

| Sunday                                                                                                                                                                                                                               | Monday                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                               | Friday                                                                                                                                                                                                                                                              | Saturday                                                                                                                                                                                              |
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|                                                                                                                                                      |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                            | <div>1</div> <div>10:00-NEWS &amp; HEADLINES<br/>10:30-CLASSIC COMEDY<br/><b>10:30-MORNING WALK</b><br/>2:00-LUCKY STRIKE BOWLING &amp; BLESS THE USA SOUNDTRACK<br/><b>2:30-NOURISHMENT CART</b><br/>3:00-ONE TO ONE SENSORY<br/>4:00-AMERICAN PRIDE TRIVIA</div>                                     | <div>2</div> <div>10:00-RISE &amp; SHINE CHRONICLES<br/>10:30-LOCAL PARADE REMINISCE<br/>VIRTUAL 4TH CELEBRATIONS<br/><b>10:30-AMERICAN SPIRIT MARCH</b><br/><b>2:00-INDEPENDENCE DAY CELEBRATION WITH MUSICAL PERFORMANCE BY T-BONE</b><br/><b>3:30-BEACH BALL TOSS</b></div>         | <div>3</div> <div>10:00-WALK ACROSS AMERICA CHALLENGE EXERCISE<br/><b>10:30-LAND OF THE FREE GROUP SING ALONG</b><br/>11:45-US LANDMARKS TRIVIA<br/>2:00- BINGO<br/>2:30-TREAT TROLLEY<br/><b>3:30-ITALIAN ICE SOCIAL</b></div>                                     | <div>4</div> <div>INDEPENDENT LEISURE ACTIVITIES, BOOKS, BOARD GAMES &amp; PUZZLES AVAILABLE IN THE LIBRARY<br/>12:30-ANIMAL THERAPY VISITS WITH SHEA AND ZENA<br/><br/>Independence Day (U.S.)</div> |
| <div>5</div> <div>9:30-ROOM VISITS WITH EUCHARISTIC MINISTRY<br/>10:00-DAILY DOSE OF TRIVIA<br/>10:30-JULY GAZETTE &amp; CURRENT EVENTS<br/>2:00-TRAVEL TOUR: 25 BEST PLACES TO VISIT IN THE USA<br/>3:30- MUSIC &amp; STRETCH</div> | <div>6</div> <div>10:00-SUNRISE STRETCH<br/>10:30-BROADWAY MUSICALS<br/><b>10:30-FLAG FITNESS FUN</b><br/>11:45-JULY POP QUIZ TRIVIA<br/>2:00-BINGO<br/>2:30-COMFORT SNACK CART<br/>3:15-CARDS CLUB<br/><b>3:30-TIBETAN HEALING SOUNDS</b><br/><b>POSITIVE ENERGY &amp; MEDITATION</b></div> | <div>7</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-COLONIAL COMMUNICATION THEN &amp; NOW<br/>10:30-GENTLE UPPER EXERCISE<br/>10:30-FARM &amp; COUNTRY MEMORY<br/>2:00-CLASSIC MOVIE MATINEE WITH SNACKS &amp; POP<br/>3:15-ROSARY<br/><b>3:30-NATURE SENSORY BASKET</b></div>              | <div>8</div> <div>10:00-TODAY'S HOROSCOPE<br/><b>10:30-FEEL THAT SUNSHINE</b><br/>11:45-MOVIES &amp; TV LUNCH TRIVIA<br/>2:00-DRUMMING CIRCLE<br/><b>2:30-NOURISHMENT CART</b><br/>3:00-VETERAN'S CLUB<br/>3:15-RHYTHM &amp; PERCUSSION<br/><b>3:30-AFTERNOON STROLL</b></div>                         | <div>9</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-PROTESTANT SERVICE<br/><b>10:30-BIRD SONGS IN NATURE</b><br/>1:30-ONE TO ONE LIFE ENRICHMENT EXERCISES<br/><b>2:30-MUSICAL PERFORMANCE WITH JOHNNY PAOLILLO</b><br/><b>3:30-TOE TAPS EXERCISES &amp; 50'S MUSIC REMINISCE</b></div> | <div>10</div> <div>10:00-MORNING EXERCISES<br/>10:30-FAMOUS FACES GAME<br/><b>10:30-MUSIC &amp; MOVEMENT</b><br/>11:45-GENERAL KNOWLEDGE LUNCHTIME TRIVIA<br/>2:00- BINGO<br/>2:30-TREAT TROLLEY<br/><b>3:30-ROOT BEER FLOAT SOCIAL</b></div>                       | <div>11</div> <div>10:00- BIBLE STUDY &amp; SPIRITUAL HYMNS<br/>12:30-ANIMAL THERAPY VISITS WITH SHEA AND ZENA<br/>2:00- TAI CHI STRETCH &amp; MEDITATION<br/>3:15-CARD CLUB</div>                    |
| <div>12</div> <div>9:30-ROOM VISITS WITH EUCHARISTIC MINISTRY<br/><br/>1:00- ANIMAL SUPPORT VISITS WITH MEREDITH, DAISY &amp; KIWI</div>                                                                                             | <div>13</div> <div>10:00-MORNING MUSIC &amp; PRAYER<br/>10:30-GENTLE SEATED YOGA<br/><b>10:30-CITRUS HAND SPA</b><br/><b>2:00-MUSICAL PERFORMANCE BY JOHN BANKER</b><br/>2:30-COMFORT SNACK CART<br/>3:15-WALK ACROSS AMERICA<br/><b>3:30-COMFORT COMPANIONS</b></div>                       | <div>14</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-WORDS OF WISDOM<br/>10:30-YOUNG STARS SPOTLIGHT<br/>LITTLE BIG SHOTS: VIRTUAL<br/>2:00-PO-KE-NO CARD GAME<br/><b>3:15-PRE-SKETCH CANVAS PAINTING</b><br/><b>3:30-OLD DINERS DRIVES IN &amp; DIVES</b><br/><br/>Bastille Day</div>      | <div>15</div> <div>10:00-MEMORY JOG: 50'S FADS<br/>10:30-DEAN MARTIN CLASSICS<br/><b>10:30-SPIN THE HAT, CATCH THE BALL EXERCISE</b><br/>11:45-BABY BOOMERS TRIVIA<br/>2:00-LUCKY STRIKE BOWLING<br/><b>2:30- NOURISHMENT CART</b><br/>3:15-WORD ASSOCIATION GAME, PUZZLES &amp; TUMBLING TOWERS</div> | <div>16</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-MORNING WALK &amp; WELLNESS CHAT<br/>10:30-EVENT PREPARATION<br/><b>2:00-SPECIAL EVENT CAR SHOW IN THE PARKING LOT WITH BELLTOWN CAR CLUB WITH SPECIAL PERFORMANCE BY KEVIN GOMES</b></div>                                        | <div>17</div> <div>10:00-ZUMBA AEROBICS<br/><b>10:30-NATURE RELAXATION</b><br/>11:45-1970'S POP CULTURE LUNCHTIME TRIVIA<br/>2:00-BINGO<br/>2:30-TREAT TROLLEY<br/><b>3:30-CHOCOLATE FUDGE SUNDAES SOCIAL</b></div>                                                 | <div>18</div> <div>10:30-CROONERS OF THE 40'S CLASSIC SONGS &amp; REMINISCE<br/>12:30-ANIMAL THERAPY VISITS WITH SHEA AND ZENA<br/>2:00- SENSORY SPA AFTERNOON, WITH MANICURES &amp; POLISH</div>     |
