer Activities 6:00 Evening Relaxation</p>	<p>20</p> <p>10:00 Move it or Lose it! 11:00 Sand Art 2:30 BINGO (MDR) 3:45 Stretching to the Oldies</p>	<p>21</p> <p>10:00 Seated Cardio Boxing 11:00 Summertime Haikus 1:30 Cardio Drumming 3:00 Garden Party 6:00 Rehab Rounds</p>	<p>22</p> <p>10:00 Move it or Lose it! 11:00 Flower Arranging 1:30 Beach Ball Volleyball 2:30 BINGO (MDR) 3:45 Happy Hour Ice Cream Social</p>	<p>23</p> <p>10:00 Chair Yoga 11:00 Beach Scene Watercolor 3:00 Horse Racing 4:00 Uno</p>
<p>24</p> <p>10:00 Religious Services (AR) 11:00 Apple Core Stamping 3:00 Red Apple Slime 4:00 Card Games (AR)</p> <p>Red</p> <p>Colors of the Rainbow</p>	<p>25</p> <p>10:00 Move it or Lose it! 11:00 Painting with Carrots 2:30 BINGO (MDR) 3:30 Manis & Hand Massages</p> <p>Orange</p>	<p>26</p> <p>10:00 Balloon Volleyball 11:00 Culinary: Lemon Cake 1:30 Rock & Bowl 3:00 Afternoon Treats & Reminiscing: Lemonade and Lemonade Stands 6:00 Evening Relaxation</p> <p>Yellow</p>	<p>27</p> <p>10:00 Move it or Lose it! 11:00 Green Leaf, Stained Glass 2:30 BINGO (MDR) 3:45 Stretching to the Oldies</p> <p>Green</p>	<p>28</p> <p>10:00 Chair Tai Chi 11:00 Blue Daisy Painting 1:30 Cardio Drumming 3:00 Blueberry Tea Social 6:00 Rehab Rounds</p> <p>Blue</p>	<p>29</p> <p>10:00 Move it or Lose it! 11:00 Solar Printing 1:30 History of Japanese Indigo Dying 2:30 BINGO (MDR) 3:45 Happy Hour</p> <p>Indigo</p>	<p>30</p> <p>10:00 Chair Yoga 11:00 Salt Dough Violet Ornaments 3:00 Golf 4:00 Jeopardy</p> <p>Violet</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 10:00 Religious Services (AR) 11:00 Conversation Ball 1:45 Sensory Balance 3:00 Jokes & Humor	LOCATION KEY MDR – Main Dining Room AR – Activities Room O – Outside CD – Chittenden Dining Room CU – Champlain Unit MU – Mansfield Unit <i>*Activities and locations are subject to change</i>				1 10:00 Move it or Lose it! 11:00 Civil Rights Day 1:45 Sensory Balance 2:30 BINGO (MDR) 3:45 Happy Hour 4:00 Nature Exploration (AR): Shoreline Wildlife	2 10:00 Chair Yoga 11:00 Jokes & Humor 1:45 Sensory Balance 3:00 Conversation Ball 4:00 Family Feud
3 10:00 Religious Services (AR) 11:00 Firework Artwork 1:45 Sensory Balance 3:00 Corn Hole <i>Independence Week</i>	4 10:00 Move it or Lose it! 11:00 Patriotic Sing-Along 1:45 Sensory Balance 2:30 BINGO (MDR) 3:30 4 th of July Social <i>Independence Day</i>	5 10:00 Balloon Volleyball 11:00 Culinary: Red, White, and Blue Smoothies 1:15 Walking Trail 1:45 Sensory Balance 3:00 Afternoon Treats & Reminiscing: 4 th of July 4:00 Bean Bag Bocce	6 10:00 Move it or Lose it! 11:00 Guess Who – American Presidents 1:15 Walking Trail 1:45 Sensory Balance 2:30 BINGO (MDR) 4:00 Karaoke with Lou Allen	7 10:00 Seated Cardio Boxing 11:00 4 th of July Trivia & History 1:30 Cardio Drumming 1:45 Sensory Balance 3:00 Patriotic Pick-a-Letter 4:00 Karaoke with Lou Allen	8 9:45 Morning Stretch 10:30 Live Music with Coogie 1:45 Sensory Balance 2:30 BINGO (MDR) 3:45 Happy Hour 4:00 Nature Exploration (AR): Bald Eagles	9 10:00 Chair Yoga 11:00 Name That American Hero 1:45 Sensory Balance 3:00 Ring Toss 4:00 Price is Right – 4 th of July
