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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears S - Signature Events V - Vitality	All activities are subject to change - please see a member of the Life Enrichment team for additional information - thank you			9:30 Yoga on the Patio! A10:00 Crafter's Corner! S 2:30 Chef's Circle! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics! GF10:00 Glamour Girls! S 1:30 Resident Council Meeting L 3:30 Travelogue!	7 V 9:30 Balloon Volleyball! K 10:00 Trivia Time! GF 2:00 Glamour Girls! K 3:00 Bingo!	8 V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! S 2:30 Chef's Circle! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
11 1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden! 1 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long - a'la France! GF 2:00 Sundaes with a Fench twist! K 3:00 Mad Libs!	A10:00 Crafter's Corner! (L'art nouveau	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo!	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! (flower arranging) S 2:30 Chef's Circle! (French cuisine) K 3:30 Bingo!	GF 9:30 Coffee & Criossants! V10:30 Paris, France - A Walking Tour! K11:00 Card Sharks: Rummy S 3:30 Happy Hour! (A Wine Tasting)	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 South East Christian Church Service (Channel 2) 10:00 Exercise in the Garden! 11:00 Morning Mass (Channel 2)	19:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! L 3:30 Travelogue!	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo!	A10:00 Crafter's Corner! S 2:30 Chef's Circle!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
9:15 South East Christian Church Service (Channel 2) 10:00 Exercise in the Garden! 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! L 3:30 Travelogue!	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo!	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! S 2:30 Chef's Circle! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!

The Springs at Stony Brook Personal Care Center		JULY	72021

		A STATE OF THE STA	1 Spile of the second			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears S - Signature Events V - Vitality	All Activities are subject to change - please see a member of the Life Enrichment team for additional information - thank you		All programs are subject to change. Check Community Share monitors for up-to-date programs!	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner S 1:30 Chef's Circle K 3:00 Bingo	GF 9:30 Coffee & Donut Social V10:30 Sit & Be Fit K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 3:00 Bingo K 4:00 Mad Libs!		K10:00 Trivia Time! K 3:00 Bingo!	8 V 9:30 Yoga on the Patio! A10:00 Crafter's Corner S 1:30 Chef's Circle K 3:00 Bingo	GF 9:30 Coffee & Donut Social V10:30 Sit & Be Fit K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
11 I 9:15 South East Christian Church Service (Channel 2) V 10:00 Exercise in the Garden	12 1 9:30 Resistance Band Training! M10:00 Sing-A-Long - a'la France! GF 2:00 Sundaes with a Fencch twist! K 4:00 Mad Libs!	A10:00 Crafter's Corner! (L'art nouveau	K 10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo!	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! (flower arranging) S 2:30 Chef's Circle! (French cuisine) K 3:00 Bingo	GF 9:30 Coffee & Criossants! V10:30 Paris, France - A Walking Tour! K11:00 Card Sharks: Rummy S 3:30 Happy Hour! (A Wine Tasting)	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!

The Springs at Stony Brook Personal Care Center 2021
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden I 11:00 Morning Mass (Channel 2)	19 1 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 3:00 Bingo K 4:00 Mad Libs!	A10:00 Crafter's Corner! (L'art nouveau	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner 1:30 Chef's Circle 3:00 Bingo	GF 9:30 Coffee & Donut Social V10:30 Sit & Be Fit K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden I 11:00 Morning Mass (Channel 2)	1 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 3:00 Bingo K 4:00 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! L 3:30 Travelogue!	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner S 1:30 Chef's Circle K 3:00 Bingo	GF 9:30 Coffee & Donut Social V10:30 Sit & Be Fit K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!

The Springs at Stony Brook Health Care Center		ULY	2021

		A STATE OF THE STA	1 Training			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Mindful Moments M - Music to My Ears S - Signature Events V - Vitality			All programs are subject to change. Check Community Share monitors for up-to-date daily programs!	9:30 Yoga on the Patio! A10:00 Crafter's Corner! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
4 Independence Day	5	6	7	8	9	10
9:15 South East Christian Church	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:30 Bingo K 3:30 Mad Libs!	V 9:30 Armchair Aerobics! GF10:00 Glamour Girls! S 1:30 Resident Council Meeting L 3:30 Travelogue!	9:30 Balloon Volleyball! K10:00 Trivia Time! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A 10:00 Crafter's Corner! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
I 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden MM11:00 Birdwatching Club I 11:00 Morning Mass (Channel 2)	12 1 9:30 Resistance Band Training! M10:00 Sing-A-Long - a'la France! GF 2:00 Sundaes with a Fencch twist! K 3:30 Mad Libs!	V 9:30 Armchair Aerobics (Tour De France)! A 10:00 Crafter's Corner! (L'art nouveau painting) GF10:00 Glamour Girls! M 1:30 Name That Tune! 1 3:30 Travelogue! (Paris, France)	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A 10:00 Crafter's Corner! (flower arranging) S 2:30 Chef's Circle! (French cuisine) K 3:30 Bingo!	GF 9:30 Coffee & Criossants! V10:30 Paris, France - A Walking Tour! S 3:30 Happy Hour! (A Wine Tasting)	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!

