

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 EXERCISE-IL MPR 3:00 BINGO- IL MPR  Canada Day	2 10:00 WATER EXERCISE 10:00 EXERCISE-AL MPR 11:30 "TASTE OF FREEDOM" LUCH AND BAKE-OFF CONTEST 2:00 ARMCHAIR TRAVELS YOUTUBE CANADA IL MPR 	3 PICK UP 4 TH OF JULY TRIVIA IN IL LOBBY 2:00 FUN WITH WII SPORT- IL MPR 3:00 STOP BY IL LOBBY FOR A TREAT 	4 PICK UP YOUR TRIVIA IN IL LOBBY  OPEN TIME ALL DAY WITH THE Wii  Independence Day (US)
5 PICK UP FUN FACTS IN IL LOBBY 5:00 COFFEE AND CHIT CHAT IN THE LOBBY* (PLEASE REMEMBER TO SOCIAL DISTANCE)	6 9:00 GROCERY SHOPPING 10:00 EXERCISE-IL MPR 2:00 COVERED BRIDGES OF VIRGINIA ON YOUTUBE IN IL MPR 	7 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 12:30 TRIVIA TUESDAY-PIANO AREA 1:00 -LINE DANCING - IL MPR 2:00 FUN WITH WII SPORT- IL MPR 3:00 BIBLE STUDY-IL POOL ROOM  	8 10:00 EXERCISE-IL MPR 2:00 WHEEL OF FUN TOSS GAME- IL MPR 3:00 BINGO- IL MPR  	9 10:00 WATER EXERCISE 10:00 EXERCISE-AL MPR 1:00 ARMCHAIR TRAVELS -NEW ZEALAND PART 1- YOUTUBE IL MPR 2:00 JOIN US FOR SUNDAE FUN DAY IN IL LOBBY 	10 10:00 EXERCISE-IL MPR 2:00 FUN WITH WII SPORT- IL MPR 2:00 "KICK BACK FRIDAY" IL PIANO DRINKS & MOCKTAILS AVIALABLE  	11 PICK UP YOUR TRIVIA IN IL LOBBY  OPEN TIME ALL DAY WITH THE Wii 
12 PICK UP FUN FACTS IN IL LOBBY 5:00 COFFEE AND CHIT CHAT IN THE LOBBY* (PLEASE REMEMBER TO SOCIAL DISTANCE)	13 9:00 GROCERY SHOPPING 10:00 EXERCISE-IL MPR 1:30 MOVIE MATINEE "THINK LIKE A DOG" IL MPR 	14 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 12:30 TRIVIA TUESDAY-PIANO 2:00 FUN WITH WII SPORT- IL MPR 3:00 BIBLE STUDY-IL POOL ROOM  	15 10:00 EXERCISE-IL MPR 2:00 CRAFTING FUN IN IL MPR 3:00 BINGO- IL MPR 	16 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 1:00 ARMCHAIR TRAVELS NEW ZEALAND PART 2- YOUTUBE IL MPR 	17 10:00 EXERCISE-IL MPR 2:00 FUN WITH WII SPORT- IL MPR 2:00 "KICK BACK FRIDAY" IL PIANO DRINKS & MOCKTAILS AVIALABLE  	18 PICK UP YOUR TRIVIA IN IL LOBBY  OPEN TIME ALL DAY WITH THE Wii 
19 PICK UP FUN FACTS IN IL LOBBY 5:00 COFFEE AND CHIT CHAT IN THE LOBBY* (PLEASE REMEMBER TO SOCIAL DISTANCE)	20 9:00 GROCERY SHOPPING 10:00 EXERCISE-IL MPR 2:00 COMEDY HOUR YOUTUBE 	21 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 12:30 TRIVIA TUESDAY-PIANO 1:00-LINE DANCING - IL MPR 2:00 FUN WITH WII SPORT- IL MPR 3:00 BIBLE STUDY-IL POOL ROOM  	22 10:00 EXERCISE-IL MPR 2:00 CORN HOLE AND POPCORN IN IL LOBBY 3:00 BINGO- IL MPR 	23 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 1:00 ARMCHAIR TRAVELS NORTHAN TERRITORY (AUSTRALIA) - IL MPR 2:00 HOMEMADE ICE CREAM 	24 10:00 EXERCISE-IL MPR 2:00 FUN WITH WII SPORT- IL MPR 2:00 "KICK BACK FRIDAY" IL PIANO DRINKS & MOCKTAILS AVIALABLE  	25 PICK UP YOUR TRIVIA IN IL LOBBY  OPEN TIME ALL DAY WITH THE Wii 
26 PICK UP FUN FACTS IN IL LOBBY 5:00 COFFEE AND CHIT CHAT IN THE LOBBY* (PLEASE REMEMBER TO SOCIAL DISTANCE)	27 9:00 GROCERY SHOPPING 10:00 EXERCISE-IL MPR 2:00 MOVIE MATINEE "THE BLIND SIDE" ON YOUTUBE IL MPR 	28 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 12:30 TRIVIA TUESDAY-PIANO 1:00-LINE DANCING - IL MPR 2:00 FUN WITH WII SPORT- IL MPR 3:00 BIBLE STUDY-IL POOL ROOM  	29 10:00 EXERCISE-IL MPR 2:00 MONTHLY BIRDAY PARTY IN IL MPR 	30 10:00 WATER EXERCISE 10:00 EXERCISE-IL MPR 1:00 ARMCHAIR TRAVELS -SALZBURG ON YOU TUBE IL MPR 2:00 REFRESH WITH WATERMELON ON SIDE PATIO 	31 10:00 EXERCISE-IL MPR 2:00 FUN WITH WII SPORT- IL MPR 2:00 "KICK BACK FRIDAY" IL PIANO DRINKS & MOCKTAILS AVIALABLE  	IL - Independent area MPR - multipurpose rooms YOU WILL BE NOTIFIED OF ANY CHANGES ON THE COMMUNITY BULLETIN BOARDS

