

Monday

7

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)
10:00 Violin w Anthony (SE)
11:00 Morning Break (S)
11:15 Duck Duck Moose Memory Game (C)
12:00 Target Toss (P)
12:30 Lunch (S)
1:15 Music & Movement(P)
1:45 Exercise (P)
2:15 Active Stations (C)
3:00 Shark Week Social (S)
3:15 Horseshoes (S)
4:00 Combined Game (S)(P)
4:30-5:00 1:1 Activities (S) (C) (CR)

Tuesday

8

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)
10:00 Songs & Greetings (S)
10:30 Exercise (P)
10:45 Brain Game (C)
11:00 Morning Break (S)
11:15 Music Spotlight (S)
12:00 Blueberry Day Cooking Demo (SE)
12:30 Lunch (S)
1:15 Music Therapy (SE)
2:15 Exercise (P)
2:45 Bumper bowling (P)
3:00 Afternoon Break (S)
3:15 Sit & Stretch (P)
4:00 Combined Game (S)(P)
4:30-5:00 1:1 Activities (S) (C) (CR)

Wednesday

9

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)
10:00 Songs & Greetings (S)
10:30 Exercise (P)
10:45 Brain Game (C)
11:00 Morning Break (S)
11:15 Logo Visual Quiz (C)
12:00 Music Spotlight (S)
12:30 Lunch (S)
1:15 Armchair Travel (S)
1:45 Exercise (P)
2:30 Beach Themed Jams & Social w/ Jeff (SE)
3:30 Afternoon Break (S)
4:00 Combined Game (S)(P)
4:30-5:00 1:1 Activities (S) (C) (CR)

Thursday

10

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)
10:00 Songs & Greetings (S)
10:30 Exercise (P)
10:45 Brain Game (C)
11:00 Morning Break (S)
11:15 This or That Trivia (C)
12:00 Target Toss (P)
12:30 Lunch (S)
1:15 Found in Nature Reminisce (R)
1:45 Exercise (P)
2:15 Pair Up Puzzles (C)
3:00 Afternoon Break (S)
3:15 Cornhole (P)
4:00 Combined Game (S)(P)
4:30-5:00 1:1 Activities (S) (C) (CR)

Friday

11

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)
10:00 Songs & Greetings (S)
10:30 Exercise (P)
10:45 Brain Game (C)
11:00 Morning Break (S)
11:30 Patio & Punch (S)(O)
12:00 Gardening Club (N)(O)
12:30 Lunch (S)
1:15 Trivia Games (C)
2:00 Seated Tai Chi (P)
2:00 Standing Tai Chi (P)
3:00 Afternoon Break (S)
3:15 Give Me 5 (C)
4:00 Combined Game (S)(P)
4:30-5:00 1:1 Activities (S) (C) (CR)

Calendar Key

BOLD RED: Small Group or Special Event

BOLD BLACK: Meal & Break Time or Outside Entertainers

Activities are planned with flexibility and may be subject to change.

Events & Special Guests

7/2 Music Therapy with Melanie

7/7 Shark Week Social

7/7 Violin Performance with Anthony

7/9 Beach Themed Jams w Jeff

7/11 Standing & Seated Tai Chi


7/16 Hot Dog Day Luncheon

7/17 Ballroom Dancing w Rich & Cherisse

7/24 Echoes of Nature Animal Showcase

7/25 Standing & Seated Tai Chi

7/31 Fair Oaks Mall Visit



HAPPY BIRTHDAY

Bruce 7.2

Jean 7.4

Tom S 7.13

Hank 7.14

Bill 7.16

Chuck 7.17

Rita D 7.18

Greg 7.25

Rita P 7.27

Activity Domain Key

- Physical (P)
- Social (S)
- Cognitive (C)
- Creative (CR)
- Productive Sensory (SE)
- Outdoor (O)
- Nature (N)
- Reflective (R)