







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>2 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Drumming 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>3 9:30 Sit and Be Fit 10:00 Sing-a-Long W/Betty 10:30 Poetry 11:00 Toss Game 1:30 Mental Fitness 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>4 <u>4th of July</u>  9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 2:30 Sing-A-Long <u>3:00 4th of July Celebration</u> 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>5 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>6 <u>International Kissing Day</u> 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Math Game 2:00 Sing a Long 3:30 Laughter Club/Stroll 4:00 Sit and Be Fit 6:00 Linda Lenke Sing A Long</p>	<p>7 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>	
<p>8 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>9 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Drumming 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>10 9:30 Sit and Be Fit 10:00 <i>Tennis Game</i> 10:30 Poetry 11:00 Toss Game 1:30 Mental Fitness 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>11 9:30 Chair Fitness 10:00 Sing-a-Long W/Betty 11:00 Spelling Bee 1:30 Booster Club 2:30 Sing-A-Long 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>12 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>13 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Math Game 2:00 Sing a Long 3:30 Laughter Club/Stroll 4:00 Sit and Be Fit 6:00 Linda Lenke Sing A Long</p>	<p>14 <u>Bastille Day</u> 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>	
<p>15 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>16 <u>National Ice Cream Day</u> 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>17 9:30 Sit and Be Fit 10:00 Sing-a-Long W/Betty 10:30 Poetry 11:00 Toss Game 1:30 Mental Fitness 2:30 Music Exploration W/Lior 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>18 9:30 Chair Fitness 10:00 Trivia 11:00 Spelling Bee 1:30 Booster Club 2:30 Sing-A-Long 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>19 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>20 <u>Moon Day</u> 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Drum Circle W/Kathy 1:30 Math Game 2:00 Sing a Long 3:30 Laughter Club/Stroll 4:00 Sit and Be Fit 6:00 Linda Lenke Sing A Long</p>	<p>21 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:00pm Barber for Men 1:30 Kim on the Piano 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>	
<p>22 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>23 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>24 9:30 Sit and Be Fit 10:00 Sing-a-Long W/Betty 10:30 Poetry 11:00 Toss Game 1:30 Mental Fitness 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>25 9:30 Chair Fitness 10:00 Sing-a-Long W/Betty 11:00 Spelling Bee 1:30 Booster Club 3:00 Happy Hour 3:30 Outdoor Stroll 4:00 Let's Get Fit 6:00 Film-Musical</p>	<p>26 9:30 Morning Stretches 10:00 Bean Bag Game 10:30 Charades 11:00 YouTube Concert 1:30 Singing Session 2:30 What Would You Do? 3:30 A Look Into The Past 3:30 Outdoor Stroll 4:00 Sit and Be Fit 6:00 Film-Comedy</p>	<p>27 9:30 Chair Fitness 10:00 Ball Game 10:30 Bowling 11:00 Trivia 1:30 Music W/Margaret & Kristoph 2:00 Sing a Long 3:30 Laughter Club/Stroll 4:00 Sit and Be Fit 6:00 Linda Lenke Sing A Long</p>	<p>28 9:30 Sit & Be Fit 10:00 Ball Game 10:30 Table Talk 11:00 Bean Bag 1:30 Bingo 2:30 Toss Game 3:30 Trivia/Outdoor Stroll 4:00 Light 'N Lively Workout 6:00 Film-Musical</p>	
