HIGHLAND OAKS HEALTH CENTER
JULY

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About	**1** MN 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE V 2:00 NOODLE BALL	**2** MN 9:00 NURSERY-THEME SENSATION O 10:00 LUNCH @ WENDY'S GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	**3** MN 9:00 MEN'S-THEME SENSATIONS V 10:00 GARDEN DAY'S K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE S 11:45 MEN'S GROUP CC 1:30 CHEF CIRCLE S 2:00 RESIDENT COUNCIL	**4** Independence Day MN 9:00 TOUCH-THEME SENSATION A 10:00 KISS FLAG CRAFT K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE S 12:00 4TH OF JULY COOK OUT O 1:30 COUNTRY RIDE S 2:00 4TH OF JULY FUN	**5** MN 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 RON JACKSON M 3:00 HAPPY HOUR	**6** MN 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS V 10:00 GARDEN FUN K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE A 2:00 CANVAS PAINTING
7 MN 9:00 MUSIC- THEME SENSATIONS K 10:00 PRICE IS RIGHT S 11:00 SUNDAY BRUNCH K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 MEIGS CHURCH OF CHRIST M 2:20 GOSPEL SINGING	**8** MN 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE MN 2:00 COOKIES AND CHAT	**9** MN 9:00 NURSERY-THEME SENSATION O 10:00 DOLLAR GENERAL GG 10:00 BINGO K 11:15 DAILY CHRONICLE S 1:15 INSPIRED LIVING I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP I 2:30 CATHOLIC MASS	**10** MN 9:00 MEN'S-THEME SENSATIONS V 10:00 GARDEN DAY'S K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE S 2:00 BAHAMA MAMA'S	**11** MN 9:00 TOUCH-THEME SENSATION MN 10:00 GLAMOUR SHOTS K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE S 2:00 MORE GLAMOUR SHOTS	**12** MN 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:00 MUSIC CHOICE M 3:00 HAPPY HOUR	**13** MN 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS V 10:00 GARDEN FUN K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE A 2:00 MUSICAL ARTS
14 MN 9:00 MUSIC- THEME SENSATIONS V 10:00 COURTYARD FUN K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 NEEYLSVILLE CHURCH OF CHRIST M 2:20 GOSPEL SINGING	**15** MN 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 T-N-T	**16** O 8:00 CASINO MEN'S GROUP MN 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	**17** MN 9:00 MEN'S-THEME SENSATIONS V 10:00 GARDEN DAY'S K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE M 2:00 DENVER LEE	**18** MN 9:00 TOUCH-THEME SENSATION CC 10:00 COOKING CLUB K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE S 2:00 ICE CREAM SUNDAE BAR	**19** MN 9:00 LAUNDRY-THEME SENSATIONS GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE M 2:30 RON JACKSON M 3:00 HAPPY HOUR	**20** MN 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS V 10:00 GARDEN FUN K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE L 2:00 WORLD TRAVELER
21 MN 9:00 MUSIC- THEME SENSATIONS GF 10:00 MOVIE CHOICE K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 MORGAN BAPTIST M 2:20 GOSPEL SINGING	**22** MN 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 MUSIC AND MEMORIES	**23** O 9:00 WALMART MN 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP M 6:00 BILL AND BARB	**24** MN 9:00 MEN'S-THEME SENSATIONS V 10:00 GARDEN DAY'S K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 2:00 CHEF CIRCLE	**25** MN 9:00 TOUCH-THEME SENSATION CC 10:00 MAKING CHEESE CAKE K 11:00 CROSSWORD K 11:15 DAILY CHRONICLE O 1:30 COUNTRY RIDE MN 2:00 CAKE AND CHAT	**26** MN 9:00 LAUNDRY-THEME SENSATIONS CC 10:00 McDONALDS TASTE OF TOWN GG 10:00 BINGO K 11:00 SEEK AND FIND K 11:15 DAILY CHRONICLE CC 11:30 MCDONALDS TASTE OF TOWN	**27** K 2:00 JACKPOT MN 9:00 GARDEN- THEME SENSATIONS I 9:45 DEVOTIONS V 10:00 GARDEN FUN K 11:00 WEEKLY UPDATE K 11:15 DAILY CHRONICLE
28 MN 9:00 MUSIC- THEME SENSATIONS V 10:00 COURTYARD GAMES K 11:15 DAILY CHRONICLE M 11:30 GOSPEL MUSIC I 2:00 TABOR RIDGE CHURCH OF CHRIST M 2:20 GOSPEL SINGING	**29** MN 9:00 KITCHEN-THEME SENSATIONS L 10:00 HISTORY BUFFS / ART TALK K 11:00 WORD SEARCH K 11:15 DAILY CHRONICLE M 2:00 RAY GALLA	**30** O 8:00 THE FARM @ WALNUT CREEK MN 9:00 NURSERY-THEME SENSATION GG 10:00 BINGO K 11:15 DAILY CHRONICLE I 1:30 BIBLE READING GROUP V 2:00 EXERCISE GROUP	**31** MN 9:00 MEN'S-THEME SENSATIONS V 10:00 GARDEN DAY'S K 11:00 SEEK N FIND K 11:15 DAILY CHRONICLE CC 1:30 CHEF CIRCLE M 2:00 DRUM CIRCLE	THEME SENSATIONS DAILY	ACTIVITIES ARE SUBJECT TO CHANGE RC= RESIDENT COUNCIL T OF T = TASTE OF TOWN	07/03 CECILIA W 07/05 SHARYN H 07/12 PAULA C 07/20 BARBARA C 07/20 GREGORY W 07/21 GLENNA B 07/25 PAMELA W 07/27 WILLIAM M 07/30 WILLIAM H

Highland Oaks Daily Rhythm
JULY

July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality	**1** 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	**2** 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	**3** 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	**4** Independence Day 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	**5** V Pump It Up K Summer Vacation CC Chocolate Stawberry Trifle Relax & Recharge A Marble Painting M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands GF LifeShare Games	**6** 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
7 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!	**8** 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	**9** 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	**10** 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	**11** 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	**12** 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	**13** 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
14 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!	**15** 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	**16** 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	**17** 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	**18** 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	**19** 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	**20** 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
21 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!	**22** V Drum Circle K Inspired Tales CC Tropical Muffins Relax & Recharge A Lavander Wands M Dancing Monday GG Water Balloon Bucket Toss Healthy Hands GF LifeShare Games	**23** 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	**24** 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	**25** V Let's Take A Trip K American Landmarks CC Chocolate Zucchini Cupcakes Relax & Recharge A Ask a Beutiful Question M Hats Off to You GG Aim for the Stars Healthy Hands GF Hangman	**26** V Pump It Up K Summer Vacation CC McDONALDS TASTE OF TOWN CC Oatmeal Butterscotch Cookies Relax & Recharge A Fibonacci Art Project M Margaritaville Happy Hour GG Sorting Fair Winners Healthy Hands	**27** 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
28 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!	**29** 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	**30** 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	**31** 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	Every morning (approx. times) 9:30 Vitality 10:00 Keeping it Sharp 10:15 Morning Refreshers 10:30 Housekeeping 10:45 Creative Cooking 11:30 Lunch Prep	Every afternoon: 12:45 Relax and Recharge 1:30 Connection:Reminisce 2:00 Artisan 3:00 Musical Celebration 3:30 Afternoon Refreshers 4:00 Connection: Group Games 4:30 Dinner Prep 4:45 Keeping it Sharp	6:00 Gathering of Friends 7:00 Nighttime Traditions