# **JULY** 2025

### **Monday**

**7:30 –10:00** Breakfast & Active Stations (S)(C)(CR)

10:00 Piano w Anthony (SE)

11:00 Morning Break (S)

11:30 Daily Chronicle (S)

**12:00** Exercise (P)

12:30 Lunch (S)

**1:15** Brain Game (C)

2:00 Sit & Stand Exercise (P)

**2:30** Sealife Explorers: Sharks (SE)

#### 3:00 Shark Week Social (S)

3:15 Pair Up Puzzle (C)

4:00 Combined Game (S)(P)

**4:30-5:00** 1:1 Activities (S) (C) (CR)

### **Tuesday**

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)

10:00 Daily Chronicle (S)

**10:30** Exercise (P)

11:00 Morning Break (S)

**11:30** Brain Game (C)

**12:00** Blueberry Day Recipes (SE)

12:30 Lunch (S)

#### 1:15 Book Club (S)

1:15 Pair Up Puzzles (C)

2:00 Who Am I Quiz (C)

2:30 Sit & Stand Exercise(P)

3:00 Afternoon Break (S)

3:15 Target Toss (P)

4:00 Combined Game (S)(P)

**4:30-5:00** 1:1 Activities (S) (C) (CR)

### Wednesday

**7:30 –10:00** Breakfast & Active Stations (S)(C)(CR)

10:00 Daily Chronicle (S)

**10:30** Exercise (P)

11:00 Morning Break (S)

**11:30** Brain Game (C)

**12:00** Where in the World Visual Game (S)(C)

12:30 Lunch (S)

#### 1:15 Walking Club (O)(P)(N)

1:15 Travel Reminisce (R)

2:00 Sit & Stand Exercise(P)

#### 2:30 Beach Themed Jams & Social w Jeff (S)

3:30 Letter Quiz (C)

4:00 Combined Game (S)(P)

**4:30-5:00** 1:1 Activities (S) (C) (CR)

### **Thursday**

7:30 –10:00 Breakfast & Active Stations (S)(C)(CR)

10:00 Daily Chronicle (S)

**10:30** Exercise (P)

#### 11:00 Morning Break (S)

**11:30** Brain Game (C)

**12:00** Travelogue (S)

12:30 Lunch (S)

#### 1:15 Prompt Journaling (R)

1:15 Artist Spotlight (S)

2:00 Inspired Craft (CR)

2:30 Sit & Stand Exercise(P)

#### 3:00 Afternoon Break (S)

**3:15** Bowling (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 Daily Chronicle (S)

**10:30** Exercise (P)

#### 11:00 Morning Break (S)

**11:30** Brain Game (C)

12:00 Music Spotlight (S)

12:30 Lunch (S)

1:15 News Currents (S)

2:00 Seated Tai Chi (P)

2:00 Standing Tai Chi (P)

3:00 Afternoon Break (S)

**3:15** This or That (S)

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





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)