<p>29 9:30 Chair Fitness 10:00 Ring Toss 10:30 Pet Talk 11:00 Spiritual Sing-Along 1:30 Art Class 2:30 Black Jack 3:30 Trivia Time/Stroll Outdoors 4:00 Exercise 6:00 Film-Western</p>	<p>30 <u>International Day of Friendship</u> 9:30 Get Fit 10:00 Ball Game 10:30 Mind Joggers 11:00 Music Time 1:30 Acting Class 2:30 Sing That Tune 3:30 Chat Room/Outdoor Stroll 4:00 Light & Lively Workout 6:00 Film-Comedy</p>	<p>31 9:30 Sit and Be Fit 10:00 Tennis Game 10:30 Poetry 11:00 Toss Game 1:30 Mental Fitness 2:30 Music Exploration W/Loir 3:30 Chat Room/Stroll Outdoors 4:00 Exercise 6:00 Movie</p>	<p>Every Day 9 AM Good Morning! 3 PM Refreshments & Snack Time</p>			<p>Special Days in July July 4th Happy 4th of July July 6th International Kissing Day July 14th Bastille Day July 16th National Ice Cream Day July 20th Moon Day July 30th International Day of Friendship</p>	<p>Legacies Daily 7 C: Cognitive, Visual, Language E: Exercise L: Life Enrichment M: Music O: Outdoors R: Reminiscent S: Social and Spiritual</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 11:30 4th of July Celebration-DR 1:00 Musical Performance-T 2:30 Chair Yoga-C 3:30 Crosswords-C 6:00 Movie-T	2 9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Chair Dancing-C 1:00 Men's Group-T 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T	3 9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Loir-C 2:00 American Experience-T 3:30 Book Club-AS 6:00 Movie-T	4 4th of July  9:00 Morning Music-T 10:00 Current Events-CL 11:00 Imagination Stories-CL 1:00 Music & Motion-C 2:00 Where in the World?-LR 3:00 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Jackie-AS 6:00 Movie-T	5 9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 1:00 Arts & Crafts-AS 2:00 You Be the Judge-AS 3:30 Brain Games-C 3:30 Religions of the World-L 3:30 First Thursday W/Laurel -SWII 6:00 Movie-T	6 International Kissing Day 9:00 Morning Listening Music-T 10:00 Jewelry Class-AS 10:00 Current Events-CL 10:30 Music & Meditation W/Yael-C 12:00 Quick Rides-Sign Up 1:00 Nature Documentary-T 3:00 Happy Hour-C 6:00 Movie-T	7 9:00 Morning Music-T 10:00 Morning Movie-T 11:00 Evoke Thought-L 1:00 Music & Motion-C 1:30 Sing a Long-C 3:00 Saturday Matinee-T 6:00 Bingo-AS
8 9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Chair Chi-C 3:30 Crosswords-C 6:00 Movie-T	9 9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Music & Motion-C 1:00 Joy Ride W/Jason-Sign Up 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T	10 9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Loir-C 2:30 Resident Council-C 3:30 American Experience-T 6:00 Movie-T	11 9:00 Morning Music-T 10:00 Current Events-CL 11:00 Imagination Stories-CL 1:00 Music & Motion-C 2:00 Where in the World?-LR 3:00 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Jackie-AS 6:00 Movie-T	12 9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 1:00 Arts & Crafts-AS 2:00 You Be the Judge-AS 3:30 Brain Games-C 3:30 Ted Talks-T 6:00 Movie-T	13 9:00 Morning Listening Music-T 10:00 Current Events-CL 10:30 Music & Meditation W/Yael-C 1:00 Nature Documentary-T 3:00 Happy Hour-B 6:00 Movie-T	14 Bastille Day 9:00 Morning Music-T 10:00 Coffee & News-LR 10:00 Morning Movie-T 11:00 Evoke Thought-LR 1:00 Chair Dancing-C 1:30 Sing a Long-C 3:00 Saturday Matinee-T 6:00 Bingo-AS
