

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:00 Music and Movement, <b>PPW</b> <b>1</b> 10:00 Sensory Time 10:30 Daily Chronicles, <b>SCF</b> 12:30 Color my World, <b>CSF</b> 1:30 Snack Break 2:00 Walking Club, <b>PPW</b> 2:00 One on One 3:00 Travel Time, <b>FSI</b> 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon <b>2</b> 9:30 Aromatherapy 10:00 Art Time, <b>SCF</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Afternoon Stroll, <b>PPW</b> 1:30 Snack Break 2:00 Molly Time 2:30 One on One 3:00 Scenic Drive, <b>FSI</b> 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>3</b> <b>10:00 Catholic Prayers</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Strike up the Band, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:30 Comedy Time, <b>FSI</b> 5:00 Evening Movie	9:00 One on One <b>4</b> 9:30 Morning Exercise, <b>PPW</b> 10:00 Cooking w/ Shelby, <b>FSI</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Sensory Time 1:30 Snack Break <b>2:00 Birthday celebration With Memphis Bells, ALDR</b> 3:30 Afternoon Walk, <b>PPW</b> 5:00 Evening Movie <small>Independence Day (US)</small>	9:00 Music and Movement, <b>PPW</b> <b>5</b> 10:00 Daily Chronicles, <b>SCF</b> 10:30 Molly Time 1:00 Balloon Toss, <b>PPW</b> 1:30 Snack Break 2:00 Color my World, <b>SCF</b> 2:30 One on One 3:30 Afternoon Walk, <b>PPW</b> 4:30 Evening Movie
9:00 Music and Movement, <b>PPW</b> <b>6</b> 10:00 Nail Care 10:30 Daily Chronicles, <b>SCF</b> 1:00 Snack Break 3:00 Table Games & Puzzles, <b>FSI</b> 3:30 Afternoon Stroll, <b>PPW</b> 4:30 Evening Movie	9:30 Music and Movement, <b>PPW</b> <b>7</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Color my World, <b>SCF</b> <b>1:30 Music with Larissa, MC, FSI</b> 1:30 Snack Break 2:00 One on One 3:00 Sensory Time 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>8</b> 10:00 Sensory Time 10:30 Daily Chronicles, <b>SCF</b> 12:30 Color my World, <b>SCF</b> 1:30 Snack Break <b>1:00 Music with Randy, FSI</b> 2:00 One on One 3:00 Travel Time, <b>FSI</b> 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon <b>9</b> 9:30 Aromatherapy 10:00 Art Time, <b>SCF</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Afternoon Stroll, <b>PPW</b> 1:30 Snack Break 2:00 Molly Time 2:30 One on One 3:00 Scenic Drive, <b>FSI</b> 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>10</b> <b>10:00 Catholic Prayers</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Strike up the Band, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:30 Comedy Time, <b>FSI</b> 5:00 Evening Movie	9:00 Meet n' Greet <b>11</b> 9:30 Morning Exercise, <b>PPW</b> 10:00 Cooking w/ Shelby, <b>FSI</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Sensory Time 1:30 Snack Break <b>2:00 Happy Hour with Carol Hendrickson ALDR</b> 3:30 Afternoon Walk, <b>PPW</b> 3:30 One on One	9:00 Music and Movement, <b>PPW</b> <b>12</b> 10:00 Daily Chronicles, <b>SCF</b> 10:30 Molly Time 1:00 Balloon Toss, <b>PPW</b> 1:30 Snack Break 2:00 Color my World, <b>SCF</b> 2:30 One on One 3:30 Afternoon Walk, <b>PPW</b> 4:30 Evening Movie
9:00 Music and Movement, <b>PPW</b> <b>13</b> 10:00 Nail Care 10:30 Daily Chronicles, <b>SCF</b> 1:00 Snack Break 3:00 Table Games & Puzzles, <b>FSI</b> 3:30 Afternoon Stroll, <b>PPW</b> 4:30 Evening Movie	9:00 Music Time <b>14</b> 9:30 Music and Movement, <b>PPW</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Color my World, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:00 Sensory Time 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>15</b> 10:00 Sensory Time 10:30 Daily Chronicles, <b>SCF</b> 12:30 Color my World, <b>SCF</b> 1:30 Snack Break 2:00 Walking Club, <b>PPW</b> 2:00 One on One 3:00 Travel Time, <b>FSI</b> 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon <b>16</b> 9:30 Aromatherapy 10:00 Art Time, <b>SCF</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Afternoon