

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|---|--|---|---|---|---|
| <b>Activity programs are subject to change.</b><br>   | 10:00 Coffee & Mingle<br><b>11:00 Catholic Mass</b><br><b>1:30 Food Council</b><br>2:30 Sunshine Cart<br><b>3:45 Manicures &amp; Music</b>                                    | 10:00 Coffee & Mingle<br>11:00 Total Body Fitness<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br><b>3:30 Fun Facts &amp; Trivia</b>  | 10:00 Coffee & Mingle<br>11:00 Sit N Be Fit<br>11:30 Spiritual Insight<br>2:30 Sunshine Cart<br>3:30 Pokeno   | 10:00 Coffee & Mingle<br>11:00 Chair Exercise with Paul Eugene<br>2:00 4 <sup>th</sup> of July Art & Trivia<br>2:30 Sunshine Cart<br>3:30 Bingo & Prizes  | 10:00 Coffee & Mingle<br><b>11:00 Prayer &amp; Worship</b><br><b>Service: Resident Led</b><br>11:30 Patio Relaxation<br>2:30 Sunshine Cart<br><b>3:45 Garden Club</b> | 10:00 Coffee & Mingle<br>11:00 Daily Chronicles<br>11:30 Patio Relaxation<br><b>2:00 Living Word</b><br><b>International Christian Church</b><br>3:00 Sunshine Cart |
| 10:00 Coffee & Mingle<br>11:00 Morning Stretch<br>11:30 Virtual Church Service<br>2:00 Life Reflections- Favorite Childhood Game<br><b>3:00 MC Sensory Visits</b>  | <small>Canada Day</small><br>10:00 Coffee & Mingle<br>11:00 Move & Groove<br>11:30 Current Events<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br><b>3:45 How Many Words</b> | 10:00 Coffee & Mingle<br>11:00 Total Body Fitness<br>11:30 Patio Relaxation<br>1:30 Friendly Visit<br>2:30 Sunshine Cart<br><b>3:30 Karaoke Fun!</b>   | <small>Independence Day (US)</small><br>10:00 Coffee & Mingle<br>11:00 Chair Exercise with Paul Eugene<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:30 Bingo & Prizes | 10:00 Coffee & Mingle<br><b>11:00 Prayer &amp; Worship</b><br><b>Service: Resident Led</b><br>11:30 Patio Relaxation<br>2:30 Sunshine Cart<br><b>3:30 Happy Hour &amp; Music Performances w/ Musical Encounters</b> | 10:00 Coffee & Mingle<br>11:00 Chair Zumba<br>11:30 Patio Relaxation<br><b>2:00 Living Word</b><br><b>International Christian Church</b><br>3:00 Sunshine Cart        | 10:00 Coffee & Mingle<br>11:00 Morning Stretch<br>11:30 Virtual Church Service<br>2:00 Poetic Corner<br>Poetry Writing<br><b>3:00 MC Sensory Visits</b>             |
| 10:00 Coffee & Mingle<br>11:00 Morning Stretch<br>11:30 Virtual Church Service<br>2:00 Monopoly<br><b>3:00 MC Sensory Visits</b>   | 10:00 Coffee & Mingle<br>11:00 Move & Groove<br>11:30 Today In History...<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br><b>3:45 Jewelry Making</b>                         | 10:00 Coffee & Mingle<br>11:00 Total Body Fitness<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br><b>2:00 Resident Council</b><br>3:45 Sunshine Cart  | 10:00 Coffee & Mingle<br>11:00 Sit N Be Fit<br>11:30 Proverbs and Cliches<br>2:30 Sunshine Cart<br><b>3:30 Afternoon Sip and Paint</b>  | 10:00 Coffee & Mingle<br>11:00 Chair Exercise with Paul Eugene<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:30 Bingo & Prizes   | 10:00 Coffee & Mingle<br>11:00 Balloon Volleyball<br>11:30 Patio Relaxation<br><b>2:00 Living Word</b><br><b>International Christian Church</b><br>3:00 Sunshine Cart | 10:00 Coffee & Mingle<br>11:00 Move & Groove<br>11:30 Hangman<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:45 Discovering Paris Dice Game                     |
| 10:00 Coffee & Mingle<br>11:00 Morning Stretch<br>11:30 Virtual Church Service<br>2:00 Card Games<br><b>3:00 MC Sensory Visits</b>   | 10:00 Coffee & Mingle<br>11:00 Move & Groove<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:45 Movie and Popcorn  | 10:00 Coffee & Mingle<br>11:00 Total Body Fitness<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br><b>3:30 Monthly Birthday Celebration!</b><br><small>Hair Salon Day starting @ 10:00am</small> | 10:00 Coffee & Mingle<br>11:00 Sit N Be Fit<br>11:30 Spiritual Insight<br>2:30 Sunshine Cart<br><b>3:30 Armchair Travel: France</b>   | 10:00 Coffee & Mingle<br>11:00 Chair Exercise with Paul Eugene<br>11:30 Patio Relaxation<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:30 Bingo & Prizes   | 10:00 Coffee & Mingle<br><b>11:00 Prayer &amp; Worship</b><br><b>Service: Resident Led</b><br>11:30 Patio Relaxation<br>2:30 Sunshine Cart<br>3:45 Board Games        | 10:00 Coffee & Mingle<br>11:00 Move & Groove<br>1:30 Friendly Visits<br>2:30 Sunshine Cart<br>3:45 Movie and Popcorn  |
|  <h1 style="font-size: 4em; color: blue;">July 2024</h1> <h2 style="font-size: 2em; color: brown;">Activity Calendar</h2> |   |  |   |   |   |   |