15 9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 10:30 Current Events-LR 1:00 Musical Performance-T 2:30 Chair Yoga-C 3:30 Crossword-C 6:00 Movie-T	16 National Ice Cream Day 9:00 Morning Music-T 10:00 Share Your Thoughts-LR 1:00 Exploring Music W/Mary Fleming-C 1:00 Chair Dancing-C 1:00 Men's Group-T 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T	17 9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Loir-C 2:30 Dining Food Group-C 2:30 American Experience-T 3:30 Book Club-AS 6:00 Movie-T	18 9:00 Morning Music-T 10:00 Current Events-CL 11:00 Imagination Stories-CL 11:15 Movie Outing-Sign Up 1:00 Music & Motion-C 2:00 Where in the World?-LR 3:00 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Edward-AS 6:00 Movie-T	19 9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 1:00 Arts & Crafts-AS 1:00 Movie in the Afternoon-T 2:00 You Be the Judge-AS 3:30 Brain Games-C 3:30 Religions of the World-LR 6:00 Movie-T	20 Moon Day 9:00 Morning Music-T 10:00 Jewelry Class-AS 10:00 What in the World?-LR 11:00 Current Events 1:00 Drummin' for Life W/Kathy-C 2:00 Nature Documentary-T 3:00 Happy Hour-B 6:00 Movie-T	21 9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-LR 11:00 Evoke Thought-LR 1:00 Music & Motion-C 1:00 Barber-Hair Salon 1:30 Sing a Long-C 3:00 Piano W/Kim-C 6:00 Bingo-AS
22 9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Chair Chi-C 3:30 Crossword-C 6:00 Movie-T	23 9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Music & Motion-C 1:00 Joy Ride W/Jason-Sign Up 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T 7:00 Movie-T	24 9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Lior-C 2:00 American Experience-T 3:30 Book Club-AS 6:00 Movie-T	25 9:00 Morning Music-T 10:00 Current Events-CL 11:00 Imagination Stories-CL 1:00 Music & Motion-C 11:15 Picnic Outing-Sign Up 1:00 Movie-T 3:00 Games-AS 3:30 Chapel Service-C 6:00 Bingo W/Edward-AS 6:00 Movie-T	26 9:00 Morning Music-T 9:30 Drawing & Painting Class -AS 10:00 Trivia-LR 11:00 Current Events-LR 1:00 Movie in the Afternoon-T 2:00 You Be the Judge-AS 3:30 Ted Talks-T 3:30 Brain Games-C 6:00 Movie-T	27 9:00 Morning Music-T 10:00 Current Events-CL 10:30 Music W/Mary Kay-C 1:00 Nature Documentary-T 3:00 Birthday Happy Hour W/Margaret & Kristoph-C 6:00 Movie-T	28 9:00 Morning Music-T 10:00 Morning Movie-T 10:00 Coffee & News-LR 11:00 Evoke Thought-LR 1:00 Chair Dancing-C 1:30 Sing a Long-C 3:00 Saturday Matinee-T 6:00 Bingo-AS
29 9:00 Morning Music-T 10:00 Mind Joggers-LR 10:30 Rejoice Ministries-C 11:00 Current Events-LR 1:00 Musical Performance-T 2:30 Chair Yoga-C 3:30 Crosswords-C 6:00 Movie-T	30 International Day of Friendship 9:00 Morning Music-T 10:00 Share Your Thoughts-LR 11:00 Current Events-LR 1:00 Chair Dancing-C 1:00 Men's Group-T 2:00 American History-LR 3:30 Brain Games-C 6:00 Movie-T	31 9:00 Morning Music 10:00 Biography-LR 11:00 Current Events-LR 1:00 Music Exploration W/Lior-C 2:00 American Experience-T 3:30 Book Club-AS 6:00 Movie-T	Morning Sit & Be Fit Every Day 9am Chapel Mondays & Wednesdays 9am Alameda South Shore Shopping Trip First Friday-Noon Quick Rides Sign Up Please	Medical Transportation: Tuesdays & Thursdays 9am-3pm W/48 hours in advance reservation at the front desk 	Special Days in July July 4th Happy 4th of July July 6th International Kissing Day July 14th Bastille Day July 16th National Ice Cream Day July 20th Moon Day July 30th International Day of Friendship	Locations of Activities AS = Art Studio 2nd Floor C = Chapel CL = Chapel Lounge LR = Living Room L = Library B = Bistro T = Theatre SW I = Salem Woods I SW II = Salem Woods II