

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 7/1 - Brook M, CRCA 7/2 - Michelle H, LPN 7/5 - Donald L 7/7 - Emily J, RN Director of Health Services 7/8 - Eileen P, LPN 7/10 - Loretta S 7/16 - Crystal P, Life Enrichment Director 7/18 - Normandee S, CRCA 7/20 - Ruby P. 7/21 - Margaret L.	Birthdays 7/23 - Violet H, CRCA 7/23 - McKenna J, CRCA 7/24 - Marilyn H. 7/29 - Dorothy C	Summer time is here again!	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 M - Mindful Moments M - Music to My Ears	1 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Small Group Exercises L 11:50 Monthly Gazette GG 2:00 Bingo A 4:00 Craft "Hanging Stars Decor"	2 L 9:30 Daily Chronicles and Puzzles (IR) O 11:00 Let's go out for lunch (limited seating & must have adequate volunteers to go) K 11:00 Red White And Blue Scavenger Hunt V 11:30 Movin' & Groovin' Group Exercises K 11:50 What Am I? GF 2:30 Happy Hour	3 L 9:30 Daily Chronicles and Puzzles (IR) A 11:15 Courtyard Coloring 2:00 Movie on channel 2 GF 3:00 Let's gather in the Courtyard for Red White and Blue Quiz
4 Independence Day I 9:00 Catholic programming on Channel 59 L 9:30 Daily Chronicles and Puzzles (IR) I 10:00 Christian programming channel 6 and 3 I 11:30 Scripture and Meditation song GG 2:00 Bingo (packets) GF 4:00 Courtyard Trivia	5 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises CC 1:00 Activity cart comes around A 2:30 Art class channel 2 4:00 Small Group Knowledge (HCLR) "July IQ"	6 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises K 2:00 Bingo (HCLR) 6:15 Small Group Bible study and Hymns (HCLR)	7 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises 1:30 Scenic Drive (limited seating) 2:00 Popcorn and a movie channel 2 A 3:00 Tye Dye fashion in the courtyard	8 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 National Park Fitness Trail exercise group GG 2:00 Bingo K 4:00 Happy Camper craft	9 L 9:30 Daily Chronicles and Puzzles (IR) O 11:00 Let's go out for lunch (limited seating & must have adequate volunteers to go) V 11:30 Movin' & Groovin' Group Exercises M 2:30 National Parks Adventure seeking GF 2:30 Happy Hour "Happy Campers"	10 L 9:30 Daily Chronicles and Puzzles (IR) A 11:15 Courtyard Coloring 2:00 Movie on channel 2 MM 3:30 Reminisce Group "Remember Camping?:"
11 I 9:00 Catholic programming on Channel 59 L 9:30 Daily Chronicles and Puzzles (IR) I 10:00 Christian programming channel 6 and 3 I 11:30 Scripture and Meditation song GG 2:00 Bingo (packets) GF 4:00 Courtyard Friends	12 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises CC 1:00 Activity cart comes around A 2:30 Francsais deArt V 4:00 Small Group Knowledge (HCLR) "Bucket Pong"	13 L 9:30 Daily Chronicles and Puzzles (IR) CC 11:00 Resident Artist show & silent auction (open to public) V 11:30 Movin' & Groovin' Group Exercises K 2:00 Bingo (HCLR) K 4:00 What Do You Know? "French language learning" 6:15 Small Group Bible	14 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises 1:30 Scenic Drive (limited seating) 2:00 Popcorn and a movie channel 2 CC 2:30 Let's Cook up Something GOOD! "Crepes ala Mode" (HCLR)	15 L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises GG 2:00 Bingo K 3:00 Courtyard Friends 5:00 Bastille Theme Dinner	16 O 1:00 Let's go out shopping (limited seating & must have adequate volunteers to go) L 9:30 Daily Chronicles and Puzzles (IR) V 11:30 Movin' & Groovin' Group Exercises GF 2:30 Happy Hour "Au Paris" M 3:30 Dance with the