

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	** All activities are subject to change. Any changes will be posted to LifeShare monitors. L - Front Lobby RTR - Round Table Room ACT - Activity Room HC - Health Center Dining Room FB - Front Porch	*Birthdays* ~ Becky C. 7/2 ~ Ann P. 7/2 ~ Joan K. 7/2 ~ Billie H. 7/3 ~ Chester G. 7/9 ~ Downey T. 7/10 ~ Brenda H. 7/17	*IF THE TEMPERATURE OUTSIDE GETS ABOVE 90 DEGREES WITH THE HEAT INDEX INCLUDED ALL OUTSIDE ACTIVITIES WILL BE CANCELLED*	1 I 9:30 Catholic Communion & Rosary - RTR V 10:00 WHOGA - BC/RTR S 10:30 Resident Council/Inspired Living Committee - AL MM 11:00 Nail Spa - RTR	2 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR K 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)
3 I 9:00 Sunday Hymns-BC/RTR K 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) CC 1:30 Cooking with Activities Staff - ACT	4 Independence Day V 10:00 Exercise Club - RTR K 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) A 2:00 Craft Club (DIY Dry Erase Board) - RTR	5 V 10:00 Exercise Club - RTR MM 11:00 Nail Spa - RTR M 11:15 Trivia Club - L M 1:00 Inspirations with Randy Travis - BC/RTR K 2:00 BINGO - AL	6 I 9:30 Catholic Communion - RTR V 10:00 Forever Fit - BC/RTR I 11:00 Protestant Communion - RTR 11:15 Trivia Club - L	7 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Musical Inspirations-BC/RTR	8 I 9:30 Catholic Communion & Rosary - RTR V 10:00 WHOGA - BC/RTR MM 11:00 Nail Spa - RTR 11:15 Trivia Club - L S 3:00 Happy Hour - AL	9 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)
10 I 9:00 Sunday Hymns-BC/RTR S 11:00 Sunday Brunch CC 11:00 Brunch - AL 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)	11 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) A 2:00 Craft Club (Watermelon) - RTR	12 V 10:00 Exercise Club - RTR MM 11:00 Nail Spa - RTR M 11:15 Trivia Club - L M 1:00 Inspirations with Randy Travis - BC/RTR K 2:00 BINGO - AL	13 I 9:30 Catholic Communion - RTR V 10:00 Forever Fit - BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)	14 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Musical Inspirations-BC/RTR	15 I 9:30 Catholic Communion & Rosary - RTR V 10:00 WHOGA - BC/RTR MM 11:00 Nail Spa - RTR 11:15 Trivia Club - L S 3:00 Happy Hour - AL	16 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)
17 I 9:00 Sunday Hymns-BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) CC 1:30 Cooking with Activities Staff - ACT	18 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) A 2:00 Craft Club (Leaf Decor) - RTR	19 V 10:00 Exercise Club - RTR MM 11:00 Nail Spa - RTR M 11:15 Trivia Club - L M 1:00 Inspirations with Randy Travis - BC/RTR K 2:00 BINGO - AL	20 I 9:30 Catholic Communion - RTR V 10:00 Forever Fit - BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)	21 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Musical Inspirations-BC/RTR	22 I 9:30 Catholic Communion & Rosary - RTR V 10:00 WHOGA - BC/RTR MM 11:00 Nail Spa - RTR 11:15 Trivia Club - L S 3:00 Happy Hour - AL	23 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)
24 I 9:00 Sunday Hymns-BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) CC 1:30 Cooking with Activities Staff - ACT	25 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) A 2:00 Craft Club with Julie - RTR	26 V 10:00 Exercise Club - RTR MM 11:00 Nail Spa - RTR M 11:15 Trivia Club - L M 1:00 Inspirations with Randy Travis - BC/RTR K 2:00 BINGO - AL	27 I 9:30 Catholic Communion - RTR V 10:00 Forever Fit - BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)	28 V 10:00 Exercise Club - RTR O 10:00 Scenic Drive - B 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Musical Inspirations-BC/RTR	29 I 9:30 Catholic Communion & Rosary - RTR V 10:00 WHOGA - BC/RTR MM 11:00 Nail Spa - RTR 11:15 Trivia Club - L S 3:00 Happy Hour - AL	30 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)
31 I 9:00 Sunday Hymns-BC/RTR 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) CC 1:30 Cooking with Activities Staff - ACT	Did You Know..? ~The Anglo-Saxons had multiple names for the month of July, including Maed-monath and Hey-monath. Respectively, these translated into "the flowering of meadows" and "hay month."	Did You Know..? ~On July 4, 1776, the 13 American colonies declared their independence from the British monarchy. The 4th of July, formally known as Independence Day, has been a federal holiday since 1970 in the United States of America.	Did You Know..? ~July has some pretty delicious month-long observances, too! In the US, at least there are three, in particular, that stand out – It's National Watermelon Month, National Hot Dog Month, and National Ice Cream Month. Yum!	Did You Know..? ~On July 25, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully. He took off from the coast of France and landed across the channel near Dover, England.		

ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO THE COVID-19 VIRUS HAVING A PRESENCE OR ABSENCE IN THE FACILITY, PLEASE BE CONSIDERATE AND OPEN TO THE SUDDEN CHANGES THAT MAY OCCUR!

River Pointe Health Campus
Health Center Activities

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments	M - Music to My Ears O - Out & About S - Signature Events V - Vitality	** All activities are subject to change. Any changes will be posted to LifeShare monitors. L - Front Lobby RTR - Round Table Room ACT - Activity Room HC - Health Center Dining Room FB - Front Porch	*Birthdays* ~ Becky C. 7/2 ~ Ann P. 7/2 ~ Joan K. 7/2 ~ Billie H. 7/3 ~ Chester G. 7/9 ~ Downey T. 7/10 ~ Brenda H. 7/17		1 I 9:30 Catholic Communion & Rosary - RTR V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR K 11:15 Trivia Club - L S 3:00 Happy Hour - AL	2 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR MM 11:00 Mindful Movements - HC V 11:15 Walk N' Roll - Outside
3 I 9:00 Sunday Hymns-BC/RTR MM 11:00 Mindful Inspirations - HC K 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting)	4 Independence Day V 10:30 BalloonBall Club - HC MM 11:00 Sensory Smells - HC K 11:15 Trivia Club - L V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Music Inspirations - RTR	5 V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR MM 11:00 Sensory Creations K 2:00 BINGO - AL GG 6:00 Game Night - RTR	6 I 9:30 Catholic Communion - RTR V 10:30 BalloonBall Club - HC I 11:00 Protestant Communion - RTR V 11:15 Walk N' Roll - Outside (Weather permitting)	7 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC S 10:30 HC & TCU Resident Council (HC) MM 10:30 Sensory Movements - HC V 11:15 Walk N' Roll - Outside (Weather permitting)	8 I 9:30 Catholic Communion & Rosary - RTR V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR S 3:00 Happy Hour - AL	9 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR MM 11:00 Mindful Movements - HC V 11:15 Walk N' Roll - Outside
10 I 9:00 Sunday Hymns-BC/RTR MM 11:00 Mindful Inspirations - HC S 11:00 Sunday Brunch CC 11:00 Brunch - AL V 11:15 Walk N' Roll - Outside (Weather permitting)	11 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 11:00 Sensory Smells - HC V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Music Inspirations - RTR	12 V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR MM 11:00 Sensory Creations K 2:00 BINGO - AL GG 6:00 Game Night - RTR M 6:00 Oldies w/ Larry - L	13 I 9:30 Catholic Communion - RTR V 10:30 BalloonBall Club - HC V 11:15 Walk N' Roll - Outside (Weather permitting) S 2:00 Popcorn & Movie "The Book of Eli" - RTR	14 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 10:30 Sensory Movements - HC V 11:15 Walk N' Roll - Outside (Weather permitting) V 11:15 Walk N' Roll - Outside (Weather permitting)	15 I 9:30 Catholic Communion & Rosary - RTR V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR S 3:00 Happy Hour - AL	16 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR MM 11:00 Mindful Movements - HC V 11:15 Walk N' Roll - Outside