The Springs at Stony Brook Health Care Center	7 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden M11:00 Birdwatching Club 1 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:30 Bingo K 3:30 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! 1 3:30 Travelogue!	V 9:30 Balloon Volleyball! K 10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!
I 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden MN11:00 Birdwatching Club I 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:30 Bingo K 3:30 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! 1 3:30 Travelogue!	V 9:30 Balloon Volleyball! K 10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! K 1:00 Travelogue GF 3:30 Movie Matinee!

The Springs at Stony Brook Independent Living		UILY	2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
You are encouraged to start your own programs & pastimes with your neighbors. Our Life Enrichment team will be happy to provide you with any resources or materials you need.	All programs are subject to change.			9:30 Yoga on the Patio! A10:00 Crafter's Corner! 2:30 Chef's Circle! 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
Independence Day 1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden! 1 11:00 Morning Mass (Channel 2) GF 2:00 A 4th of July Celebration!	J 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	6 V 9:30 Armchair Aerobics! GF10:00 Glamour Girls! S 1:30 Resident Council Meeting L 3:30 Travelogue!	7 V 9:30 Balloon Volleyball! K10:00 Trivia Time! GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	8 V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! S 2:30 Chef's Circle! K 3:30 Bingo!	gF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
11 I 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden! I 11:00 Morning Mass (Channel 2)	12 1 9:30 Resistance Band Training! M10:00 Sing-A-Long - a'la France! GF 2:00 Sundaes with a Fench twist! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics (Tour De France)! A 10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! 1 3:30 Travelogue! (Paris, France)	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! (flower arranging) S 2:30 Chef's Circle! (French cuisine) K 3:30 Bingo!	GF 9:30 Coffee & Criossants! V10:30 Paris, France - A Walking Tour! K11:00 Card Sharks: Rummy S 3:30 Happy Hour! (A Wine Tasting)	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!

The Springs at Stony Brook Independent Living		2021	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden! I 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! 1 3:30 Travelogue!	V 9:30 Balloon Volleyball! K10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	9:30 Yoga on the Patio!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!
J 9:15 South East Christian Church Service (Channel 2) V10:00 Exercise in the Garden! J 11:00 Morning Mass (Channel 2)	I 9:30 Resistance Band Training! M10:00 Sing-A-Long! GF 2:00 Ice Cream Social! K 3:00 Mad Libs!	V 9:30 Armchair Aerobics! A10:00 Crafter's Corner! (L'art nouveau painting) M 1:30 Name That Tune! 1 3:30 Travelogue!	V 9:30 Balloon Volleyball! K 10:00 Trivia Time! (All About France) GF 2:00 Glamour Girls! K 3:00 Bingo! S 4:00 Weekly ED Zoom Meeting (Ch. 2)	V 9:30 Yoga on the Patio! A10:00 Crafter's Corner! S 2:30 Chef's Circle! K 3:30 Bingo!	GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! K11:00 Card Sharks: Rummy S 3:30 Happy Hour!	V10:00 Box & Be Fit! K11:00 Trivia Time! GF 3:30 Movie Matinee!