Stroll, <b>PPW</b> 1:30 Snack Break 2:00 Molly Time 2:30 One on One 3:00 Scenic Drive, <b>FSI</b> 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>17</b> <b>10:00 Catholic Prayers</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Strike up the Band, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:30 Comedy Time, <b>FSI</b> 5:00 Evening Movie	9:00 Meet n' Greet <b>18</b> 9:30 Morning Exercise, <b>PPW</b> 10:00 Cookign W/ Shelby, <b>FSI</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Sensory Time 1:30 Snack Break <b>2:00 Happy Hour with Lindi Moo in ALDR</b> 3:30 Afternoon Walk, <b>PPW</b> 3:30 One on One	9:00 Music and Movement, <b>PPW</b> <b>19</b> 10:00 Daily Chronicles, <b>SCF</b> 10:30 Molly Time 1:00 Balloon Toss, <b>PPW</b> 1:30 Snack Break 2:00 Color my World, <b>SCF</b> 2:30 One on One 3:30 Afternoon Walk, <b>PPW</b> 4:30 Evening Movie
9:00 Music and Movement, <b>PPW</b> <b>20</b> 10:00 Nail Care 10:30 Daily Chronicles, <b>SCF</b> 1:00 Snack Break 3:00 Table Games & Puzzles, <b>FSI</b> 3:30 Afternoon Stroll, <b>PPW</b> 4:30 Evening Movie	9:30 Music and Movement, <b>PPW</b> <b>21</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Color my World, <b>SCF</b> <b>1:30 Music with Larissa, MC FSI,</b> 1:30 Snack Break 2:00 One on One 3:00 Sensory Time 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>22</b> 10:00 Sensory Time 10:30 Daily Chronicles, <b>SCF</b> 12:30 Color my World, <b>SCF</b> 1:30 Snack Break <b>1:00 Music with Randy, FSI</b> 2:00 One on One 3:00 Travel Time, <b>FSI</b> 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon <b>23</b> 9:30 Aromatherapy 10:00 Art Time, <b>SCF</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Afternoon Stroll, <b>PPW</b> 1:30 Snack Break 2:00 Molly Time 2:30 One on One 3:00 Scenic Drive, <b>FSI</b> 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>24</b> <b>10:00 Catholic Prayers</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Strike up the Band, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:30 Comedy Time, <b>FSI</b> 5:00 Evening Movie	9:00 Meet n' Greet <b>25</b> 9:30 Morning Exercise, <b>PPW</b> 10:00 Cooking w/ Shelby, <b>FSI</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Sensory Time 1:30 Snack Break <b>2:00 Happy Hour with C.C in ALDR</b> 3:30 Afternoon Walk, <b>PPW</b> 3:30 One on One	9:00 Music and Movement, <b>PPW</b> <b>26</b> 10:00 Daily Chronicles, <b>SCF</b> 10:30 Molly Time 1:00 Balloon Toss, <b>PPW</b> 1:30 Snack Break 2:00 Color my World, <b>SCF</b> 2:30 One on One 3:30 Afternoon Walk, <b>PPW</b> 4:30 Evening Movie
9:00 Music and Movement, <b>PPW</b> <b>27</b> 10:00 Nail Care 10:30 Daily Chronicles, <b>SCF</b> 1:00 Snack Break 3:00 Table Games & Puzzles, <b>FSI</b> 3:30 Afternoon Stroll, <b>PPW</b> 4:30 Evening Movie	9:00 Music Time <b>28</b> 9:30 Music and Movement, <b>PPW</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Color my World, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:00 Sensory Time 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>29</b> 10:00 Sensory Time 10:30 Daily Chronicles, <b>SCF</b> 12:30 Color my World, <b>SCF</b> 1:30 Snack Break 2:00 Walking Club, <b>PPW</b> 2:00 One on One 3:00 Travel Time, <b>FSI</b> 5:00 Evening Movie	9:00 ~ 1:30 Hair Salon <b>30</b> 9:30 Aromatherapy 10:00 Art Time, <b>SCF</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Afternoon Stroll, <b>PPW</b> 1:30 Snack Break 2:00 Molly Time 2:30 One on One 3:00 Scenic Drive, <b>FSI</b> 5:00 Evening Movie	9:00 Music and Movement, <b>PPW</b> <b>31</b> <b>10:00 Catholic Prayers</b> 10:30 Daily Chronicles, <b>SCF</b> 1:00 Strike up the Band, <b>SCF</b> 1:30 Snack Break 2:00 Afternoon Walk, <b>PPW</b> 2:30 One on One 3:30 Comedy Time, <b>FSI</b> 5:00 Evening Movie	 <p>Stimulate Cognitive Function-<b>SCF</b>            Promote Physical Wellbeing-<b>PPW</b>            Foster Social Interaction-<b>FSI</b></p>	