Sunday

Monday

Tuesday

Wednesday

Thursday
















Friday

Saturday



July 2020

Royal Haven

			9:15AM SIT & FIT EXERCISE-CONNIE 1 10:00 DEVOTIONAL TIME 2:00 CRAFT TIME WITH CONNIE 3:00 ARMS IN MOTION 4:00 GATOR GOLF 6:00 MUSIC BY LAWRENCE WELK  Canada Day	9:15AM SIT & FIT EXERCISE-CONNIE 2 10:00 HYMN THURSDAY PARACHUTE FUN 2:30 BINGO WITH CONNIE 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	9:15AM SIT & FIT EXERCISE-CONNIE 3 BALLOON BADMITON 3:30 DAILY CHRONICLES 4:00PM ARMS IN MOTION GATOR GOLF 6:00 WHEEL OF FORTUNE	9:00AM SIT AND FIT EXERCISE-10:00 DEVOTION TIME 4 2:00 SUMMER TIME TREAT 3:00 ARMS IN MOTION DAILY CHRONICLES EJOY OUTSIDE IN GARDEN AREA 6:00 EASY LISTINING MUSIC Independence Day (US)
5 9:00 SUNDAY MORNING EXERCISE GOSPEL HOUR FUN WITH THE PARACHUTE 1:00 HYMN SING EASY STROLL 2:00 SOCIAL & REFRESH 3:00 SUNDAY MOVIE 6:00 MUSIC RELAXATION	6 9:00AM SIT AND FIT EXERCISE EASY STROLL 10:00 DEVOTION TIME MIX MATCH GAME 2:00 SOCIAL & REFRESH 3:15 DAILY DISCUSSION 6:00 MUSICAL MONDAY	7 9:15AM SIT & FIT EXERCISE-CONNIE EASY STROLL 10:00 DEVOTION TIME GATOR GLOF 2:30 HAWAIIAN DAY WITH CONNIE 3:00 ARMS IN MOTION 6:00 JEOPARDY 	8 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY 10:00 DEVOTIONAL TIME 12:30 HAPPY NAIL TIME LET'S TALK SOUP- GARDENS LET'S ENJOY SOME PIANO MUSIC 6:00 GOSPEL HOUR	9 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY 1:30 ICE CREAM SUNDAY WITH CONNIE 2:00 SOCIAL & REFRESH- 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	10 9:15AM SIT & FIT EXERCISE-CONNIE EASY STROLL 10:00 DEVOTION TIME 1:30 BERRY GOOD TIME WITH CONNIE 2:00 SOCIAL & REFRESH 4:00 ARMS IN MOTION 6:00 WHEEL OF FORTUNE 	11 9:00AM SIT AND FIT EXERCISE 10:0 DEVOTION TIME 2:00 COOKIES AND LEMONADE 3:00 ARMS IN MOTION DAILY CHRONICLES 4:00 FUN WITH THE PARACHUTE 6:00 EASY LISTINING MUSIC
12 9:00 SUNDAY MORNING EXERCISE GOSPEL HOUR 10:00 DEVOTION TIME 1:00 HYMN SING 2:00 SOCIAL & REFRESH THERAPEUTRIC COLORING 4:00DAILY CHRONICLES 6:00 MUSIC RELAXATION	13 9:00AM SIT AND FIT EXERCISE EASY STROLL 2:00 SOCIAL & REFRESH 3:15 DAILY DISCUSSION MIX MATCH GAME 6:00 MUSICAL MONDAY 	14 9:15AM SIT AND FIT EXERCISE CONNIE EASY STROLL 10:00 DEVOTION TIME 2:30 ARMCHAIR TRAVEL -WITH CONNIE 6:00 WHEEL OF FORTUNE 	15 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 DEVOTIONAL TIME 12:30 HAPPY NAIL TIME 3:00 ARMS IN MOTION PUZZLE FUN 4:00 GATOR GOLF 6:00 