The Springs at Stony Brook Legacy Lane		UILY	2021

			1 September 1			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's get social! Facebook.com/SpringsStony Twitter.com/S_Stonybrook				Tour K Let's Spell Summer V Yoga on the Patio! A Crafter's Corner! I Trivial Matters C Coconut Cookies Relax & Recharge A Crayon Melts S Chef's Circle! K Bingo! M Shake It Up, Baby! G Ladder Ball	Sit & Be Fit Vitality Summertime Walking Club Best Friends Coffee & Donut Social! The Springs Spa Sit & Be Fit! Broccoli Salad Supreme Card Sharks: Rummy Relax & Recharge Patriotic Wind Catcher Happy Hour! July Happy Hour Word Works	V Olympic Ring Toss Summer Colors V Box & Be Fit! C Summertime Slaw K Trivia Time! Relax & Recharge A Fireworks Sponge Art GF Movie Matinee! M Feel the Waves G State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions
Church Service (Channel 2) K Summer Vacations V Exercise in the Garden! C Patriotic Berry Bars I Morning Mass (Channel 2) Relax & Recharge A Creative Storytelling GF A 4th of July Celebration!	Inspired Tales Resistance Band Training! Sing-A-Long! The Cookie Kitchen Tropical Fruit Salad Relax & Recharge Ice Cream Social! A Marble Painting Green Thumb Club Mad Libs!	 American Landmarks Armchair Aerobics! GF Glamour Girls! Special Banana Nut Bread Relax & Recharge Resident Council Meeting Clothespin Trivet Music Bingo 	V Sit & Be Fit V Water Balloon Toss K Roll to 20 V Balloon Volleyball! K Trivia Time! C Pina Colada Fluff Relax & Recharge A Flower Pounding GF Glamour Girls! O Green Thumb Club K Bingo! M Celebrate Reggae GG Soccer/"Futbol" Healthy Hands	Tour K Let's Spell Summer V Yoga on the Patio! A Crafter's Corner! Trivial Matters C Hershey's Milk Chocolate Chip Giant Cookies Relax & Recharge A Sandpaper Art S Chef's Circle! K Bingo! M Shake It Up, Baby!	Sit & Be Fit Vitality Summertime Walking Club Best Friends Coffee & Donut Social! Sit & Be Fit! Strawberry Cheesecake Pie Card Sharks: Rummy Relax & Recharge Watermelon Painting Happy Hour! July Happy Hour Word Works	V Olympic Ring Toss Summer Colors V Box & Be Fit! C Key Lime Muffins K Trivia Time! Relax & Recharge A Poetry Writing GF Movie Matinee! M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions
 Baby, You're a FIREWORK South East Christian Church Service (Channel 2) Summer Vacations Exercise in the Garden! French Toast Casserole Morning Mass (Channel 2) Relax & Recharge Squirt Gun Painting Hymn Sing Yankee Doodle Dandy 	 Inspired Tales Resistance Band Training! Sing-A-Long - a'la France! Cheesy French Pinwheels The Cookie Kitchen Relax & Recharge Clay Pinch Pots-Part 1 Sundaes with a Fench twist! Green Thumb Club 	 Dance, Dance American Landmarks Armchair Aerobics (Tour De France)! Crafter's Corner! (L'art nouveau painting) Parisian Crostini Relax & Recharge Name That Tune! Clay Pinch Pots-Part 2 Music Bingo Travelogue! (Paris, 	W Balloon Volleyball! K Trivia Time! (All About France) C Crustless French Quiche Relax & Recharge A Monet Water Lilies GF Glamour Girls! O Green Thumb Club K Bingo! M The Sound of France	V Paris, France Walking Tour K Let's Spell Summer V Yoga on the Patio! A Crafter's Corner! (flower arranging) Trivial Matters C Champagne Cheesecake Relax & Recharge	Sit & Be Fit Vitality Summertime Walking Club Best Friends Coffee & Criossants! The Springs Spa Paris, France - A Walking Tour! French Apple Tarts Card Sharks: Rummy Relax & Recharge Cling Wrap Painting Happy Hour! (A Wine Tasting)	V Olympic Ring Toss Summer Colors V Box & Be Fit! S'more Bars Trivia Time! Relax & Recharge A Have a Gentle Conversation GF Movie Matinee! M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions

The Springs at Stony Brook Legacy Lane	5021 2021
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
 Baby, You're a FIREWORK South East Christian Church Service (Channel 2) Summer Vacations Exercise in the Garden! Blueberry Breakfast Cake Morning Mass (Channel 2) Relax & Recharge Watercolors & Oil Hymn Sing Yankee Doodle Dandy 	K Inspired Tales	A Crafter's Corner! (L'art nouveau painting) C Chocolate Lovers Fruit Dip Relax & Recharge M Name That Tune! A Multi-Stage Process Art Music Bingo Travelogue! GG What Belongs Together?	V Sit & Be Fit V Water Balloon Toss K Roll to 20 V Balloon Volleyball! K Trivia Time! (All About France) C Strawberry Salsa Relax & Recharge A Multi-Stage Process Art GF Glamour Girls! O Green Thumb Club K Bingo! M Celebrate Reggae GG Soccer/"Futbol"	Paris, France Walking Tour Let's Spell Summer Yoga on the Patio! Crafter's Corner! Trivial Matters Pina Colada Muffins Relax & Recharge Lavender Wands Chef's Circle! Bingo! M Shake It Up, Baby! GG Ladder Ball Healthy Hands	 Sit & Be Fit Vitality Summertime Walking Club Best Friends Coffee & Donut Social! Sit & Be Fit! Pineapple Cheddar Spread Card Sharks: Rummy Relax & Recharge Wood and Washer Windchimes Happy Hour! July Happy Hour 	V Olympic Ring Toss Summer Colors V Box & Be Fit! C Orange Banana Nut Bread K Trivia Time! Relax & Recharge A Zen Doodle Moon Art GF Movie Matinee! M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions
25	26	27	28	29	30	31
 Baby, You're a FIREWORK South East Christian Church Service (Channel 2) Summer Vacations Exercise in the Garden! Chocolate Zucchini Cupcakes Morning Mass (Channel 2) Relax & Recharge Ask a Beautiful Question Myankee Doodle Dandy 	 Inspired Tales Resistance Band Training! M Sing-A-Long! Loaded-up Pretzel Cookies The Cookie Kitchen	A Crafter's Corner! (L'art nouveau painting) CC Avocado Summer Dip Relax & Recharge M Name That Tune! A Ribbon Dancers M Music Bingo L Travelogue! GG What Belongs Together? Healthy Hands	V Sit & Be Fit V Water Balloon Toss K Roll to 20 V Balloon Volleyball! K Trivia Time! (All About France) C Barbecue Roasted Potatoes Relax & Recharge A DIY Wall Art-Textured Mixed Media GF Glamour Girls! O Green Thumb Club K Bingo!	 Paris, France Walking Tour Let's Spell Summer Yoga on the Patio! Crafter's Corner! Trivial Matters Sour Cream Blueberry Muffins Relax & Recharge DIY Wall Art-Textured Mixed Media Chef's Circle! Bingo! M Shake It Up, Baby! 	V Sit & Be Fit Vitality V Summertime Walking Club K Best Friends GF Coffee & Donut Social! K The Springs Spa V Sit & Be Fit! C Summer Cucumber Salad K Card Sharks: Rummy Relax & Recharge A Bird Nesting Ball S Happy Hour! M July Happy Hour	V Olympic Ring Toss K Summer Colors V Box & Be Fit! C Strawberry Crisp K Trivia Time! Relax & Recharge A Bird Nesting Ball GF Movie Matinee! M Feel the Waves GG State Plate Game Healthy Hands GF Evening On The Porch Nighttime Traditions

