



Activities Calendar

July 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 Sunday Stretch 30 10:00 Bible Study 3:00 Sunday Matinee Dog Days of Summer	9:30 Coffee & Chronicles 31 10:00 Balloon Volleyball 1:00 Catholic Mass 1:45 Chair Yoga 3:15 Bingo	LOCATION KEY MDR = Main Dining Room ADK = Adirondack P = Patriot AR = Activity Room L = Library				9:30 Saturday Stretch 1 10:00 Balloon Volleyball 1:00 Make Firework Table Tents 3:00 Bingo
9:30 Sunday Stretch 2 10:00 Bible Study or Hot Diggity Dog Puzzle 1:00 Hotdog Trivia & Quiz 3:00 Travelogue: US Regional Hotdog Styles Celebrate America Week	9:30 Move It or Lose It 3 10:00 Scattogories 1:00 Catholic Mass 1:45 The Yankee Doodle Boy 3:15 Bingo	9:30 Chair Zumba 4 10:00 Culinary Arts: No Bake Summer Berry Lasagna 1:00 Independence Day Parade 3:00 Fourth of July Social 4:00 Comfort Cart <i>Independence Day</i>	9:30 Cardio Drumming 5 10:15 Trivia: Square Dancing 1:30 Sit Down Square Dancing 2:15 Junk Drawer Detective: BBQ 3:00 Pokeno	9:30 Seated Cardio Boxing 6 10:15 Fun Sponge Fireworks 1:30 Men's Club 2:15 Bunco 3:00 Stretching Exercise 4:00 Comfort Cart	9:30 Friday Fitness 7 10:00 Bible Study 10:15 Fun Facts about Fireflies 1:00 Fire Fly Craft 3:00 Family Feud: America 4:00 Stretching Exercise	9:30 Saturday Stretch 8 10:00 Current Events 1:00 Spa Time 3:00 Bingo & A Coke Drink a Coca Cola Day
9:30 Sunday Sit & Be Fit 9 10:00 Bible Study 1:00 Facts & Trivia: 1960's Television Shows 3:00 Chair Aerobics 3:30 Drinks & Dominoes Reminisce- Memories	9:30 Coffee & Chronicles 10 10:00 Balloon Volleyball 1:00 Catholic Mass 1:45 Food Forum or Chair Yoga 3:15 Bingo	9:30 Chair Zumba 11 10:00 Culinary Arts: Oatmeal Raisin Cookies 10:45 Thank you Cards – Laundry Workers Week 1:30 Family Tree Word Search 2:00 Getting to Know You 3:00 Tai Chi Tuesday 4:00 Comfort Cart	9:30 Move It or Lose It 12 10:15 Create Memory Books 1:30 Resident Council 2:15 Cookie Social 3:00 Pokeno	9:30 Balloon Volleyball 13 10:15 Travelogue: 1960's Inventions 1:30 Seated Cha Cha Dance 2:15 Happy Hour Fun 3:00 Bunco 4:00 Comfort Cart	9:30 Friday Fitness 14 10:00 Bible Study 10:15 Family Feud: Reminisce 1960's 11:00 Family BBQ 2:00 Music with Dean	9:30 Saturday Stretch 15 10:00 Wheel of Fortune: 1960's 1:00 Reminisce: Share Treasures & Root Beer Floats 3:00 Bingo
9:30 Sweating to the Oldies 16 10:00 Bible Study 1:00 Ring Bottle Toss 3:00 Pokeno 4:00 Chair Aerobics Carnival Week	9:30 Move It or Lose It 17 10:00 Travelogue: Carnivals Around the World 1:00 Catholic Mass 1:45 Hula Hoop Games 3:15 Bingo	9:30 Noodle Ball 18 10:00 Culinary Arts: Fried Bread Dough 1:30 What is your favorite? Fair Food 2:15 Scattogories 3:00 Balloon Pop Game 4:00 Comfort Cart	9:30 Seated Cardio Boxing 19 10:15 Fun Facts & Trivia: Carnival 1:30 Carnival Can Bean Bag Toss 2:15 Carnival Social 3:00 Pokeno 4:00 Hula Hoop Game	9:30 Balloon Volleyball w/ Fly Swatters 20 10:00 Make Silly Mouth Masks 1:30 Pictionary: Carnival 2:15 Carnival Games 3:15 Bunco 4:00 Comfort Cart	9:30 Friday Fitness 21 10:00 Bible Study 10:15 Family Feud: Carnival Theme 2:00 Music with Dean	9:30 Saturday Stretch 22 10:00 Daily Chronicle & Current Events 1:00 Make A Pinwheel 3:00 Bingo
9:30 Sunday Sit & Be Fit 23 10:00 Bible Study 1:00 Chair Aerobics 1:30 Lemonade & 3:00 Sunday Matinee: Dennis the Menace Kid Connection	9:30 Balloon Volleyball 24 10:00 Make Birdhouses 1:00 Catholic Mass 1:45 Cards for Hope Program 3:15 Bingo	9:30 Chair Zumba 25 10:00 Culinary Arts: Banana Nice Cream 10:30 Unusual Ice Cream Flavors 1:00 Travelogue: Favorite Flavor of Each State 2:00 Sit & Stretch Exercise 3:00 Ice Cream Social 4:00 Comfort Cart	9:30 Move It or Lose It 26 10:00 Culinary Arts: Chocolate Chip Cookies 1:00 Teddy Bear Games & Flat Rock Painting 1:30 Hokey Pokey & Dancing 2:00 Cookies & Reading Social 3:00 Pokeno	9:30 Seated Cardio Boxing 27 10:00 Ice Cream Trivia 1:30 Beach Ball Toss 2:00 Music w/Mark 4:00 Comfort Cart	9:30 Friday Fitness 28 10:00 Bible Study 10:15 Family Feud: Childhood 1:00 What am I? 2:00 Music Sing A Long 4:00 Stretching Exercise	9:30 Saturday Stretch 29 10:00 Wheel of Fortune: Ice Cream 1:30 Spa Time 2:30 Make Frozen Snowball Punch 3:00 Bingo