MUSIC BY LAWRENCE WELK	16 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY PARACHUTE FUN 2:30 BINGO WITH CONNIE 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	17 9:15AM SIT & FIT EXERCISE-CONNIE BALLOON BADMITON 1:30 WORLD EMOJI DAY- WITH CONNIE 3:30 DAILY CHRONICLES 4:00PM ARMS IN MOTION GATOR GOLF 6:00 WHEEL OF FORTUNE 	18 9:00AM SIT AND FIT EXERCISE-10:00 DEVOTION TIME 2:00 SUMMER TIME TREAT 3:00 ARMS IN MOTION DAILY CHRONICLES EJOY OUTSIDE IN GARDEN AREA 6:00 EASY LISTINING MUSIC
19 9:00 SUNDAY MORNING EXERCISE GOSPEL HOUR 10:00 DEVOTION TIME 1:00 HYMN SING 2:00 SOCIAL & REFRESH THERAPEUTRIC COLORING 4:00DAILY CHRONICLES 6:00 MUSIC RELAXATION 	20 9:00AM SIT AND FIT EXERCISE EASY STROLL SHUT THE BOX GAME 2:00 SOCIAL & REFRESH 3:15 DAILY DISCUSSION MIX MATCH GAME 6:00 MUSICAL MONDAY	21 9:15AM SIT AND FIT EXERCISE CONNIE EASY STROLL 10:00 DEVOTION TIME 2:30 RAIL TRAVEL WITH CONNIE 6:00 WHEEL OF FORTUNE 	22 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 DEVOTIONAL TIME 2:30 CHIT CHAT AND TEA WITH CONNIE 3:00 ARMS IN MOTION PUZZLE FUN 4:00 GATOR GOLF 6:00 MUSIC BY LAWRENCE WELK	23 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY PARACHUTE FUN 1:30 HOMEMADE ICE CREAM 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	24 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY PARACHUTE FUN 2:00 BINGO WITH CONNIE 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	25 9:00AM SIT AND FIT EXERCISE-10:00 DEVOTION TIME 2:00 SUMMER TIME TREAT 3:00 ARMS IN MOTION DAILY CHRONICLES 4:00 HANGMAN 6:00 EASY LISTINING MUSIC
26 9:00 SUNDAY MORNING EXERCISE GOSPEL HOUR 10:00 DEVOTION TIME 1:00 HYMN SING 2:00 SOCIAL & REFRESH THERAPEUTRIC COLORING 4:00DAILY CHRONICLES 6:00 MUSIC RELAXATION	27 9:00AM SIT AND FIT EXERCISE EASY STROLL SHUT THE BOX GAME 2:00 SOCIAL & REFRESH 3:15 DAILY DISCUSSION MIX MATCH GAME 6:00 MUSICAL MONDAY	28 9:15AM SIT AND FIT EXERCISE CONNIE EASY STROLL 10:00 DEVOTION TIME 2:00 CRAFT TIME WITH CONNIE 6:00 WHEEL OF FORTUNE 	29 9:15AM SIT & FIT EXERCISE-CONNIE 12:30 HAPPY NAIL TIME LET'S TALK SOUP- GARDENS LET'S ENJOY SOME PIANO MUSIC 6:00 GOSPEL HOUR	30 9:15AM SIT & FIT EXERCISE-CONNIE 10:00 HYMN THURSDAY 2:00 WATERMELON WITH CONNIE 4:00 DAILY CHRONICLES 6:00 MUSIC RELAXATION 	31 9:15AM SIT & FIT EXERCISE-CONNIE EASY STROLL 10:00 DEVOTION TIME 2:30 SUMMER TREAT WITH CONNIE 2:00 SOCIAL & REFRESH 4:00 ARMS IN MOTION 6:00 WHEEL OF FORTUNE 