

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends G - Generations GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events</p>	<p>1 V 9:30 Trilogy Fit - AR A 10:30 Crafters Comer: 4th of July Wreaths- AR O 1:00 Outing: Historic Vehicles at Sloan Museum \$\$ M 3:00 Music Time - AR</p>	<p>2 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS K 1:00 Nail Salon - BS V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>3 I 9:45 Catholic Church - AR V 10:30 Trilogy Fit - AR K 1:00 Courtyard Commons - CY K 3:00 Bingo - TS</p>	<p>4 Independence Day I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Red, White, and Blue Pinwheels- AR GC 1:00 Wii Bowling - AR L 3:00 Traveling Thursday: Washington D.C. - AR I 6:00 Bible Study - TS</p>	<p>5 K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 1:00 Stonegate Bucks Store - AR S 1:30 Chef's Circle - DR S 3:00 Happy Hour - TS</p>	<p>6 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR</p>
<p>7 I 9:00 First Baptist Church Service- Ch2 M 10:30 Musical Cardio - AR GF 1:30 Rootbeer Float Social - TS K 3:00 Brain Teasers-AR</p>	<p>8 V 9:30 Trilogy Fit - AR A 10:30 Crafters Comer: Button Flower Bouquet - AR O 1:00 Outing: Walmart \$\$ M 3:00 Music Time - AR</p>	<p>9 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>10 I 9:45 Catholic Church - AR V 10:30 Trilogy Fit - AR K 12:00 Just the Guys - TS K 1:00 Courtyard Commons - CY K 3:00 Bingo - TS</p>	<p>11 I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Summer Craft - AR O 11:30 Outing: The Pine House \$\$ GC 1:00 Wii Bowling - AR L 3:00 Lifelong Learning - AR I 6:00 Bible Study - TS</p>	<p>12 K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 1:00 Stonegate Bucks Store - AR S 1:30 Chef's Circle - DR S 3:00 Happy Hour - TS</p>	<p>13 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR</p>
<p>14 I 9:00 First Baptist Church Service- Ch2 M 10:30 Musical Cardio - AR S 11:00 Sunday Brunch 11AM-1:00 PM GF 1:30 Rootbeer Float Social - TS G 2:00 Spa Day - AR K 3:00 Brain Teasers-AR</p>	<p>15 V 9:30 Trilogy Fit - AR A 10:30 Crafters Comer: Stained Glass Picture Frame - AR O 11:30 Outing: Habachi \$\$ M 3:00 Music Time - AR</p>	<p>16 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS K 2:00 Activity Planning Committee - AR V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>17 I 9:45 Catholic Church - AR V 10:30 Trilogy Fit - AR M 1:00 Music with Old Friends- TS K 3:00 Bingo - TS</p>	<p>18 I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Flip Flop Wreaths - AR O 11:30 Outing: Woodchips BBQ \$\$ GC 1:00 Wii Bowling - AR L 3:00 Lifelong Learning - AR I 6:00 Bible Study - TS</p>	<p>19 K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 1:00 Stonegate Bucks Store - AR S 1:30 Chef's Circle - DR S 3:00 Happy Hour - TS</p>	<p>20 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR</p>
<p>21 I 9:00 First Baptist Church Service- Ch2 M 10:30 Musical Cardio - AR GF 1:30 Rootbeer Float Social - TS K 3:00 Brain Teasers-AR</p>	<p>22 V 9:30 Trilogy Fit - AR A 10:30 Crafters Comer: Seashell Canvas Painting- AR O 1:00 Outing: Longway Planetarium \$\$ M 3:00 Music Time - AR</p>	<p>23 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS K 2:00 Resident Council - AR V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>24 I 9:45 Catholic Church - AR V 10:30 Trilogy Fit - AR K 1:00 Courtyard Commons - CY K 3:00 Bingo - TS</p>	<p>25 I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Sunflower Mason Jars - AR O 10:30 Outing: Picnic at 7 Lakes Park \$\$ GC 1:00 Wii Bowling - AR L 3:00 Lifelong Learning - AR</p>	<p>26 K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 1:00 Stonegate Bucks Store - AR S 1:30 Chef's Circle - DR S 3:00 Happy Hour - TS</p>	<p>27 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR</p>