# July 2025 THE MONTHLY GAZETTE

*"Summertime is always the  
best of what might be."*

~ Charles Bowden



## Plant of the Month – Snake Plant

The snake plant is *Dracaena trifasciata*, a vibrant green flowering plant in the family Asparagaceae that is native to tropical West Africa. This popular house plant is also called Saint George's sword, mother-in-law's tongue, and viper's bowstring hemp. The lovely snake plant has spear-like leaves that love sunlight and warm temperatures, so if your snake plant is indoors, place it by a sunny window so it can soak in the sun's rays. In addition to its beauty, the plant's medicinal qualities include filtering toxins from the air and deterring pests like gnats and other insects. It's



best to avoid touching this plant, as its leaves are mildly toxic and could cause nausea and skin irritation, a clever defense mechanism to discourage insects and animals from eating it. The snake plant symbolizes good luck, resilience, and positivity. It's also associated with good health, success, and warding off negative energy.

## Special Days

Canada Day  
July 1

Halfway Point of 2025  
July 2

Independence Day (U.S.)  
July 4

World Chocolate Day  
July 7

World Jump Day  
July 20

Cousins Day  
July 24

International Tiger Day  
July 29

## Flower – Larkspur



Larkspur is a member of the *Delphinium* genus. There are many varieties of this vibrant flower, ranging in height from one to seven feet. Larkspur has petals that grow together forming a spur at the end, thus the name. When in bloom, these flower spikes are lovely in the garden, and they look splendid in a vase, too. Larkspur symbolizes an open heart and a passionate attachment. It also conveys a feeling of lightness or levity.

## Birthstone – Ruby



The red ruby is one of four precious gemstones along with the sapphire, emerald, and diamond. Its brilliance has been treasured for centuries, and natural rubies are even rarer than diamonds. The ruby hails from Asia and is found in Myanmar, Afghanistan, Cambodia, Thailand, and Sri Lanka. Given as a gift, the ruby is a symbol of friendship and lasting love as well as devotion and integrity. Appropriately, the ruby is the gemstone for the 15th and 40th wedding anniversaries.



## Memory Care A Great Place to Call Home

**Hair Salon**  
Wednesdays  
9:00 AM—1:30 PM  
**Stylist—Oanh**  
*Sign Up at the Front Desk*

## Special Activities

*Music with Larissa ~ July 7<sup>th</sup> @ 1:30 PM*

*Music with Randy ~ July 8<sup>th</sup> @ 1:00 PM*

*Sing Along with Shelby ~ July 10<sup>th</sup> @ 1:00 PM*

*Color my World ~ July 15<sup>th</sup> @ 2:00 PM*

*Art Fun ~ July 16<sup>th</sup> @ 10:00 AM*

*Sensory Time ~ July 18<sup>th</sup> @ 1:00 PM*

*Music with Larissa ~ July 21<sup>st</sup> @ 1:30 PM*

*Music with Randy Rogers ~ July 22<sup>nd</sup> @ 1:00 PM*

*Sing Along with Shelby ~ July 24<sup>th</sup> @ 1:30 PM*

*Balloon Toss ~ July 26<sup>th</sup> @ 1:00 PM*

*Daily Chronicles ~ July 28<sup>th</sup> @ 10:30 AM*

*Scenic Drives with Shelby every Wednesday*