

Activities subject to change.



JULY 2024 SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

- Dimensions of Wellness**
- Physical
 - Emotional
 - Spiritual
 - Environmental
 - Vocational
 - Social
 - Intellectual

- Meeting Places**
- LR Living Room
 - MC Sun Room
 - PL Parking Lot
 - AR Activity Room
 - DR Dining Room
 - L Lounge
 - MCD MC Dining Room

	01 9:00 Doctor's Appointments PL 9:30 Muscle moving Mondays LR 10:00 Hangman AR 12:30 Stretch and Sing LR 1:30 Snack Social LR 2:00 Book Club DR 4:00 Activities with CNA's L	02 9:30 Tone it up Tuesdays LR 10:00 Who Am I? LR 12:30 Brain Teasers LR 1:00 Memory Card Game DR 1:30 Snack Social LR 2:30 Bingo MC 4:00 Activities with CNA's L	03 9:30 Work it out Wednesdays LR 10:00 Name That Tune LR 12:30 Balloon Ball LR 1:30 Snack Social LR 2:00 Music With Drew! MC 3:00 Kickball MC 4:00 Activities with CNA's L	04 Independence Day 9:30 Thriving Thursdays LR 10:00 Pictionary LR 12:30 Creative Expressions DR 1:00 Classical Music with Clare LR 2:00 Fun with words LR 4:00 Activities with CNA's L	05 9:30 Fitness Fridays LR 10:00 Memory Lane LR 12:30 Orientation & Hymns LR 1:00 Ice Cream Happy Hour LR 2:00 Music With Drew! DR 3:00 Bingo MC 4:00 Activities with CNA's L	06 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:00 Snack Social LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L
07 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L	08 9:00 Doctor's Appointments PL 9:30 Muscle moving Mondays LR 10:00 Hangman AR 12:30 Stretch and Sing LR 1:30 Snack Social LR 3:00 Classical Music with Clare MC 4:00 Activities with CNA's L	09 National Sugar Day 9:30 Tone it up Tuesdays LR 10:00 Who Am I? LR 10:30 Name that Tune DR 12:30 Brain Teasers LR 1:00 Memory Card Game DR 1:30 Snack Social LR 3:00 Volunteer Silver Dan! LR 4:00 Activities with CNA's L	10 9:30 Work it out Wednesdays LR 10:00 Name That Tune LR 12:30 Balloon Ball LR 1:30 Snack Social LR 2:00 Music With Drew! MC 3:00 Kickball MC 4:00 Activities with CNA's L	11 9:30 Thriving Thursdays LR 10:00 Pictionary LR 12:30 Creative Expressions DR 1:30 Spill the Tea LR 2:00 Fun with words LR 4:00 Activities with CNA's L	12 9:30 Fitness Fridays LR 10:00 Memory Lane LR 12:30 Orientation & Hymns LR 1:00 Ice Cream Happy Hour LR 2:00 Music With Drew! DR 3:00 Bingo MC 4:00 Activities with CNA's L	13 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:00 Snack Social LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L
14 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L	15 National Be A Dork Day 9:00 Doctor's Appointments PL 9:30 Muscle moving Mondays LR 10:00 Hangman AR 12:30 Stretch and Sing LR 1:30 Snack Social LR 2:00 Book Club DR 4:00 Activities with CNA's L	16 9:30 Tone it up Tuesdays LR 10:00 Who Am I? LR 10:30 Name that Tune DR 12:30 Brain Teasers LR 1:00 Memory Card Game DR 1:30 Snack Social LR 4:00 Activities with CNA's L	17 9:30 Work it out Wednesdays LR 10:00 Name That Tune LR 12:30 Balloon Ball LR 1:30 Snack Social LR 2:00 Music With Drew! MC 3:00 Kickball MC 4:00 Activities with CNA's L	18 9:30 Thriving Thursdays LR 10:00 Pictionary LR 12:30 Creative Expressions DR 1:30 Spill the Tea LR 2:00 Fun with words LR 3:00 Classical Music with Clare MC 4:00 Activities with CNA's L	19 9:30 Fitness Fridays LR 10:00 Memory Lane LR 12:30 Orientation & Hymns LR 1:00 Ice Cream Happy Hour LR 2:00 Music With Drew! DR 3:00 Bingo MC 4:00 Activities with CNA's L	20 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:00 Snack Social LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L
21 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L	22 9:00 Doctor's Appointments PL 9:30 Muscle moving Mondays LR 10:00 Hangman AR 12:30 Stretch and Sing LR 1:30 Snack Social LR 2:00 Book Club DR 4:00 Activities with CNA's L	23 9:30 Tone it up Tuesdays LR 10:00 Who Am I? LR 10:30 Name that Tune DR 12:30 Brain Teasers LR 1:00 Memory Card Game DR 1:30 Snack Social LR 4:00 Activities with CNA's L	24 Happy Birthday Phyllis L. 9:30 Work it out Wednesdays LR 10:00 Name That Tune LR 12:30 Balloon Ball LR 1:30 Snack Social LR 2:00 Music With Drew! MC 3:00 Kickball MC 4:00 Activities with CNA's L Happy Birthday Gene S.	25 9:30 Thriving Thursdays LR 10:00 Pictionary LR 12:30 Creative Expressions DR 1:30 Spill the Tea LR 2:00 Fun with words LR 3:00 Classical Music with Clare MC 4:00 Activities with CNA's L	26 Summer Olympics 9:30 Fitness Fridays LR 10:00 Memory Lane LR 12:30 Orientation & Hymns LR 1:00 Ice Cream Happy Hour LR 2:00 Birthday Party! DR 2:00 Music With Drew! DR 4:00 Activities with CNA's L	27 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:00 Snack Social LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L
28 9:00 Meet and Greet AR 10:00 Songs of Faith LR 12:00 Independent Time LR 1:30 Puzzles and Table Games MCD 2:00 Music Hour LR 3:00 Sing Along MCD 4:00 Activities with CNA's L	29 9:00 Doctor's Appointments PL 9:30 Muscle moving Mondays LR 10:00 Hangman AR 12:30 Stretch and Sing LR 1:30 Snack Social LR 2:00 Book Club DR 4:00 Activities with CNA's L	30 National Cheesecake Day 9:30 Tone it up Tuesdays LR 10:00 Who Am I? LR 10:30 Name that Tune DR 12:30 Brain Teasers LR 1:00 Memory Card Game DR 1:30 Snack Social LR 4:00 Activities with CNA's L	31 9:30 Work it out Wednesdays LR 10:00 Name That Tune LR 12:30 Balloon Ball LR 1:30 Snack Social LR 2:00 Music With Drew! MC 3:00 Kickball MC 4:00 Activities with CNA's L	"Happiness is not something readymade; it comes from your own actions." -Dalai Lama		

National Sugar Cookie Day: Staff will decorate a sugar cookie and Facebook will choose the winner

National Be A Dork Day: Staff and resident's will dress in mismatch, residents will vote on best worst dressed.

Summer Olympics: French themed snack to commemorate Olympics in France.

National Cheesecake Day: Cheesecake for everyone!

Staff Birthday's
Karen P. 7/1
Crystal P. 7/2
Emma L. 7/2
Erin H. 7/3
Bryan C. 7/6
Mercy N. 7/10
Oluwatoyin O. 7/13
Priana M. 7/21
Fitriana P. 7/24

Silver Dan Volunteers every second Tuesday @ 3p.