9:00- Daily Chronicles 10:00- Board Games 12:00- Trivia/Word Games 12:30- Scenic Bus Ride 1:00- Walk the Courtyard 3:00-Armchair Travel 5:00- Chair Bowling

9:00- Sit & Be Fit 10:00- Circle Soccer 12:00- Trivia 12:30- Sing-Along from our **Booklets** 1:00- Socializing in the Courtyard 3:00- BINGO! 5:00- Hangman

9:00- Morning Exercise 10:00- Balloon Volleyball 12:00- Reminiscing with Staff 12:30- Arts & Crafts 1:00- Listening to Tunes in the Courtyard 3:00- Armchair Travel 5:30- Ed Davin AL Dining Room

9:00- Daily Chronicles 10:00- Swatterball 12:00- 4th of July Trivia 12:30- Adult Coloring 1:30- Soaking up the Sun 3:00- 4th of July Celebration with David FLYNN- AL Dining Room 5:00- Tabletop Puzzles

Happy 4<sup>th</sup> of July!

9:00- Morning Walk 10:00- Morning Tunes and Snacks 12:00- Soaking up the Sun 12:30- Adult Coloring 1:00- Golden Hills Bible Study Location: AL Side Resource Room 3:00- BINGO! 5:00- Folding Linens & Singing

9:00- Daily Chronicles 10:00- Morning Tunes and Snacks 12:00- Balloon Volleyball 12:30- Socializing in the Courtyard 1:30- Happy Hour with Ciro **Vargas** 3:00- Afternoon Walk

5:00- Tabletop Puzzles

9:00- Daily Chronicles 10:00- Morning Tunes and Snacks 12:00- Swatterball 12:30- Folding Linens & Singing 1:00- Afternoon Walk 3:00- Hangman 5:00- Reminiscing with Staff

9:00- Daily Chronicles 10:00- Snacks and Hydration 12:00- Circle Soccer 12:30- Scenic Bus Ride 1:00- Afternoon Walk 3:00-Socializing in the **Courtyard** 5:00- Hand Massages & Evening **Tunes** 

9:00- Morning Stretch 10:00- Swatterball 12:00- Reminiscing with Staff 12:30- Arts & Crafts 1:00- Listening to Tunes in the Courtyard 3:00- Armchair Travel 5:00- Folding Linens & Singing

9:00- Morning Walk 10:00- Balloon Volleyball 12:00- Sing-Along from our **Booklets** 12:30- Cookie Baking 2:00- Snacks and Hydration 3:00- Armchair Travel 5:00- Hangman

10:00- Bible Study with Wendy & Friends 12:00- Circle Soccer 12:30- Adult Coloring 1:00-Socializing in the Courtyard 3:00- Book Club with Kim 5:00- Chair Bowling

9:00- Armchair Exercise

9:00- Morning Exercise 10:00- Circle Soccer 12:00- Balloon Toss 12:30- Sing-Along with Susie Q 1:00- Golden Hills Bible Study **Location: AL Side Resource Room** 3:00- Resident and Staff Ice **Cream Social- AL Dining Room** 5:00- Evening Tunes

9:00- Daily Chronicles 10:00- Snacks and Hydration 12:00- Circle Soccer 12:30- Cranium Crunches 1:30- Happy Hour with Jack Martin 3:00- Socializing in the Courtvard

5:00- Tabletop Puzzles

9:00- Daily Chronicles 10:00- Balloon Volleyball 12:00- IN2L Travel 12:30- Sing-Along with Susie Q 1:00- Afternoon Walk 3:00- Hand Massages and Nail **Painting** 5:00- Chair Bowling

Happy Birthday Marti!