<p>28 I 9:00 First Baptist Church Service- Ch2 M 10:30 Musical Cardio - AR GF 1:30 Rootbeer Float Social - TS K 3:00 Brain Teasers-AR</p>	<p>29 V 9:30 Trilogy Fit - AR A 10:30 Crafters Comer: Soap Making - AR O 1:00 Outing: Crossroads Village \$\$ M 3:00 Music Time - AR</p>	<p>30 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>31 I 9:45 Catholic Church - AR V 10:30 Trilogy Fit - AR K 1:00 Courtyard Commons - CY K 3:00 Bingo - TS</p>	<p>\$\$ signs mean you must have your own money see life enrichment with questions *All activities subject to change</p>	<p>Location Codes: TS- Town Square AR- Activities Room PP- Park Place CY- Courtyard ALDR- Asst Living Diningroom CC- Crampton Court L- Library</p>	<p>Beauty Shop Open T-W-T at 10:00 am Nail Salon Open First Tues at 12:30pm Mail Delivery M-SAT. 4:00 pm</p>

Stonegate Health Campus
Healthy Rhythms Calendar

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends G - Generations GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About</p>	<p>1 8:30 Hospitality Cart A 10:30 Crafters Comer: 4th of July Wreaths- AR O 1:00 Outing: Historic Vehicles at Sloan Museum \$\$ MM 1:30 Mindful Moments 2:00 Chefs Circle M 3:00 Music Time - AR</p>	<p>2 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS 1:00 Nail Salon - BS MM 1:30 Mindful Moments 2:00 Resident Council - TS V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>3 8:30 Hospitality Cart I 9:45 Catholic Church - AR K 11:00 Reminiscing - CC 1:00 Courtyard Commons - CY MM 1:30 Mindful Moments K 3:00 Bingo - TS</p>	<p>4 Independence Day I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Red, White, and Blue Pinwheels- AR GC 1:00 Wii Bowling - AR MM 2:30 Mindful Moments L 3:00 Traveling Thursday: Washington D.C. - AR</p>	<p>5 S 8:30 Hospitality Cart K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 11:00 Scents and Smells - CC K 1:00 Stonegate Bucks Store - AR MM 2:00 Mindful Moments S 3:00 Happy Hour - TS</p>	<p>6 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR MM 2:00 Mindful Moments GC 3:00 Game Time - TS</p>
<p>7 I 9:00 First Baptist Church Service- Ch2 M 10:30 Musical Cardio - AR MM 1:00 Mindful Moments GF 1:30 Rootbeer Float Social - TS K 3:00 Brain Teasers-AR</p>	<p>8 8:30 Hospitality Cart A 10:30 Crafters Comer: Button Flower Bouquet - AR O 1:00 Outing: Walmart \$\$ MM 1:30 Mindful Moments 2:00 Chefs Circle M 3:00 Music Time - AR</p>	<p>9 I 9:45 Bible Study - AR V 10:30 Sittercise - AR K 1:00 Trivia Tuesday - TS MM 1:30 Mindful Moments V 3:00 Wii Bowling - AR K 6:00 Bingo - TS</p>	<p>10 8:30 Hospitality Cart I 9:45 Catholic Church - AR K 11:00 Reminiscing - CC 12:00 Just the Guys - TS K 1:00 Courtyard Commons - CY MM 1:30 Mindful Moments K 3:00 Bingo - TS</p>	<p>11 I 9:30 Baptist Church Service - TS A 10:30 Crafters Comer: Summer Craft - AR O 11:30 Outing: The Pine House \$\$ GC 1:00 Wii Bowling - AR MM 2:30 Mindful Moments L 3:00 Lifelong Learning - AR</p>	<p>12 S 8:30 Hospitality Cart K 9:30 Coffee Club/Reminisce - AR I 10:30 Walking Club- AR K 11:00 Scents and Smells - CC K 1:00 Stonegate Bucks Store - AR MM 2:00 Mindful Moments S 3:00 Happy Hour - TS</p>	<p>13 V 9:30 Trilogy Fit - AR CC 10:30 Cooking/Baking Club - AR K 1:30 Bingo - AR MM 2:00 Mindful Moments GC 3:00 Game Time - TS</p>
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July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality</p>	<p>1</p> <p>V Drum Circle K Inspired Tales CC Broccoli Salad Supreme Relax & Recharge A Cut Up Art M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>2</p> <p>V Walk On The Beach K Roll to 20! CC Raspberry Peach Delight Relax & Recharge A Patriotic Wind Catcher M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>3</p> <p>V Soccer K Yard Sale CC Buttons and Bows Relax & Recharge A Fireworks Sponge Art M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>4 Independence Day</p> <p>V Let's Take A Trip K American Landmarks CC Independence Day Red Velvet Cupcakes Relax & Recharge A Creative Storytelling M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands</p>	<p>5</p> <p>V Pump It Up K Summer Vacation CC Chocolate Strawberry Trifle Relax & Recharge A Marble Painting M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>6</p> <p>V Dance Party K Summer Colors CC Banana Nut Bread Relax & Recharge A Clothespin Trivet M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater</p>