Squirrel	17 L 9:30 Daily Chronicles and Puzzles (IR) A 11:15 Courtyard Coloring 2:00 Movie on channel 2 GF 4:00 Courtyard Funnies "Sequins and Smiles"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>I 9:00 Catholic programming on Channel 59</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>I 10:00 Christian programming channel 6 and 3</p> <p>I 11:30 Scripture and Meditation song</p> <p>I 2:00 Union Baptist Church (in respective Dining Rooms)</p>	<p>19</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>CC 1:00 Activity cart comes around</p> <p>A 2:30 Art class channel 2</p> <p>V 4:00 Courtyard Olympics "Noodle Ball"</p>	<p>20</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>K 2:00 Bingo (HCDR)</p> <p>3:00 Resident Council (IR)</p> <p>6:15 Small Group Bible study and Hymns (HCLR)</p>	<p>21</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>L 11:00 SoulFit (must be previously signed up)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>1:30 Scenic Drive (limited seating)</p> <p>2:00 Popcorn and a movie channel 2</p> <p>CC 2:30 Let's Cook up Something GOOD! "Pizza" (HCDR)</p>	<p>22</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>GG 2:00 Bingo</p> <p>K 3:00 Courtyard Olympics "Frisbee Toss"</p>	<p>23</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>O 11:00 Let's go out for lunch (limited seating & must have adequate volunteers to go)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>GF 2:30 Happy Hour "Summer Olympic Games"</p> <p>M 3:30 Corn Hole contest (staff)</p>	<p>24</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>A 11:15 Courtyard Coloring</p> <p>2:00 Movie on channel 2</p> <p>M 4:00 Sing A Long</p>
<p>25</p> <p>I 9:00 Catholic programming on Channel 59</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>I 10:00 Christian programming channel 6 and 3</p> <p>I 11:30 Scripture and Meditation song</p> <p>GG 2:00 Bingo (packets)</p> <p>GF 4:00 Courtyard Friends and lemonade</p>	<p>26</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>CC 1:00 Activity cart comes around</p> <p>A 2:30 Art class channel 2</p> <p>V 4:00 What Do you Know "About the Zoo"?</p>	<p>27</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>K 2:00 Bingo (HCDR)</p> <p>3:00 Wanna Hear a Story? "Rosie the Cyclone"</p> <p>6:15 Small Group Bible study and Hymns (HCLR)</p>	<p>28</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>L 11:00 SoulFit (must be previously signed up)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>1:30 Scenic Drive (limited seating)</p> <p>2:00 Popcorn and a movie channel 2</p> <p>CC 2:30 Let's Cook up Something GOOD! "PB and Banana"</p>	<p>29</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>GG 2:00 Bingo</p> <p>K 3:00 This Place is a Zoo Storytelling</p>	<p>30</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>V 11:30 Movin' & Groovin' Group Exercises</p> <p>O 1:00 Let's go out shopping (limited seating & must have adequate volunteers to go)</p> <p>GF 2:30 Happy Hour "Zootopia"</p> <p>M 3:30 Moving and singing to the Music</p>	<p>31</p> <p>L 9:30 Daily Chronicles and Puzzles (IR)</p> <p>A 11:15 Courtyard Coloring</p> <p>2:00 Movie on channel 2</p> <p>4:00 Boccee Ball</p>

