July 2019 Assisted Living Life Sunday	style & Leisure Monday	Tuesday	Wednesday	Thursday	Friday	created Sage U
Tranquillity at FREDERICKTOWNE Assisted Living & Memory Care	10:00 PE Fitness 4 TQ \$\$ 11:00 AE Drum Circle w/ Chris 2:00 III National Ice Cream Month: Ice Cream Bar Creations 3:00 III Happy Hour 4:00 GE Science 6:30 III Monday Night Movie	Beauty/Barber Shop 10:00 PE Range of Motion 11:00 CE Morning Word Games 11:00 CC Women's Table Talk 2:00 LL Baking w/Ann 3:00 SS Bible Study w/Bishop 4:00 LL Scrabble 6:30 LL Tuesday TV	Beauty/Barber Shop Photos w/Uncle Sam Today- Wear Your Patriotic Colors! Wags for Hope Pet Visit 9:30 SS Catholic Communion 10:00 Morning Fitness 11:00 Morn	4th of July Group Activities - times TBA Book Mobile - TBA Independence Day	Student Visits 10:00 PE Cardio Fun 11:00 CE Call Outs 2:00 CE Bio: Michael Jackson 3:00 TGIF Jackson Five Cocktail Hour 4:00 LE Bridge Club 6:30 LE Friday Flick	11:15 PE Chair Fitness 3:00 CE Trivia Trials w/ Sally 6:30 LE Saturday Sitcoms
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service was Bishop 11:15 PE Sunday Fitness 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	\$\$ 11:00 LL Birds &	Beauty/Barber Shop 10:30 SS St. John's Catholic Service 11:00 CC Women's Table Talk 2:00 AE Spirit of Art w/Linda 3:30 SS Bible Study w/Bishop 4:00 PE Outdoors 6:30 LL Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:30 E Relaxing Chair Yoga 11:00 SS Hydrate & Meditate 2:00 LEssential Oils w/Bev (aromatouch) 3:00 C Community Outreach & Group Activities 4:00 LE Wednesday Wine Cart 6:30 LE Movie in Great Room	Outing to Washington County Museum of Art & Lunch in the Park 10:00 PE Exercise w/Sally 11:00 II Think Fast 2:00 CE Lifelong Learning 3:00 AE Creative Crafting 4:00 II You Tube 6:30 II Thursday TV	Student Visits 10:30 PE Cardio Fun 11:00 Coffee & Donuts 2:00 Outdoor Pool Party & Ice Cream Truck w/ MCare 4:00 Bridge Club 6:30 Friday Flick	11:15 PE Sit & Be Fit 3:00 CE Trivia Trials w/ Sally 6:30 LE Saturday Sitcoms
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service wy Bishop 11:15 PE Event Exercise 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	Comedies 12:00 Corder Out Pizza Lunch	Beauty/Barber Shop 10:00 PE Bend & Flex 11:00 Morning Bingo 11:00 Women's Table Talk 2:00 SS Bible Study w/Bishop 3:00 Singing w/George 4:00 You Tube 6:30 Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:00 GC Bake Sale for Missionary 11:00 LL Coffee, Sweets & Lobby Mingle 11:00 LL Men's Big Screen Westerns 2:00 LL Piano Bar Music by Bob 3:00 LL Cooking & Cultures w/Lucia 4:00 LL Social Hour 6:30 LL Movie in Great Room	10:00 PE Balance & Brains Exercise 11:00 CC Resident Outing: FSK Mall & Lunch 1:00 CC Book Mobile 2:00 LL Music/Family FX 3:30 LL Classic Cinema 6:30 LL Thursday TV	2:00 LL Group Table Games 3:00 LL Kids Say The	10:00 CC Seventh Day Adventist Student Visit 11:15 Chair Fitness 3:00 CE Trivia Trials w/ Sally 6:30 CE Seventh 20 Adventist Student Visit 11:15 Chair Fitness 3:00 CE Trivia Trials w/ Sally
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service wy Bishop 11:15 PE Sunday Fitness 3:00 CE Snacks & Trivia 6:30 LL Sunday Cinema	\$\$ Large	Beauty/Barber Shop 10:00 PE Range of Motion Exercise 11:00 PE How the States Got Their Shapes 11:00 PE How the States Got Their Shapes 11:00 PE Range of Motion Exercise 11:00 P	Beauty/Barber Shop 9:30 SS Catholic Communion 10:00 E Morning Fitness 11:00 E Ameilia Earhart Day 2:00 National Gorgeous Grandma Month Glamour Looks 3:00 Gorgeous Grandma Glamour Shots 4:00 Wednesday Wine Cart 6:30 Movie in Great Room	Outing to Linganore Winery Tour, Tasting & Lunch 10:00 PE Stretching w/Sally 11:00 CE Who What Where 2:00 II Vintage Music & Refreshments 3:00 AE Toonskool Art w/Jim 4:00 CE World Geography 6:30 II Motown Family Night	Student Visits 10:30	11:15 PE Sit & Be Fit 3:00 CE Trivia Trials w/ Sally 6:30 LE Saturday Sitcoms
9:30 SS Parkway Church Svc 10:00 SS Communion Church Service w/ Bishop 11:15 PE Event Exercise 1:30 SS People's Baptist Church Svc 3:00 GE Snacks & Trivia 6:30 Sunday Cinema	Shopping 10:00 PE Fitness 4 TQ \$\$ 11:00 SS Devotions 2:00 Music/Douglas Pay	Beauty/Barber Shop 10:00 SS Gospel Hymns w/Bishop 11:00 PE Bend & Flex 11:00 CC Women's Table Talk 2:00 LL Taste of July 3:00 SS Bible Study w/Bishop 4:00 LL Outdoors 6:30 LL Tuesday TV	Beauty/Barber Shop 9:30 SS Catholic Communion 10:30 EE Tai Chi & Qi Gong 11:00 EB Breathe & Relax 2:00 EG Garden Club Project 3:00 EResident Council & Dining Meeting 4:00 ERETO TV 6:30 Movie in Great Room	6441 Jefferson Pike Frederick, MD 21703 301-668-6030	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support	