

JULY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"All Activities are subject to Change" These activities are located on our Lifeshare channel. Channel 2-1	Happy New Year	Super Bowl February 7th	Theme Dinner February 25th	1 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 11:15 Inspired Living Committee 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	2 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation	3 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation
4 Independence Day	5 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 11:00 Trivia Questions/Answers 2:00 Brain Games 8:00 Meditation	6 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	7 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	8 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 11:15 Resident Council (MPR) 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	9 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation	10 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation
11 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation	12 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	13 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	14 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	15 Tax Day	16 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation	17 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation

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18 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation	19 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	20 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	21 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	22 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	23 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation	24 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation
25 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Inspired Sunday's 11:30 Christian Hymns 6:00 Brain Games 8:00 Meditation	26 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 11:00 Sing A Long 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	27 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Funny Videos 1:15 How to draw a dog 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	28 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 2:00 Trivia Questions/Answers 6:00 Brain Games 8:00 Meditation	29 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 10:15 Chair Cardio 11:00 Funny Videos 11:15 Game Time 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation	30 9:00 Wheelchair Flexability 9:30 Wheelchair Strength Training 10:00 Wheel Chair Yoga 10:15 Yoga (MPR) 2:00 Trivia Questions/Answers 3:00 Happy Hour on Wheels 6:00 Brain Games 8:00 Meditation	31 9:30 Wheelchair Strength Training 10:00 Daily Exercise's 11:00 Watercolor Painting 2:00 Sundae's on Saturdays 4:00 Work on Balance 6:00 Brain Games 8:00 Meditation

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<p>Activities are subject to change!</p> <p>OUTINGS ARE BACK! Please see a member of the Life Enrichment team to sign up. Seating is limited, MUST BE FULLY VACCINATED TO GO!</p>	<p>Residents Birthdays: Judith M 7/01 Maurita B 7/13 Joe S 7/13 Betty B 7/18 Bonnie J 7/19 Bruce K 7/20 Mona N 7/31</p>	<p>We are super excited to announce we will be offering Soul Fit training during the month of July. This activity will be once a week for five weeks. Please come out and enjoy.</p>	<p>Special Days in July Independence Day 7/4 Theme Dinner 7/15 Bastille Day? France Full Moon (Buck Moon) 7/23 Taste of Town: Lees Chicken International Day of Friendship 7/30</p>	<p>1 V 10:15 Balance Buddies I 10:45 Soul Fit (Week 1 of 5) Love O 2:00 Outing to Amish Acres GG 6:00 Bingo</p>	<p>2 V 10:15 Yoga MN 10:45 Pampered Hands M 10:45 Zen Music S 2:45 Chefs Circle S 3:00 Happy Hour</p>	<p>3 V 10:15 Flex those Pecks A 10:35 Artisan K 11:00 Wellness Cart on Saturday's CC 2:00 Sundae's on Saturdays MN 2:45 Mindful Moments K 3:00 White Board Games</p>
<p>4 Independence Day I 10:15 Devotions I 10:45 Christian Hymns K 11:00 Gardening (Gathering with freinds) K 2:00 Sunday Matinee</p>	<p>5 V 10:15 Swatter Ball M 10:45 Sing A Long (Karaoke) CC 2:00 Cooking it Simple K 3:15 Trivia Questions/Answers</p>	<p>6 V 10:00 Strength Building K 10:20 Mind Puzzles L 10:40 Story Telling O 11:15 Outing to Pizza King A 6:00 Arts and Crafts</p>	<p>7 GF 10:15 Coffee and Chat K 10:35 Word Wizards S 11:00 Resident Council L 2:30 Gardening S 3:30 Inspired Living Committee</p>	<p>8 V 10:15 Balance Buddies I 10:45 Soul Fit (Week 2 of 5) Joy O 2:00 Outing to Amish Acres GG 6:00 Bingo</p>	<p>9 V 10:15 Yoga MN 10:45 Pampered Hands M 10:45 Zen Music S 2:45 Chefs Circle S 3:00 Happy Hour</p>	<p>10 V 10:15 Flex those Pecks A 10:35 Artisan K 11:00 Wellness Cart on Saturday's CC 2:00 Sundae's on Saturdays MN 2:45 Mindful Moments K 3:00 White Board Games</p>
<p>11 I 10:15 Devotions I 10:45 Christian Hymns K 11:00 Gardening (Gathering with freinds) I 2:00 Pastor Allen (Front Court Yard) Weather Permitting</p>	<p>12 V 10:15 Swatter Ball M 10:45 Sing A Long (Karaoke) CC 2:00 Cooking it Simple (Chocolate Macarons) K 3:15 Trivia Questions/Answers</p>	<p>13 V 10:00 Strength Building K 10:20 Mind Puzzles L 10:40 Story Telling O 11:15 Outing to #9 Grill A 6:00 Arts and Crafts (Building Wood Eiffle Tower)</p>	<p>14 GF 10:15 Coffee and Chat (Serving Up Iced Mocha Coffee) K 10:35 Word Wizards I 11:00 Inspirational Journaling L 2:30 Gardening</p>	<p>15 V 10:15 Balance Buddies I 10:45 Soul Fit (week 3 of 5) Healing O 2:00 Outing to Dairy Queen GG 6:00 Bingo</p>	<p>16 V 10:15 Yoga MN 10:45 Pampered Hands M 10:45 Zen Music S 2:45 Chefs Circle S 3:00 Happy Hour</p>	<p>17 V 10:15 Flex those Pecks A 10:35 Artisan K 11:00 Wellness Cart on Saturday's CC 2:00 Sundae's on Saturdays (French Vanilla Ice Cream Sundae's) MN 2:45 Mindful Moments K 3:00 White Board Games</p>

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25 I 10:15 Devotions I 10:45 Christian Hymns K 11:00 Gardening (Gathering with freinds) I 2:00 Pastor Allen (Front Court Yard) Weather permitting G 5:00 Generations	26 V 10:15 Swatter Ball M 10:45 Sing A Long (Karaoke) CC 2:00 Cooking it Simple K 3:15 Trivia Questions/Answers	27 V 10:00 Strength Building K 10:20 Mind Puzzles L 10:40 Story Telling O 11:15 Outing to Frickers A 6:00 Arts and Crafts	28 GF 10:15 Coffee and Chat K 10:35 Word Wizards I 11:00 Inspirational Journaling L 2:30 Gardening	29 V 10:15 Balance Buddies I 10:45 Soul Fit (Week 5 of 5) Gratitude O 2:00 Outing to Library GG 6:00 Bingo	30 V 10:15 Yoga (MPR) MN 10:45 Pampered Hands M 10:45 Zen Music S 2:45 Chefs Circle S 3:00 Happy Hour	31 V 10:15 Flex those Pecks A 10:35 Artisan K 11:00 Wellness Cart on Saturday's CC 2:00 Sundae's on Saturdays MN 2:45 Mindful Moments K 3:00 White Board Games

OUTINGS ARE BACK! Please see a member of our Life Enrichment Team to reserve your seat. Seating is limited.
Cook Out at Forest Park 1pm to 3pm. July 2nd Live Entertainment!