<p>7</p> <p>V Mindful Movements K Categories CC Roast Beef Pinwheels Relax & Recharge A Flower Pounding M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>8</p> <p>V Drum Circle K Inspired Tales CC Peanut Butter Cookies Relax & Recharge A Sandpaper Art M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>9</p> <p>V Walk On The Beach K Roll to 20! CC Strawberry Cheesecake Pie Relax & Recharge A Watermelon Painting M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>10</p> <p>V Soccer K Yard Sale CC Key Lime Pie Relax & Recharge A Poetry Writing M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>11</p> <p>V Let's Take A Trip K American Landmarks CC Spiced Cocoa Cupcakes Relax & Recharge A Coffee Filter Butterflies M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>12</p> <p>V Pump It Up K Summer Vacation CC Chocolate Toffee Biscuits Relax & Recharge A Clay Pinch Pots-Day1 M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>13</p> <p>V Dance Party K Summer Colors CC Apple Zucchini Bread Relax & Recharge A Clay Pinch Pots-Day2 M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater</p>
<p>14</p> <p>V Mindful Movements K Categories CC Pineapple Cheddar Spread Relax & Recharge A Monet Water Lillies M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>15</p> <p>V Drum Circle K Inspired Tales CC Loaded Pretzel Cookies Relax & Recharge A Pineapple Prints M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>16</p> <p>V Walk On The Beach K Roll to 20! CC Creamy Peanut Butter Pie Relax & Recharge A Cling Wrap Painting M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>17</p> <p>V Soccer K Yard Sale CC Banana Wheat Bread Relax & Recharge A Have a Gentle Conversation M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>18</p> <p>V Let's Take A Trip K American Landmarks CC Lemon Sparkle Cupcakes Relax & Recharge A Watercolors & Oil M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>19</p> <p>V Pump It Up K Summer Vacation CC Giant Chocolate Chip Cookie Relax & Recharge A Multi-Stage Process Art M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>20</p> <p>V Dance Party K Summer Colors CC Honey Spiced Bread Relax & Recharge A Multi-Stage Process Art M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater</p>
<p>21</p> <p>V Mindful Movements K Categories CC Strawberry Salsa Relax & Recharge A Multi-Stage Process Art M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>22</p> <p>V Drum Circle K Inspired Tales CC Tropical Muffins Relax & Recharge A Lavender Wands M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>23</p> <p>V Walk On The Beach K Roll to 20! CC Cherry Pie Relax & Recharge A Wood and Washer Wind Chimes M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>24</p> <p>V Soccer K Yard Sale CC Orange Banana Nut Bread Relax & Recharge A Zen Doodle Moon Art M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>	<p>25</p> <p>V Let's Take A Trip K American Landmarks CC Chocolate Zucchini Cupcakes Relax & Recharge A Ask a Beautiful Question M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman</p>	<p>26</p> <p>V Pump It Up K Summer Vacation CC Oatmeal Butterscotch Cookies Relax & Recharge A Fibonacci Art Project M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games</p>	<p>27</p> <p>V Dance Party K Summer Colors CC Parmesan Italian Loaf Relax & Recharge A Ribbon Dancers M Campfire Songs GG Name 3 Toss & Catch Healthy Hands GF Old Time Theater</p>
<p>28</p> <p>V Mindful Movements K Categories CC Veggie Pizza Squares Relax & Recharge A Wall Art - Textured Mixed Media M Listen to the Wind GG Word Works Healthy Hands GF A Time For Tea!</p>	<p>29</p> <p>V Drum Circle K Inspired Tales CC Pumpkin Bread Relax & Recharge A Wall Art - Textured Mixed Media M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games</p>	<p>30</p> <p>V Walk On The Beach K Roll to 20! CC Peach Delight Pie Relax & Recharge A Bird Nesting Ball M Summer Singin' GG Fair Midway Games Healthy Hands GF Reminiscing Through Photos</p>	<p>31</p> <p>V Soccer K Yard Sale CC Zucchini Cupcakes Relax & Recharge A Bird Nesting Ball M Gone Fishin' GG Velcro Catch Healthy Hands GF Shake Loose A Memory</p>			