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance Dog Days of Summer	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	LOCATION KEY MDR = Main Dining Room ADK = Adirondack P = Patriot AR = Activity Room L = Library					10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance Celebrate America	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	9:45 Music & Movement 10:15 Sir La Recipe Review 10:30 Culinary Arts: Culinary Arts: No Bake Summer Berry Lasagna 1:00 Independence Day Parade 3:00 Fourth of July Social Independence Day	10:00 Bubbles, Balloons & Balls 10:30 Life Skills 1:30 Music & Aromatherapy 2:30 Sensory Balance 3:00 Relax & Spa 3:45 Music & Movement	10:00 Wake Up Sensory 10:30 Paint Fun Sponge Fireworks 1:30 Cardio Drumming 2:00 Music & Aromatherapy 2:30 Sensory Balance 4:00	10:00 Bible Study 10:45 Move N' Shake 1:30 Sensory Balance 2:00 Music & Aromatherapy	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits	
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance Reminisce – Memories	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	10:00 Noodle Ball 10:15 Sir La Recipe Review 10:30 Culinary Arts: Oatmeal Cookies 1:30 Spectacular Spa 2:30 Sensory Balance 3:00 Music & Aromatherapy 3:45 Evening Wake Up	10:00 Move N' Shake 10:30 Make Memory Books 1:30 Corn Hole Toss 2:30 Cookie Social 3:00 Sensory Balance 3:45 Music & Aromatherapy	10:00 Wake Up Sensory 10:30 Reminisce 1960's 1:30 Sensory Balance 2:30 Music & Aromatherapy 3:00 Lawn Games 3:45 Dinner Time Trivia	10:00 Bible Study 10:45 Move N' Shake 1:30 Sensory Balance 2:00 Music with Dean	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits	
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance Carnival Week	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	9:45 Music & Movement 10:15 Sir La Recipe Review 10:30 Culinary Arts: Fried Bread Dough 1:30 Hula Hoop Games 2:30 Music & Aromatherapy 3:00 Sensory Balance 3:45 Dinner Time Trivia	10:00 Parachute Pop 10:30 Life Skills 1:30 Carnival Can Bean Bag Toss 2:30 Sensory Balance 3:00 Music & Aromatherapy 3:45 Ring Toss	10:00 Balloon Volleyball 10:30 Carnival Games 1:30 Cardio Drumming 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Bubbles, Balloons & Balls	10:00 Bible Study 10:45 Move N' Shake 1:30 Sensory Balance 2:00 Music with Dean	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits	
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance Kid Connection	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	9:45 Noodle Ball 10:15 Sir La Recipe Review 10:30 Culinary Arts: Banana Nice Cream 1:30 Sensory Balance 2:30 Music & Aromatherapy 3:00 Spectacular Spa 3:45 Evening Wake Up	10:00 Music & Movement 10:30 Life Skills 1:30 Bean Bag Toss 2:30 Sensory Balance 3:00 Music & Aromatherapy 3:45 Evening Wake Up	10:00 Wake Up Sensory 10:30 Make Birdhouses 1:30 Cardio Drumming 2:30 Sensory Balance 3:00 Music & Aromatherapy 3:45 Dinner Time Trivia	10:00 Bible Study 10:45 Move N' Shake 1:30 Sensory Balance 2:00 Music Sing Along 3:00 Music & Aromatherapy	10:45 Wake Up Sensory 2:00 Sensory Balance 2:30 Make Frozen Snowball Punch 4:00 Neighborhood Visits	