

JULY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>RESIDENT BIRTHDAYS</p> <p>Charles Stearns 4th</p> <p>Christina Arangio 9th</p> <p>Stevie Romano 15th</p> <p>Patricia Goodyear 20th</p>	<p>LIVE!</p> <p>LOVE!</p> <p>LAUGH!</p>		<p>PLEASE BE ADVISED THAT ACTIVITIES AND OUTINGS ON THIS CALENDAR ARE SUBJECT TO CHANGE</p>	<p>1</p> <p>10:15 Thursday Morning Walkers - Meet in the front lobby area - Weather Permitting</p> <p>11:00 Exercise: Hula Hoops Bend and Stretch</p> <p>1:30 Nickel Bingo</p>	<p>2</p> <p>10:15 Friday Morning Walkers - Meet in the front lobby area - Weather Permitting</p> <p>11:00 Exercise: Circuit Workout</p> <p>11:30 Musical Guest: Richard Gyuro - Patriotic Songs and More</p> <p>2:15 Concentration with Paula - Upstairs</p>	<p>3</p> <p>9:00 Saturday Morning Walkabout - Meet in the front lobby area - Weather Permitting</p> <p>11:15 Resident Run Exercise Class - Activity Room</p> <p>2:00 Open Game Time - Activity Room</p>
<p>4 Independence Day</p> <p>10:15 Crafts with Shelli</p> <p>12:30 Fun Facts</p> <p>1:30 Nickel Bingo</p> <p>3:15 Organ Time Requests With Wendy - Upstairs Activity Room</p>	<p>5</p> <p>10:15 Monday Morning Walkers</p> <p>11:00 Exercise: True North Yoga Plus and Breathe - Downstairs Independent Fireside Room</p> <p>1:30 Nickel Bingo</p>	<p>6</p> <p>10:30 Discussion: Activity and Outing Ideas for August</p> <p>11:00 Exercise: Fun With Weights</p> <p>2:15 Roaring Rogue Root Beer Floats - In The Dining Room</p>	<p>7</p> <p>10:15 Wednesday Morning Walkers</p> <p>11:00 Exercise: Standing Strength and Balance</p> <p>1:30 Craft: Pour Painting - Upstairs Activity</p>	<p>8</p> <p>10:15 Thursday Morning Walkers</p> <p>11:00 Exercise: Hula Hoops Bend and Stretch</p> <p>1:30 Nickel Bingo</p>	<p>9</p> <p>10:15 Friday Morning Walkers</p> <p>11:00 Exercise: Circuit Workout</p> <p>2:15 Cornhole - In the Dining Room</p>	<p>10</p> <p>9:00 Saturday Morning Walkabout - Meet in the front lobby area - Weather Permitting</p> <p>11:15 Resident Run Exercise Class - Activity Room</p> <p>2:00 Open Game Time - Activity Room</p>
<p>11</p> <p>10:15 Crafts with Shelli</p> <p>12:30 Fun Facts</p> <p>1:30 Nickel Bingo</p> <p>3:15 Organ Time Requests With Wendy - Upstairs Activity Room</p>	<p>12</p> <p>10:15 Monday Morning Walkers</p> <p>10:15 Monday Morning Walkers</p> <p>11:00 Exercise: True North Yoga Plus and Breathe - Downstairs Independent Fireside Room</p> <p>1:30 Nickel Bingo</p> <p>3:15 Resident Meeting</p>	<p>13</p> <p>10:15 Chef Chat with John</p> <p>11:00 Exercise: Fun With Weights</p> <p>2:15 Strawberry/Banana Smoothies - Dining Room</p>	<p>14</p> <p>10:15 Wednesday Morning Walkers</p> <p>10:15 Wednesday Morning Walkers</p> <p>11:00 Exercise: Standing Strength and Balance</p> <p>2:30 Open Family Zoom Meeting - Information and Updates By Josh - Upstairs Activity Room</p>	<p>15</p> <p>10:15 Thursday Morning Walkers</p> <p>10:15 Thursday Morning Walkers</p> <p>11:00 Exercise: Hula Hoops Bend and Stretch</p> <p>1:30 Nickel Bingo</p>	<p>16</p> <p>10:15 Friday Morning Walkers</p> <p>11:00 Exercise: Circuit Workout</p> <p>2:00 Armchair Travel To - South Africa - Upstairs Activity Room</p>	<p>17</p> <p>9:00 Saturday Morning Walkabout - Meet in the front lobby area - Weather Permitting</p> <p>11:15 Resident Run Exercise Class - Activity Room</p> <p>2:00 Open Game Time - Activity Room</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 10:15 Game Time with Shelli 12:30 Fun Facts 1:30 Nickel Bingo 3:15 Organ Time Requests With Wendy - Upstairs Activity Room	19 10:15 Monday Morning Walkers 10:15 Monday Morning Walkers 11:00 Exercise: True North Yoga Plus and Breathe - Downstairs Independent Fireside Room 1:30 Nickel Bingo	20 11:00 Exercise: Fun With Weights 12:00 Abby's Legendary Pizza For Lunch 1:45 Rock Painting - Upstairs Activity Room	21 10:15 Wednesday Morning Walkers 11:00 Exercise: Standing Strength and Balance 3:00 John Jackson Jr., Bugs-R-Us - Owl's and Owl Pellets	22 10:15 Thursday Morning Walkers 11:00 Exercise: Hula Hoops Bend and Stretch 1:30 Nickel Bingo	23 10:15 Friday Morning Walkers 11:00 Exercise: Circuit Workout 2:15 Concentration With Paula - Upstairs Activity Room	24 9:00 Saturday Morning Walkabout - Meet in the front lobby area - Weather Permitting 11:15 Resident Run Exercise Class - Activity Room 2:00 Open Game Time - Activity Room
25 12:30 Fun Facts 1:30 Nickel Bingo 3:15 Organ Time Requests With Wendy - Upstairs Activity Room	26 10:15 Monday Morning Walkers 11:00 Exercise: True North Yoga Plus and Breathe - Downstairs Independent Fireside Room 1:30 Nickel Bingo	27 11:00 Exercise: Fun With Weights 2:15 Build Your Own Ice Cream Sundae - Dining Room 3:00 Fun Facts and Trivia on Summertime Activities	28 10:15 Wednesday Morning Walkers 11:00 Exercise: Standing Strength and Balance 2:00 Dicey Horse Racing - In The Dining Room	29 10:15 Thursday Morning Walkers 11:00 Exercise: Hula Hoops Bend and Stretch 1:30 Nickel Bingo	30 10:15 Friday Morning Walkers 10:15 Friday Morning Walkers 11:00 Exercise: Circuit Workout 2:30 Game Time: Farkle - Upstairs Activity Room	31 9:00 Saturday Morning Walkabout - Meet in the front lobby area - Weather Permitting 11:15 Resident Run Exercise Class - Activity Room 2:00 Open Game Time - Activity Room