The Springs at Stony Brook Skilled Legacy Lane		THEY?	2021

		A STATE OF THE STA	Total Control			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events	V - Vitality			 9:30 Yoga on the Patio! 10:00 Crafter's Corner! 10:00 Trivial Matters 10:45 Coconut Cookies 12:45 Relax & Recharge 2:00 Crayon Melts 	V 9:00 Sit & Be Fit Vitality V 9:00 Summertime Walking Club K 9:30 Best Friends GF 9:30 Coffee & Donut Social! K 10:00 The Springs Spa V 10:30 Sit & Be Fit! C 10:45 Broccoli Salad Supreme K 11:00 Card Sharks: Rummy 12:45 Relax & Recharge A 2:00 Patriotic Wind	V 9:00 Olympic Ring Toss V 9:30 Summer Colors V 10:00 Box & Be Fit! C 10:45 Summertime Slaw K 11:00 Trivia Time! 12:45 Relax & Recharge A 2:00 Fireworks Sponge Art GF 3:30 Movie Matinee! M 3:30 Feel the Waves GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch
 Independence Day 9:00 Baby, You're a FIREWORK 9:15 South East Christian Church Service (Channel 2) 9:30 Summer Vacations 10:00 Exercise in the Garden! 10:45 Patriotic Berry Bars 11:00 Morning Mass (Channel 2) 	V 9:00 Tour de Legacy R 9:30 Inspired Tales I 9:30 Resistance Band Training! M10:00 Sing-A-Long! CC10:45 The Cookie Kitchen CC10:45 Tropical Fruit Salad 12:45 Relax & Recharge GF 2:00 Ice Cream Social! A 2:00 Marble Painting O 2:30 Green Thumb Club	 9:00 Dance, Dance 9:30 American Landmarks 9:30 Armchair Aerobics! GF10:00 Glamour Girls! 10:45 Special Banana Nut Bread 12:45 Relax & Recharge 1:30 Resident Council Meeting 2:00 Clothespin Trivet 3:30 Music Bingo 3:30 Travelogue! 	7 V 9:00 Sit & Be Fit V 9:00 Water Balloon Toss K 9:30 Roll to 20 V 9:30 Balloon Volleyball! K 10:00 Trivia Time! C 10:45 Pina Colada Fluff 12:45 Relax & Recharge A 2:00 Flower Pounding GF 2:00 Glamour Girls! O 2:30 Green Thumb Club K 3:00 Bingo! M 3:30 Celebrate Reggae	 9:00 Paris, France Walking Tour 9:30 Let's Spell Summer 9:30 Yoga on the Patio! 10:00 Crafter's Corner! 10:00 Trivial Matters 10:45 Hershey's Milk Chocolate Chip 	9 V 9:00 Sit & Be Fit Vitality V 9:00 Summertime Walking Club K 9:30 Best Friends GF 9:30 Coffee & Donut Social! V10:30 Sit & Be Fit! CC10:45 Strawberry Cheesecake Pie K11:00 Card Sharks: Rummy 12:45 Relax & Recharge A 2:00 Watermelon Painting	V 9:00 Olympic Ring Toss V 9:30 Summer Colors V 10:00 Box & Be Fit! C 10:45 Key Lime Muffins K 11:00 Trivia Time! 12:45 Relax & Recharge A 2:00 Poetry Writing GF 3:30 Movie Matinee! M 3:30 Feel the Waves GC 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch 7:00 Nighttime
V 9:00 Baby, You're a FIREWORK I 9:15 South East Christian Church Service (Channel 2) K 9:30 Summer Vacations V10:00 Exercise in the Garden! C10:45 French Toast Casserole I 11:00 Morning Mass (Channel 2)	V 9:00 Tour de Legacy R 9:30 Inspired Tales I 9:30 Resistance Band Training! M10:00 Sing-A-Long - a'la France! C10:45 Cheesy French Pinwheels C10:45 The Cookie Kitchen 12:45 Relax & Recharge A 2:00 Clay Pinch Pots- Part 1 GF 2:00 Sundaes with a	V 9:00 Dance, Dance V 9:30 American Landmarks V 9:30 Armchair Aerobics (Tour De France)! A 10:00 Crafter's Corner! (L'art nouveau painting) C 10:45 Parisian Crostini 12:45 Relax & Recharge M 1:30 Name That Tune! A 2:00 Clay Pinch Pots- Part 2 M 3:30 Music Bingo	V 9:00 Sit & Be Fit V 9:00 Water Balloon Toss K 9:30 Roll to 20 V 9:30 Balloon Volleyball! K 10:00 Trivia Time! (All About France) CC 10:45 Crustless French Quiche 12:45 Relax & Recharge A 2:00 Monet Water Lilies GF 2:00 Glamour Girls! O 2:30 Green Thumb	Summer 9:30 Let's Spell Summer 9:30 Yoga on the Patio! A10:00 Crafter's Corner! (flower arranging) 10:00 Trivial Matters C10:45 Champagne Cheesecake 12:45 Relax & Recharge	V 9:00 Sit & Be Fit Vitality V 9:00 Summertime Walking Club K 9:30 Best Friends GF 9:30 Coffee & Criossants! K 10:00 The Springs Spa V 10:30 Paris, France - A Walking Tour! CC 10:45 French Apple Tarts K 11:00 Card Sharks: Rummy 12:45 Relax & Recharge	V 9:00 Olympic Ring Toss V 9:30 Summer Colors V 10:00 Box & Be Fit! C 10:45 S'more Bars K 11:00 Trivia Time! 12:45 Relax & Recharge A 2:00 Have a Gentle Conversation GF 3:30 Movie Matinee! M 3:30 Feel the Waves GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch