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4 Independence Day V Baby, You're a FIREWORK K Summer Vacations CC Patriotic Berry Bars Relax & Recharge A Creative Storytelling M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands GF Aqua Painting Nighttime Traditions	5 V Tour de Legacy K Inspired Tales CC Tropical Fruit Salad Relax & Recharge A Marble Painting M Sensory Scentscape GG Javelin Throw Healthy Hands GF Patio Hangman Nighttime Traditions	6 V Dance, Dance K American Landmarks CC Special Banana Nut Bread Relax & Recharge A Clothespin Trivet M Music Bingo GG What Belongs Together? Healthy Hands GF Summer On The Patio! Nighttime Traditions	7 V Water Balloon Toss K Roll to 20 CC Pina Colada Fluff Relax & Recharge A Flower Pounding Popcorn and a movie channel 2 M Celebrate Reggae GG Soccer/"Futbol" Healthy Hands GF A Time For Iced Tea! Nighttime Traditions	8 V Paris, France Walking Tour K Let's Spell Summer CC Hershey's Milk Chocolate Chip Giant Cookies Relax & Recharge A Sandpaper Art M Shake It Up, Baby! GG Ladder Ball Healthy Hands GF Let's Go to The Beach Nighttime Traditions	9 V Summertime Walking Club K Best Friends CC Strawberry Cheesecake Pie Relax & Recharge A Watermelon Painting M July Happy Hour GG Word Works Healthy Hands GF Shake Loose A Memory Nighttime Traditions	10 V Olympic Ring Toss K Summer Colors CC Key Lime Muffins Relax & Recharge A Poetry Writing M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions
11 V Baby, You're a FIREWORK K Summer Vacations CC French Toast Casserole Relax & Recharge A Squirt Gun Painting M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands GF Aqua Painting Nighttime Traditions	12 V Tour de Legacy K Inspired Tales CC Cheesy French Pinwheels Relax & Recharge A Clay Pinch Pots-Part 1 M Sensory Scentscape GG Javelin Throw Healthy Hands GF Patio Hangman Nighttime Traditions	13 V Dance, Dance K American Landmarks CC Parisian Crostini Relax & Recharge A Clay Pinch Pots-Part 2 M Music Bingo GG What Belongs Together? Healthy Hands GF Summer On The Patio! Nighttime Traditions	14 V Water Balloon Toss K Roll to 20 CC Crustless French Quiche Relax & Recharge A Monet Water Lilies Popcorn and a movie channel 2 M The Sound of France GG Soccer/"Futbol" Healthy Hands GF A Time For Iced Tea! Nighttime Traditions	15 V Paris, France Walking Tour K Let's Spell Summer CC Champagne Cheesecake Relax & Recharge A Pineapple Prints M Shake It Up, Baby! GG Ladder Ball Healthy Hands GF Let's Go to The Beach Nighttime Traditions	16 V Summertime Walking Club K Best Friends CC French Apple Tarts Relax & Recharge A Cling Wrap Painting M July Happy Hour GG Word Works Healthy Hands GF Shake Loose A Memory Nighttime Traditions	17 V Olympic Ring Toss K Summer Colors CC S'more Bars Relax & Recharge A Have a Gentle Conversation M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions

JULY 2021

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<p>18</p> <p>V Baby, You're a FIREWORK K Summer Vacations CC Blueberry Breakfast Cake Relax & Recharge A Watercolors & Oil M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands GF Aqua Painting Nighttime Traditions</p>	<p>19</p> <p>V Tour de Legacy K Inspired Tales CC Peach Salsa Relax & Recharge A Multi-Stage Process Art M Sensory Scentscape GG Javelin Throw Healthy Hands GF Patio Hangman Nighttime Traditions</p>	<p>20</p> <p>V Dance, Dance K American Landmarks CC Chocolate Lovers Fruit Dip Relax & Recharge A Multi-Stage Process Art M Music Bingo GG What Belongs Together? Healthy Hands GF Summer On The Patio! Nighttime Traditions</p>	<p>21</p> <p>V Water Balloon Toss K Roll to 20 CC Strawberry Salsa Relax & Recharge A Multi-Stage Process Art Popcorn and a movie channel 2 M Celebrate Reggae GG Soccer/"Futbol" Healthy