

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 7/3 - Dora Mae S. 7/13 - Virginia P. 7/14 - Patricia M. 7/26 - Anna P.					1 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour - Pianist Cole 3:30 Exercise with Will 6:00 Nature Films	2 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
3 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	4 Independence Day 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 2:30 Music w/ Angelito 4:00 Afternoon Stretch 6:00 Evening News	5 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Cracker Jack Social 3:30 Seated Yoga 6:00 Evening Movie	6 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit Spring 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news	7 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Flower Power 2:30 Self-Expression 3:30 Wheeling/Walking club 6:00 Animal Planet	8 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour w/ M&K 3:30 Exercise with Will 6:00 Nature Films	9 9:00 Sit & Be Fit 10:00 Week in review 10:30 Violin w/ Yakov 1:30 Card Games 2:30 Group Singing 3:30 Saturday Matinee 6:00 Evening News
10 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	11 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News	12 9:00 Bend & Stretch 10:15 Music w/ Alligator 11:00 Health Facts 1:30 Table Games 2:30 Root beer float social 3:30 Seated Yoga 6:00 Evening Movie	13 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit - Chart Buster 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news	14 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Green Thumb 2:30 Chef's Corner 3:30 Wheeling/Walking club 6:00 Animal Planet	15 9:00 Bend & Flex 10:00 Linked Senior 11:00 Dance Therapy 1:30 Topics of Interest 2:30 Happy Hour w/ Jaime 3:30 Exercise with Will 6:00 Nature Films	16 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
17 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	18 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News	19 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Birthday Bash 3:30 Seated Yoga 6:00 Evening Movie	20 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit -Country 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news	21 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Garden Club 2:30 Tech Corner 3:30 Wheeling/Walking club 6:00 Animal Planet	22 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour w/ M&K 3:30 Exercise with Will 6:00 Nature Films	23 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
24 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie	25 9:00 Flex & Bend 10:00 Historic Events 11:00 Discuss & Recall 1:30 Self Expression 3:00 Music w/ J & W 4:00 Afternoon Stretch 6:00 Evening News	26 9:00 Bend & Stretch 10:00 News and Views 11:00 Health Facts 1:30 Table Games 2:30 Residents meeting & Culinary Meeting 6:00 Evening Movie	27 9:00 Let's get fit 10:00 Senior Topics 11:00 Sing Fit - 60's 1:30 Beauty Club 2:30 Bingo Fun 3:30 Music & Movement 6:00 Evening news	28 9:00 Tap & Sway 10:00 Brain Teaser 11:00 Bounce & Catch 1:30 Plant Care 2:30 Tech Corner 3:30 Wheeling/Walking Club 6:00 Animal Planet	29 9:00 Bend & Flex 10:00 Linked Senior 11:00 Musical Memories 1:30 Topics of Interest 2:30 Happy Hour 3:30 Exercise with Will 6:00 Nature Films	30 9:00 Sit & Be Fit 10:00 Week in review 11:00 Group Singing 1:30 Card Games 2:30 Literature Hour 3:30 Saturday Matinee 6:00 Evening News
31 9:00 Catholic Mass 10:00 Giving Thanks 10:30 Flex & Bend 11:00 Current Events 2:00 Bingo Royal 3:30 Travel Club 6:00 Evening Movie						