The Springs at Stony Brook Skilled Legacy Lane	JULY 2021
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	23	24
V 9:00 Baby, You're a FIREWORK I 9:15 South East Christian Church Service (Channel 2)	 9:00 Tour de Legacy 9:30 Inspired Tales 9:30 Resistance Band Training! M10:00 Sing-A-Long! 10:45 Peach Salsa 	 9:00 Dance, Dance 9:30 American Landmarks 9:30 Armchair Aerobics! A10:00 Crafter's Corner! 	V 9:00 Sit & Be Fit V 9:00 Water Balloon Toss K 9:30 Roll to 20 V 9:30 Balloon Volleyball! K 10:00 Trivia Time! (All	 9:00 Paris, France Walking Tour 9:30 Let's Spell Summer 9:30 Yoga on the Patio! 10:00 Crafter's Corner! 	 9:00 Sit & Be Fit Vitality 9:00 Summertime	 9:00 Olympic Ring Toss 9:30 Summer Colors 10:00 Box & Be Fit! 10:45 Orange Banana Nut Bread 11:00 Trivia Time!
Vacations V10:00 Exercise in the Garden! C10:45 Blueberry	C10:45 The Cookie Kitchen 12:45 Relax & Recharge GF 2:00 Ice Cream Social! A 2:00 Multi-Stage	(L'art nouveau painting) CC10:45 Chocolate Lovers Fruit Dip 12:45 Relax & Recharge M 1:30 Name That Tune!	About France) CC10:45 Strawberry Salsa 12:45 Relax & Recharge A 2:00 Multi-Stage Process Art GF 2:00 Glamour Girls!	L10:00 Trivial Matters C10:45 Pina Colada Muffins 12:45 Relax & Recharge A 2:00 Lavender Wands S 2:30 Chef's Circle!	V10:30 Sit & Be Fit! C10:45 Pineapple Cheddar Spread K11:00 Card Sharks: Rummy	12:45 Relax & Recharge A 2:00 Zen Doodle Moon Art GF 3:30 Movie Matinee! M 3:30 Feel the Waves
Breakfast Cake 111:00 Morning Mass (Channel 2) 25	Process Art 2:30 Green Thumb Club	A 2:00 Multi-Stage Process Art	2:30 Green Thumb Club	3:30 Cher's Circle! K 3:30 Bingo! M 3:30 Shake It Up, Baby!	12:45 Relax & Recharge 2:00 Wood and Washer Windchimes	GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The
9:00 Baby, You're a FIREWORK 9:15 South East Christian Church Service (Channel 2)	9:00 Tour de Legacy 9:30 Inspired Tales 9:30 Resistance Band Training! M10:00 Sing-A-Long! CC10:45 Loaded-up Pretzel	 9:00 Dance, Dance 9:30 American Landmarks 9:30 Armchair	 9:00 Sit & Be Fit 9:00 Water Balloon	 9:00 Paris, France Walking Tour 9:30 Let's Spell Summer 9:30 Yoga on the Patio! A10:00 Crafter's Corner! 	9:00 Sit & Be Fit Vitality 9:00 Summertime Walking Club 9:30 Best Friends GF 9:30 Coffee & Donut Social!	9:00 Olympic Ring Toss 9:30 Summer Colors 10:00 Box & Be Fit! 11:00 Trivia Time! 12:45 Relax & Recharge
Vacations V10:00 Exercise in the Garden! CC10:45 Chocolate Zucchini Cupcakes I 11:00 Morning Mass	Cookies Cookies Cookies Citchen 12:45 Relax & Recharge A 2:00 Fibonacci Art Project GF 2:00 Ice Cream Social!	(L'art nouveau painting) (C10:45 Avocado Summer Dip 12:45 Relax & Recharge M 1:30 Name That Tune! A 2:00 Ribbon Dancers	About France) C10:45 Barbecue Roasted Potatoes 12:45 Relax & Recharge A 2:00 DIY Wall Art- Textured Mixed Media	10:00 Trivial Matters 10:45 Sour Cream Blueberry Muffins 12:45 Relax & Recharge 2:00 DIY Wall Art- Textured Mixed Media	K10:00 The Springs Spa V10:30 Sit & Be Fit! C10:45 Summer Cucumber Salad K11:00 Card Sharks: Rummy 12:45 Relax & Recharge	A 2:00 Bird Nesting Ball GF 3:30 Movie Matinee! M 3:30 Feel the Waves GG 4:00 State Plate Game 4:30 Healthy Hands GF 6:00 Evening On The Porch
(Channel 2)	2:30 Green Thumb	M 3:30 Music Bingo	GF 2:00 Glamour Girls!	2:30 Chef's Circle!	A 2:00 Bird Nesting Ball	7:00 Nighttime