17 I 9:00 Sunday Hymns-BC/RTR MM 11:00 Mindful Inspirations - HC V 11:15 Walk N' Roll - Outside (Weather permitting)	18 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 11:00 Sensory Smells - HC V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Music Inspirations - RTR	19 V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR MM 11:00 Sensory Creations K 2:00 BINGO - AL M 6:00 Wild Mountain Thyme - L	20 I 9:30 Catholic Communion - RTR V 10:30 BalloonBall Club - HC V 11:15 Walk N' Roll - Outside (Weather permitting) S 2:00 Popcorn & Movie "The Book of Eli" - RTR	21 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 10:30 Sensory Movements - HC V 11:15 Walk N' Roll - Outside (Weather permitting) V 11:15 Walk N' Roll - Outside (Weather permitting)	22 I 9:30 Catholic Communion & Rosary - RTR V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR S 3:00 Happy Hour - AL	23 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR MM 11:00 Mindful Movements - HC V 11:15 Walk N' Roll - Outside
24 I 9:00 Sunday Hymns-BC/RTR MM 11:00 Mindful Inspirations - HC V 11:15 Walk N' Roll - Outside (Weather permitting) I 3:30 Bible Study with Bob	25 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 11:00 Sensory Smells - HC V 11:15 Walk N' Roll - Outside (Weather permitting) M 1:00 Music Inspirations - RTR	26 V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR MM 11:00 Sensory Creations K 2:00 BINGO - AL M 6:00 Lively Ladies - L	27 I 9:30 Catholic Communion - RTR V 10:30 BalloonBall Club - HC V 11:15 Walk N' Roll - Outside (Weather permitting) S 2:00 Popcorn & Movie "The Book of Eli" - RTR	28 O 10:00 Scenic Drive - B V 10:30 BalloonBall Club - HC MM 10:30 Sensory Movements - HC V 11:15 Walk N' Roll - Outside (Weather permitting) V 11:15 Walk N' Roll - Outside (Weather permitting)	29 I 9:30 Catholic Communion & Rosary - RTR V 10:30 BalloonBall Club - HC MM 11:00 Nail Spa - RTR S 3:00 Happy Hour - AL	30 M 9:00 Classic Country Tunes-BC/RTR I 10:00 Christian Fellowship Service - RTR MM 11:00 Mindful Movements - HC V 11:15 Walk N' Roll - Outside
31 I 9:00 Sunday Hymns-BC/RTR MM 11:00 Mindful Inspirations - HC V 11:15 Walk N' Roll - Outside (Weather permitting)	* IF THE TEMPERATURE OUTSIDE GETS ABOVE 90 DEGREES WITH THE HEAT INDEX INCLUDED ALL OUTSIDE ACTIVITIES WILL BE CANCELLED*	Did You Know..? ~As the second month of Summer, July is, on average, the warmest month of the year in the northern hemisphere. Its southern hemisphere equivalent is January.	Did You Know..? ~On July 5, 1946, the world's first bikini was unveiled in the famous Piscine Molitor swimming pool in Paris. Just in time for the heat of summer, the bikini was modeled by showgirl Micheline Bernardini.	Did You Know..? ~On July 4, 1776, the 13 American colonies declared their independence from the British monarchy. The 4th of July, formally known as Independence Day, has been a federal holiday since 1870 in the United States of America.	Did You Know..? ~On July 25, 1909, Louis Bleriot became the first man to fly an aircraft from one country to another successfully. He took off from the coast of France and landed across the channel near Dover, England.	

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