

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Holistic Harbors Key Code: Physical Exercise-PE Cognitive Exercise-CE Yoga/Meditation-YM Art Classes-ART Music Program-MP Multisensory Activity-MA Stress Management-SM	1 10 :00 Table Game-CE 11:00 Exercise-PE 2:00 Out & About-MA 3:30 Sing Along-MP	2 9:00 Tuesday Toast! 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:30 Task Group	3 10:00 Catholic Service 10 :15 Card Bingo-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 3:00 "Pick A Star" Trivia-CE 	4 10:00 Table Game-CE 11:00 Exercise-PE 2:00 American Flag Painting-ART 3: 00 Scattergories-CE 	5 10:00 Music Bingo-MP 11:00 Yoga-YM 2:00 Bowling 3:00 Ice Cream Social 6:00 Movie	6 10:30 Trivia-CE 11:00 Exercise-PE 2:00 Bingo-CE	
7 10:15 Church Service Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	8 10 :00 Table Game-CE 11:00 Exercise-PE 2:00 Chocolate Trivia & Tasting-CE/MA 3:30 Sing Along-MP	9 9:00 Tuesday Toast! 10:30 Brandy (the dog) Visits 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:30 Task Group	10 10:00 Catholic Service 10 :15 Card Bingo-CE 11:00 Exercise-PE 1:30 Protestant Service 3:00 Music with Steve Rosa-MP 	11 10 :00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 3:30 Scattergories-CE 6:00 BINGO	12 10:00 Music Bingo-MP 11:00 Yoga-YM 2:00 Bowling 3:00 Water Color Painting-ART 6:00 Movie	13 10:30 Trivia-CE 11:00 Exercise-PE 2:00 Bingo-CE	
14 10:15 Church Service Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	15 10 :00 Table Game-CE 11:00 Exercise 2:00 Therapeutic Coloring-ART 3:30 Sing Along-MP	16 9:00 Tuesday Toast! 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:30 Task Group	17 10:00 Catholic Service 10 :15 Card Bingo-CE 11:00 Exercise-PE 1:30 Protestant Service 3:00 Name the Nickname!-CE 	18 10 :00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 3:30 Scattergories-CE 6:00 BINGO	19 10:00 Music Bingo-MP 11:00 Yoga-YM 2:00 Bowling 3:00 Walks/Rides Outside 6:00 Movie	20 10:30 Trivia-CE 11:00 Exercise-PE 2:00 Bingo	
21 10:15 Church Service Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	22 10 :00 Table Game-CE 11:00 Exercise-PE 2:00 Lemonade on the Patio-MA 3:30 Sing Along-MP	23 9:00 Tuesday Toast! 10:00 Table Game-CE 11:00 Exercise-PE 2:00 Relaxation Hour-YM/SM 3:30 Task Group	24 10:00 Catholic Service 10 :15 Card Bingo-CE 11:00 Exercise-PE 1:30 Protestant Service 3:30 Music with Joe Aherns-MP 	25 10 :00 Table Game-CE 11:00 Exercise-PE 1:45 Rosary-YM 3:30 Golf Putting 6:00 BINGO	26 10:00 Music Bingo-MP 11:00 Yoga-YM 2:00 Bowling 3:00 Water Color Painting-ART 6:00 Movie	27 10:30 Trivia-CE 11:00 Exercise-PE 2:00 Bingo	
28 10:15 Church Service Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats	29 10 :00 Table Game-CE 11:00 Exercise-PE 2:00 Out and About-MA 3:30 Sing Along-MP	30 9:00 Tuesday Toast! 10:00 Table Game-CE 11:00 Exercise 2:00 Relaxation Hour-YM/SM 3:00 Music with Steve Poynter-MP	31 10:00 Catholic Service 10 :15 Card Bingo-CE 11:00 Exercise-PE 1:30 Protestant Service 3:00 Berry Tasting and Trivia-MA 	  July 2024  Keystone Place at La Valle Fields Sunny Cove Activity Calendar			

★ Calendar Subject to Change. Please see Daily Sheet.