

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2023

<p>9:45 Exercise w/ meditation 10:30 Word Scramble w morning hydration & snack 11:30 Noodle Ball 2:30 Bingo 3:30 Hydration & Snack/Matching Game 4:00 Outside Patio Canada Day</p>						1							
<p>9:45 Grow young chair exercise w/meditation 10:30 Hydration/social w hymn sing a long 2:30 Bingo 3:30 Name that Tune w/snack 4:15 Color Crafts 6:30 Movie of choice</p>	2	<p>9:45 Chair Exercise 10:30 Emperors/Clothes 11:30 Grand Canyon Travel 2:30 Let's Bake Cookies 3:30 Snack & Hydration 4:00 What Goes with trivia 4:30 Watercolor Painting 6:45 Movie of choice 7:30 Evening Snack</p>	3	<p>9:45 Exercise & Meditation 10:30 Hydration &snack 11:30 4th of July Trivia 2:30 Outside Patio 3:30 Snack & Hydration 4:30 Name that Patriotic tune 6:45 Movie of choice 7:30 Evening Snack Independence Day (US)</p>	4	<p>9:30 Chair Exercise & Meditation 10:30 Mother & the Goose w/ hydration & snack 2:30 Let's Bake a cake 3:30 Hydration & Sweet Treats 4:30 Color Painting 6:45 Movie</p>	5	<p>9:45 Chair Exercise/w meditation 10:30 What Rhymes with?? 11:30 Name that tune 2:30 Parachute 3:30 Snacks & Hydration 4:00 Arts & Crafts 6:45 Movie of choice 7:30 Evening Snack</p>	6	<p>9:45 Seated exercise & meditation 10:30 Hydration & Snack 11:00 Ride in the countryside 2:30 Let's make brownies 3:30 Hydration & Snacks 4:00 Happy Hour 6:45 Movie of choice 7:30 Evening Snack</p>	7	<p>9:45 Exercise w/ meditation 10:30 Word Scramble w morning hydration & snack 11:30 Noodle Ball 2:30 Bingo 3:30 Hydration & Snack/Matching Game 4:00 Outside Patio</p>	8
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