

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
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| <p>*ALL ACTIVITIES ARE SUBJECT TO CHANGE**</p> | <p>9:30 Stretching and Exercise 1 10:00 Back Porch Hangs 11:00 Daily Cronicles 1:00 Rest and relaxation 1:30 Family Feud Game 2:00 Color and conversation 3:30 Manicures</p> <p>Canada Day</p> | <p>9:30 Arm chair yoga 2 10:00- Daily Chronicles 10:30 Are you smarter than a 5th grader 11:15 Chapel With JP 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time</p> | <p>9:30 Exercise class 3 10:00- Daily Chronicles 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30-Trivia Time 2:15 Patriotic Painting with AL 3:30 Chair yoga with AL</p> | <p>9:30 Exercise class 4 10:00- Chair yoga 11:00 Balloon volleyball *4th of July* 1:00 Rest and relaxation 1:30- Assorted Games 2:00 Bible study 3:00- Daily Chronicles</p> <p>Independence Day (US)</p> | <p>9:30 Exercise class 5 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30- Daily Chronicles 2:30 Happy hour 3:30 Reminiscing</p> | <p>9:30 Sittercise 6 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Uno 6:00 Movie and popcorn</p> | |
| <p>9:30 Sunday Morning Church 7 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Finish the phrase 3:00 Puzzle time</p> | <p>9:30 Stretching and Exercise 8 10:00 Back Porch Hangs 11:00 Daily Chronicles 11:30- Watercolor Art 1:00 Rest and relaxation 1:30 Family Feud Game 2:00 Color and conversation 3:30 Manicures</p> | <p>9:30 Arm chair yoga 9 10:00- Daily Chronicles 10:30 Are you smarter than a 5th grader 11:15 Chapel With JP 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time</p> | <p>9:30 Exercise class 10 10:00- Daily Chronicles 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30-Trivia Time 2:15 Painting & crafts 3:30 Chair yoga with AL</p> | <p>9:30 Exercise class 11 10:00- Chair yoga with Liz 11:00 Balloon volleyball 1:00 Rest and relaxation 1:30- Assorted Games 2:00 Bible study 3:00- Daily Chronicles</p> | <p>9:30 Exercise class 12 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30- Daily Chronicles 2:30 Happy hour 3:30 Reminiscing</p> | <p>9:30 Sittercise 13 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Uno 6:00 Movie and popcorn</p> | |
| <p>9:30 Sunday Morning Church 14 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Finish the phrase 3:00 Puzzle time</p> | <p>9:30 Stretching and Exercise 15 10:00 Back Porch Hangs 11:00 Daily Chronicles 11:30- Watercolor Art 1:00 Rest and relaxation 1:30 Family Feud Game 2:00 Color and conversation 3:30 Manicures</p> | <p>9:30 Arm chair yoga 16 10:00- Daily Chronicles 10:30 Are you smarter than a 5th grader 11:15 Chapel With JP 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time</p> | <p>9:30 Exercise class 17 10:00- Daily Chronicles 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30-Trivia Time 2:15 Painting & crafts with AL 3:30 Chair yoga with AL</p> | <p>9:30 Exercise class 18 10:00- Chair yoga with Liz 11:00 Balloon volleyball 1:00 Rest and relaxation 1:30-Assorted Games 2:00 Bible study 3:00- Daily Chronicles</p> | <p>9:30 Exercise class 19 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30- Daily Chronicles 2:30 Happy hour 3:30 Reminiscing</p> | <p>9:30 Sittercise 20 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Uno 6:00 Movie and popcorn</p> | |
| <p>9:30 Sunday Morning Church 21 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Finish the phrase 3:00 Puzzle time</p> | <p>9:30 Stretching and Exercise 22 10:00 Back Porch Hangs 11:00 Daily Chronicles 11:30- Watercolor Art 1:00 Rest and relaxation 1:30 Family Feud Game 2:00 Color and conversation 3:30 Manicures</p> | <p>9:30 Arm chair yoga 23 10:00- Daily Chronicles 10:30 Are you smarter than a 5th grader 11:15 Chapel With JP 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Bingo buddies 3:30 Puzzle time</p> | <p>9:30 Exercise class 24 10:30 Noodle ball 10:00- Daily Chronicles 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30-Trivia Time 2:15 Painting & crafts with AL 3:30 Chair yoga with AL</p> | <p>9:30 Exercise class 25 10:00- Chair yoga with Liz 11:00 Balloon volleyball 1:00 Rest and relaxation 1:30- Assorted Games 2:00 Bible study 3:00- Daily Chronicles</p> | <p>9:30 Exercise class 26 10:30 Noodle ball 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30- Daily Chronicles 2:30 Happy hour 3:30 Reminiscing</p> | <p>9:30 Sittercise 27 10:30 Daily chronicle 11:00 Coffee and conversation 1:00 Rest and relaxation 2:00 Color and conversation 3:00 Uno 6:00 Movie and popcorn</p> | |
| <p>9:30 Sunday Morning Church 28 10:00 Silver Sneakers 11:00 Noodle ball 1:00 Rest and Relaxation 2:00 Finish the phrase 3:00 Puzzle time</p> | <p>9:30 Stretching and Exercise 29 10:00 Back Porch Hangs 11:00 Daily Cronicles 11:30- Watercolor Art 1:00 Rest and relaxation 1:30 Family Feud Game 2:00 Color and conversation 3:30 Manicures</p> | <p>9:30 Arm chair yoga 30 10:00- Daily Chronicles 10:30 Are you smarter than a 5th grader 11:15 Chapel With JP 1:00 Rest and relaxation 1:30- Yoga with InstruMix 2:00 Ice Cream Social 3:30 Puzzle time</p> | <p>9:30 Exercise class 31 10:30 Noodle ball 10:00- Daily Chronicles 11:00- Sorting and Sensory 1:00 Rest and relaxation 1:30-Trivia Time 2:15 Painting & crafts with AL 3:30 Chair yoga with AL</p> | <h1 style="font-size: 4em; margin: 0;">July 2024</h1> | | | |