9:00- Daily Chronicles 10:00- Trivia/Word Games 12:00- Volleyball 12:30- Scenic Bus Ride 1:00- Armchair Travel 3:00- Afternoon Walk 5:00- Reminiscing with Staff

9:00- Sit & Be Fit 9:00- Morning Stretch 10:00- Balloon Volleyball 10:00- Circle Soccer 12:00- Sing-Along from our 12:00- Cranium Crunches **Booklets** 12:30- Arts & Crafts 12:30- Trivia/Word Games 2:00- Snacks and Hydration 1:00- Armchair Travel 3:00- Socializing in the 3:00- BINGO! Courtyard 5:00- Folding Linens & Singing 5:00- Hand Massages & Evening **Tunes** 

9:00- Armchair Exercises 10:00- Bible Study with Wendy & Friends 12:00- Swatterball 12:30- Trivia/Word Games 1:00- Listening to Tunes in the

9:00- Morning Walk

& Friends

Courtyard 3:00- Book Club with Kim 5:00- Hangman

9:00- Morning Stretch 9:00- Daily Chronicles 10:00- Swatterball 10:00- Snacks and Hydration 12:00- Soaking up the Sun 12:00- Balloon Volleyball 12:30- Afternoon Walk 12:30- Discuss and Recall 1:00- Golden Hills Bible Study 1:30- Happy Hour with Eddie **Location: AL Side Resource Room Williams** 3:00- BINGO! 3:00- Cranium Crunches

10:00- Snacks and Hydration 12:00- Adult Coloring 12:30- Folding Linens & Singing 1:00- Hydration Social in the Courtyard 3:00- Reading Short Stories 5:00- Hand Massages & Evening 5:00- Tabletop Puzzles

9:00- Daily Chronicles

9:00- Daily Chronicles 10:00- Snacks and Hydration 12:00- Afternoon Walk 12:30- Scenic Bus Ride 1:00- Sunday Showtime 3:00- Socializing in the Courtyard

Tunes

5:00- Evening Tunes

9:00- Armchair Exercises 10:00- Circle Soccer 12:00- Armchair Travel 12:30- Adult Coloring 1:00- Listening to Tunes in the **Courtyard** 3:00- BINGO! 5:00- Hand Massages & Evening 5:00- Reminiscing with Staff

9:00- Morning Stretch 10:00- Swatterball 12:00- Balloon Toss 12:30- Arts & Crafts 1:00- Trivia/Word Games 3:00- Socializing in the Courtyard 5:00- Chair Bowling

10:00- Bible Study with Wendy 12:00- Sing-Along 12:30- Parachute and Balloons 1:00- Soaking up the Sun 3:00- Book Club with Kim 5:00- Evening Tunes 6:00- Dementia Support Group **Location: AL Side Recourse Room** 

9:00- Morning Exercise 10:00- Balloon Volleyball 12:00- Balloon Toss 12:30- Sing-Along with Susie Q 1:00- Golden Hills Bible Study **Location: AL Side Resource Room** 3:00- BINGO! 5:00- Folding Linens & Singing

5:00- Chair Bowling

9:00- Daily Chronicles 10:00- Morning Tunes and Snacks 12:00- Socializing in the Courtyard 12:30- Circle Soccer 1:30- Happy Hour with JD 3:00- Afternoon Walk 5:00- Tabletop Puzzles

**Tunes** 

9:00- Daily Chronicles 10:00- Snacks and Hydration 12:00- Armchair Travel 12:30- Sing-Along with Susie Q 1:00- Socializing in the Courtyard 3:00- Discuss and Recall 5:00- Hand Massages & Evening **Tunes** 

9:00- Daily Chronicles 10:00- Morning Tunes and Snacks 12:00- Armchair Travel 12:30- Scenic Bus Ride 1:00- Trivia/Word Games 3:00- Afternoon Walk

9:00- Morning Walk 10:00- Swatterball 12:00- Armchair Travel 12:30- Adult Coloring 2:00- Snacks and Hydration 3:00- BINGO! 5:00- Chair Bowling

9:00- Sit & Be Fit 10:00- Circle Soccer 12:00- Cranium Crunches 12:30- Arts & Crafts 2:00- Snacks and Hydration 3:00- Socializing in the Courtyard 5:00- Hand Massages & Evening **Tunes** 

Compass Rose Lifestyle Calendar Constitution

WESTMONT OF BRENTWOOD 450 JOHN MUIR PARKWAY, BRENTWOOD, CA 94513. PHONE: 925-516-8506, LIC#075601300 (ALL ACTIVITIES ARE SUBJECT TO CHANGE BASED ON RESIDENTS AND INSTRUCTORS).