Hands GF A Time For Iced Tea! Nighttime Traditions</p>	<p>22</p> <p>V Paris, France Walking Tour K Let's Spell Summer CC Pina Colada Muffins Relax & Recharge A Lavender Wands M Shake It Up, Baby! GG Ladder Ball Healthy Hands GF Let's Go to The Beach Nighttime Traditions</p>	<p>23</p> <p>V Summertime Walking Club K Best Friends CC Pineapple Cheddar Spread Relax & Recharge A Wood and Washer Windchimes M July Happy Hour GG Word Works Healthy Hands GF Shake Loose A Memory Nighttime Traditions</p>	<p>24</p> <p>V Olympic Ring Toss K Summer Colors CC Orange Banana Nut Bread Relax & Recharge A Zen Doodle Moon Art M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions</p>
<p>25</p> <p>V Baby, You're a FIREWORK K Summer Vacations CC Chocolate Zucchini Cupcakes Relax & Recharge A Ask a Beautiful Question M Yankee Doodle Dandy GG Aim for the Stars Healthy Hands GF Aqua Painting Nighttime Traditions</p>	<p>26</p> <p>V Tour de Legacy K Inspired Tales CC Loaded-up Pretzel Cookies Relax & Recharge A Fibonacci Art Project M Sensory Scentscape GG Javelin Throw Healthy Hands GF Patio Hangman Nighttime Traditions</p>	<p>27</p> <p>V Dance, Dance K American Landmarks CC Avocado Summer Dip Relax & Recharge A Ribbon Dancers M Music Bingo GG What Belongs Together? Healthy Hands GF Summer On The Patio! Nighttime Traditions</p>	<p>28</p> <p>V Water Balloon Toss K Roll to 20 CC Barbecue Roasted Potatoes Relax & Recharge A DIY Wall Art-Textured Mixed Media Popcorn and a movie channel 2 M Celebrate Reggae GG Soccer/"Futbol" Healthy Hands GF A Time For Iced Tea! Nighttime Traditions</p>	<p>29</p> <p>V Paris, France Walking Tour K Let's Spell Summer CC Sour Cream Blueberry Muffins Relax & Recharge A DIY Wall Art-Textured Mixed Media M Shake It Up, Baby! GG Ladder Ball Healthy Hands GF Let's Go to The Beach Nighttime Traditions</p>	<p>30</p> <p>V Summertime Walking Club K Best Friends CC Summer Cucumber Salad Relax & Recharge A Bird Nesting Ball M July Happy Hour GG Word Works Healthy Hands GF Shake Loose A Memory Nighttime Traditions</p>	<p>31</p> <p>V Olympic Ring Toss K Summer Colors CC Strawberry Crisp Relax & Recharge A Bird Nesting Ball M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions</p>

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4 Independence Day I 9:00 Catholic programming on Channel 59 I 10:00 Christian programming channel 6 and 3 K 10:00 Daily Chronicle and puzzle (IR) 10:30 Coffee and Scripture (PCAR) GF 4:00 Courtyard Trivia	5 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group O 11:00 Let's Go Out for Lunch (limited seating and must have adequate volunteers to go) A 2:30 Art class channel 2 L 3:30 Small Group Big Knowledge "July IQ"	6 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group 2:00 Bingo A 4:00 Happy Camper Art	7 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group 1:30 Scenic Drive (limited seating) I 1:30 Bible Study with Darlene 2:00 Popcorn and a movie channel 2 A 3:00 Tye Dye fashion in the courtyard	8 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group K 2:00 Game Day- Euchre, Skip Bo, Uno (PCAR) GG 6:00 Evening Bingo Game (PCAR)	9 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Courtyard Yoga (weather permitting) GF 2:30 Happy Hour "Happy Campers Campfire" GF 3:00 National Parks Adventure Seeking	10 K 10:00 Daily Chronicle and puzzle (IR) A 11:15 Courtyard Coloring 2:00 Movie on channel 2 GG 2:00 Bingo Packets (IR) 2:30 Reminisce Group "remember camping?"