10 10:00 Religious Services (AR) 11:00 Dog Trivia & Facts 1:45 Sensory Balance 3:00 Conversation Ball <i>Dog Days of Summer</i>	11 10:00 Move it or Lose it! 11:00 Pet Rocks 1:45 Sensory Balance 2:30 BINGO (MDR) 3:30 Manis & Hand Massages	12 10:00 Balloon Volleyball 11:00 Culinary: Franks & Beans 1:15 Walking Trail 1:45 Sensory Balance 3:00 Afternoon Treats & Reminiscing: Pet Reminiscing 4:00 Ring Toss	13 10:00 Move it or Lose it! 11:00 Make Dog Treats for Shelter 1:15 Walking Trail 1:45 Sensory Balance 2:00 Birthday Celebration & Live Music with Corey 4:00 Uno	14 10:00 Chair Tai Chi 11:00 Dog Show & Parade 1:30 Resident Council (AR) 1:45 Sensory Balance 3:00 Men's Group: Man's Best Friend 4:00 Travelogue: Behind the Scenes of a Dog Show	15 10:00 Move it or Lose it! 11:00 Zoom Tour at the Shelter 1:45 Sensory Balance 2:30 BINGO (MDR) 3:45 Happy Hour 4:00 Nature Exploration (AR): Wild Dogs	16 10:00 Chair Yoga 11:00 Sensory Balance 3:00 Saturday Movie: Old Yeller 4:00 Left Right Center
17 10:00 Religious Services (AR) 11:00 Flower Pressing 1:45 Sensory Balance 3:00 Horse Racing <i>Summer Activities</i>	18 10:00 Move it or Lose it! 11:00 Ocean Trivia 1:45 Sensory Balance 2:30 BINGO (MDR) 3:30 Catholic Mass with Father Dallas	19 10:00 Balloon Volleyball 11:00 Culinary: Fruit Popsicles 1:15 Walking Trail 1:45 Sensory Balance 2:00 Live Music with the Butterfields 3:00 Afternoon Treats & Reminiscing: Summer Activities 4:00 Hoop Shoot	20 10:00 Move it or Lose it! 11:00 Sand Art 1:15 Walking Trail 1:45 Sensory Balance 2:30 BINGO (MDR) 4:00 Corn Hole	21 10:00 Seated Cardio Boxing 11:00 Summertime Haikus 1:30 Cardio Drumming 1:45 Sensory Balance 3:00 Garden Party 4:00 Travelogue: Beaches of the World/Oceans	22 10:00 Move it or Lose it! 11:00 Flower Arranging 1:45 Sensory Balance 2:30 BINGO (MDR) 3:45 Happy Hour Ice Cream Social 4:00 Nature Exploration (AR):	23 10:00 Chair Yoga 11:00 Beach Scene Watercolor 1:45 Sensory Balance 3:00 Horse Racing 4:00 Uno
24 10:00 Religious Services (AR) 11:00 Apple Core Stamping 1:45 Sensory Balance 3:00 Red Apple Slime Red <i>Colors of the Rainbow</i>	25 10:00 Move it or Lose it! 11:00 Painting with Carrots 1:45 Sensory Balance 2:30 BINGO (MDR) 3:30 Manis & Hand Massages Orange	26 10:00 Balloon Volleyball 11:00 Culinary: Lemon Cake 1:15 Walking Trail 1:45 Sensory Balance 3:00 Afternoon Treats & Reminiscing: Lemonade and Lemonade Stands 4:00 Parachute Ball Toss Yellow	27 10:00 Move it or Lose it! 11:00 Green Leaf, Stained Glass 1:15 Walking Trail 1:45 Sensory Balance 2:30 BINGO (MDR) 4:00 Green	28 10:00 Chair Tai Chi 11:00 Blue Daisy Painting 1:30 Cardio Drumming 1:45 Sensory Balance 3:00 Blueberry Tea Social 4:00 Travelogue: Iceland Blue Lagoon Violet	29 10:00 Move it or Lose it! 11:00 Solar Printing 1:45 Sensory Balance 2:30 BINGO (MDR) 3:45 Happy Hour 4:00 Nature Exploration (AR): Indigo Bunting Indigo	30 10:00 Chair Yoga 11:00 Salt Dough Violet Ornaments 1:45 Sensory Balance 3:00 Golf 4:00 Jeopardy Violet