



The Heritage
at Shalimar Gardens

Memory Support

SUN	MON	TUE	WED	THU	FRI	SAT	
1 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Outdoor Activities	2 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Never Have I Ever 1:00 Quiet Time 2:15 Fun Drive 2:30 Snack 3:00 Bingo	3 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Balloon Volleyball 1:00 Quiet Time 2:30 Snack 3:00 Hand Massage/Manicures	4 FOURTH OF JULY 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Coffee in the Courtyard 1:00 Quiet Time 2:30 Snack 3:00 Easy Does It Random Trivia	5 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Decoding Countries 1:00 Quiet Time 2:30 Snack 3:00 Bingo	6 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Book Club 1:00 Quiet Time 2:30 Snack 3:00 Cocktails & Conversation 6:00 Game Night	7 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Manicures 1:00 Quiet Time 2:30 Snack 3:00 Reminiscing 6:00 Lawrence Welk Ch. 12	
8 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Outdoor Activities	9 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Mad Libs 1:00 Quiet Time 2:30 Snack 3:00 Bingo	10 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 'Songs to Remember' Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Hand Massage/Manicures	11 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Coffee in the Courtyard 1:00 Quiet Time 2:30 Snack 3:00 Easy Does It Random Trivia 6:00 Love on a Leash	12 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Rhymes with Sail 1:00 Quiet Time 2:30 Snack 3:00 Bingo	13 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Book Club 1:00 Quiet Time 2:30 Snack 3:00 Cocktails & Conversation 6:00 Game Night	14 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Manicures 1:00 Quiet Time 2:30 Snack 3:00 Reminiscing 6:00 Movie Night-Residents' Choice 	
15 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Outdoor Activities	16 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Never Have I Ever 1:00 Quiet Time 2:30 Snack 3:00 Bingo	17 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Balloon Volleyball 1:00 Quiet Time 2:30 Snack 3:00 Hand Massage/Manicures	18 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Coffee in the Courtyard 1:00 Quiet Time 2:30 Snack 3:00 Easy Does It Random Trivia	19 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Searching for Summer 1:00 Quiet Time 2:30 Snack 3:00 Bingo	20 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Book Club 1:00 Quiet Time 2:30 Snack 3:00 Cocktails & Conversation 6:00 Game Night	21 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Manicures 1:00 Quiet Time 2:30 Snack 3:00 Reminiscing 6:00 Lawrence Welk Ch. 12	
22 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Outdoor Activities	23 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Mad Libs 1:00 Quiet Time 2:30 Snack 3:00 Bingo	24 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 'Hymns to Remember' Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Hand Massage/Manicures	25 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Coffee in the Courtyard 1:00 Quiet Time 2:30 Snack 3:00 Easy Does It Random Trivia 6:00 Love on a Leash	26 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Swim Categories 1:00 Quiet Time 2:30 Snack 3:00 Bingo	27 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Book Club 1:00 Quiet Time 2:30 Snack 3:00 Cocktails & Conversation 6:00 Game Night	28 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Manicures 1:00 Quiet Time 2:30 Snack 3:00 Reminiscing 6:00 Movie Night-Residents' Choice 	
29 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Sing Along 1:00 Quiet Time 2:30 Snack 3:00 Outdoor Activities	30 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Never Have I Ever 1:00 Quiet Time 2:30 Snack 3:00 Bingo	31 10:00 Sit Down Dancing 10:20 The Daily Chronicle 10:25 Devotions 10:30 Balloon Volleyball 1:00 Quiet Time 2:30 Snack 3:00 Hand Massage/Manicures				ENTERTAINMENT BINGO OUTINGS	

Sunday Church Services
 7:00 AM 1st Plymouth Ch. 9
 8:30 AM Salem Lutheran Ch. 97.14
 10:30 AM Catholic Mass Ch. 6
 3:30 PM Liberty Baptist
 Assisted Living ©

July Birthdays
 Marvin Johnson 7/26