11 I 9:00 Catholic programming on Channel 59 I 10:00 Christian programming channel 6 and 3 K 10:00 Daily Chronicle and puzzle (IR) 10:30 Coffee and Scripture (PCAR) GF 4:00 Courtyard Friends	12 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group O 11:00 Let's Go Out Shopping (limited seating and must have adequate volunteers to go) A 2:30 Francsais deArt	13 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group CC 11:00 Resident Artist show & silent auction (open to public) 2:00 Bingo 2:45 What do you know? " famous bears"	14 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group 1:30 Scenic Drive (limited seating) I 1:30 Bible Study with Darlene 2:00 Popcorn and a movie channel 2 CC 2:30 Let's Cook up Something GOOD! "Crepes ala Mode" (HCDR)	15 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Rise and Shine Exercise group K 2:00 Game Day- Euchre, Skip Bo, Uno (PCAR) GF 3:00 Courtyard friends GG 6:00 Evening Bingo Game (PCAR)	16 K 10:00 Daily Chronicle and puzzle (IR) V 10:30 Courtyard Yoga (weather permitting) GF 2:30 Happy Hour "Au Paris "	17 K 10:00 Daily Chronicle and puzzle (IR) A 11:15 Courtyard Coloring 2:00 Movie on channel 2 GG 2:00 Bingo Packets (IR) GF 4:00 Courtyard Funnies "Sequins and Smiles"

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<p>18</p> <p>I 9:00 Catholic programming on Channel 59</p> <p>I 10:00 Christian programming channel 6 and 3</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>10:30 Coffee and Scripture (PCAR)</p> <p>I 2:00 Union Baptist Church (in respective Dining Rooms)</p>	<p>19</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>O 11:00 Let's Go Out for Lunch (limited seating and must have adequate volunteers to go)</p> <p>A 2:30 Art class channel 2</p>	<p>20</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>2:00 Bingo</p> <p>4:00 Resident Council (PCAR)</p>	<p>21</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>L 11:00 SoulFit (must be previously signed up)</p> <p>1:30 Scenic Drive (limited seating)</p> <p>I 1:30 Bible Study with Darlene</p> <p>2:00 Popcorn and a movie channel 2</p> <p>CC 2:30 Let's Cook up</p>	<p>22</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>K 2:00 Game Day- Euchre, Skip Bo, Uno (PCAR)</p> <p>3:00 courtyard olympics "frisbee toss"</p> <p>GG 6:00 Evening Bingo Game (PCAR)</p>	<p>23</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Courtyard Yoga (weather permitting)</p> <p>GF 2:30 Happy Hour "Summer Olympic Games"</p>	<p>24</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>A 11:15 Courtyard Coloring</p> <p>2:00 Movie on channel 2</p> <p>GG 2:00 Bingo Packets (IR)</p> <p>M 4:00 Sing A Long</p>
<p>25</p> <p>I 9:00 Catholic programming on Channel 59</p> <p>I 10:00 Christian programming channel 6 and 3</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>10:30 Coffee and Scripture (PCAR)</p> <p>GF 4:00 Courtyard Friends and lemonade</p>	<p>26</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>O 1:00 Let's Go Out Shopping (limited seating and must have adequate volunteers to go)</p> <p>A 2:30 Art class channel 2</p> <p>4:00 What do you know about "the zoo?"</p>	<p>27</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>2:00 Bingo</p> <p>3:00 Wanna Hear a Story? "Rosie the Cyclone"</p>	<p>28</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>L 11:00 SoulFit (must be previously signed up)</p> <p>1:30 Scenic Drive (limited seating)</p> <p>I 1:30 Bible Study with Darlene</p> <p>2:00 Popcorn and a movie channel 2</p> <p>CC 2:30 Let's Cook up</p>	<p>29</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Rise and Shine Exercise group</p> <p>K 2:00 Game Day- Euchre, Skip Bo, Uno (PCAR)</p> <p>GG 6:00 Evening Bingo Game (PCAR)</p>	<p>30</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>V 10:30 Courtyard Yoga (weather permitting)</p> <p>GF 2:30 Happy Hour "Zootopia"</p>	<p>31</p> <p>K 10:00 Daily Chronicle and puzzle (IR)</p> <p>A 11:15 Courtyard Coloring</p> <p>2:00 Movie on channel 2</p> <p>GG 2:00 Bingo Packets (IR)</p>