July 2024

MONDAY	TUESDAY	WEDNESDAY	* THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Special Music Entertainment 1:15pm Walking The Community 1:30pm Art/Craft Time 3:00pm Hydration & Snack 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Made In The USA Trivia 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am SPA DAY! HAIR & NAILS 1:15pm Walking The Community 2:00pm Hydration & Snack 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 12:00pm July 4tth Celebration 2:00pm Hydration & Snack 2:30pm Workout W/ Resistant Bands Class 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	National Apple Turnover Day 9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Patio W/music & Ball Games 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Game Time 3:00pm Hydration & Snack 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:30pm Elizabeth Chapel Baptist Church 4:00pm Music & Relaxation
National Ice Cream Day Sundae Day 0:00am Walking The Community 0:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Special Music Entertainment 1:15pm Walking The Community 1:30 Crafting Time 2:45pm Hydration & Snack 3:00pm Warm Down Mind Activity 1:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Fellowship And Music With Rocky & Jean 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am SPA DAY! HAIR & NAILS 1:15pm Walking The Community 2:00pm Hydration & Snack 2:15pm Music W/ Tony Zane In I.L. 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Workout W/ Resistant Bands Class 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	National French Fry Day 9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Patio W/music & Ball Games 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Game Time 3:00pm Hydration & Snack 4:00 pm Music & Relaxation	Shark Awareness Day 9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:15pm Hydration & Snack 2:45pm Elizabeth Chapel Baptist Church 4:00pm Music & Relaxation
::00am Walking The Community ::30am Morning Exercise 0::00am AM Hydration & Snack 0::15am Special Music Enterainment ::15pm Walking The Community ::00pm Game Time ::45pm Hydration & Snack ::00pm Warm Down Mind Activity ::00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Workout W/ Resistant Bands Class 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	National Hot Dog Day 9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am SPA DAY! HAIR & NAILS 1:15pm Walking The Community 2:00pm Hydration & Snack 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Workout W/ Resistant Bands Class 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 12:00pm July's Birthday Celebration 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Patio W/music & Ball Games 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	Moon Day 9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Game Time 3:00pm Hydration & Snack 4:00pm Music & Relaxation	National Ice Cream Day 9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Elizbeth Chapel Baptist Church 3:00pm Hydration & Snack 4:00pm Music & Relaxation
:00am Walking The Community :30am Morning Exercise 0:00am AM Hydration & Snack 0:15am Special Music Entertainment :15pm Walking The Community :30 Art/Craft Time :45pm Hydration & Snack :00pm Warm Down Mind Activity :00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hyration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Fellowship And Music With Rocky & Jean 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am SPA DAY! HAIR & NAILS 1:15pm Walking The Community 2:00pm Social Hour W/ I.L 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	National Hot Fudge Sundae Day 9:00am Walking The Community 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Workout W/ Resistant Bands Class 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Morning Exercise 9:30am Morning Exercise 10:00am AM Hydration & Snack 10:15am Brain Buster Games 1:15pm Walking The Community 2:00pm Hydration & Snack 2:30pm Patio W/music & Ball Games 3:00pm Warm Down Mind Activity 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Game Time 3:00pm Hydration & Snack 4:00pm Music & Relaxation	9:00am Walking The Community 9:30am Chair Exercise 10:00am AM Hydration & Snack 10:15am Singing, Prayers, Short Stories & Group Conversation 1:00pm Walking The Community 2:00pm Elizabeth Chapel Baptist Church 3:00pm Hydration & Snack 4:00pm Music & Relaxation
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