| <div>19</div> <div>9:30-ROOM VISITS WITH EUCHARISTIC MINISTRY<br/><br/>INDEPENDENT LEISURE ACTIVITIES, CROSSWORDS, JIGSAW PUZZLES &amp; NOVELS AVAILABLE IN THE LIBRARY</div>                                                        | <div>20</div> <div>10:00-WORDS OF HOPE &amp; HEALING<br/>10:30- GUIDED YOGA<br/><b>10:30-FEEL THAT SUNSHINE</b><br/>11:45-COUNTRY FAIR TRIVIA<br/>2:00-BINGO<br/><b>3:15-PRESSED FLOWER CRAFTS</b><br/>2:30-COMFORT SNACK CART<br/><b>3:30-CITRUS HAND SPA</b></div>                         | <div>21</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-ANIMAL THERAPY VISIT: BUNNY THERAPY W/ SUE<br/><b>10:30-VINTAGE PHOTOBOOK</b><br/>2:00-CORNHOLE GAME<br/>2:30-LAVENDER HAND SPA<br/>3:15-FRUIT SMOOTHIES &amp; FRESH AIR ON THE PATIO<br/><b>3:30-MELODIES &amp; STRETCHES</b></div>   | <div>22</div> <div>10:00- THIS DAY IN HISTORY<br/>10:30-TOE TAPS EXERCISES<br/><b>12:00-LUNCH PARTY SOCIAL FOR NORTH WING</b><br/>2:30-PO-KE-NO CARD GAME<br/><b>2:30-NOURISHMENT CART</b><br/><b>3:15-WATERCOLOR ART</b><br/>3:30-COUNTRY ROADS PLAYLIST &amp; GUIDED STRETCHES</div>                 | <div>23</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-UPPER BODY STRETCH<br/>10:30-FOOD COMMITTEE MEETING: TRY SOMETHING NEW<br/>2:00-MUSICAL PERFORMANCE WITH HENRY<br/>2:30-WALK ACROSS AMERICA 1:1<br/>3:15-ROSARY &amp; HYMNS<br/><b>3:30-BALLOON VOLLEY</b></div>                   | <div>24</div> <div>10:00-DAILY DOSE OF TRIVIA<br/>10:30-ZUMBA EXERCISE<br/><b>10:30-PET COMPANIONS</b><br/>11:45-MUSIC LUNCHTIME TRIVIA<br/>2:00-BINGO<br/>2:30-TREAT TROLLEY<br/><b>3:30-ORANGE CREAMSICLE FLOAT SOCIAL</b></div>                                  | <div>25</div> <div>10:00-BIBLE STUDY &amp; HYMNS<br/>12:30- ANIMAL THERAPY VISITS WITH SHEA AND ZENA<br/>2:00-BINGO<br/>3:15-CARD CLUB</div>                                                          |
| <div>26</div> <div>9:30-ROOM VISITS WITH EUCHARISTIC MINISTRY<br/><br/>AFTERNOON CLASSIC MOVIE IN THE LIBRARY</div>                                                                                                                  | <div>27</div> <div>10:00-DAILY DOSE OF WISDOM<br/><b>10:30-RESIDENT COUNCIL</b><br/>10:30-BALLOON VOLLEY<br/>11:45-TRUE/FALSE LUNCH TRIVIA<br/>2:00-BINGO<br/><b>2:30-WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE CART</b><br/><b>3:15-SUMMER CRAFT</b><br/>3:30-NATURE BREAK 1:1</div>        | <div>28</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-OLD FASHIONED RECIPES<br/><b>10:30-HAND &amp; EYE: CUP PONG</b><br/><b>11:30-RESIDENT COUNCIL'S PIZZA LUNCHEON</b><br/>2:30-PO-KE-NO CARD GAME<br/>2:30-WALK ACROSS AMERICA CHALLENGE EXERCISE<br/><b>3:30-MEMORY MATCH GAME</b></div> | <div>29</div> <div>10:00-GUIDED YOGA<br/>10:30-TRAVELOGUE: SOUTH PACIFIC ISLAND TIME<br/><b>10:30-FEEL THE SUNSHINE</b><br/><b>2:00-JULY BIRTHDAY CELEBRATION WITH MUSICAL PERFORMANCE BY BOB &amp; THE HAPPY TRAVELERS</b><br/><b>2:30-NORTH NOURISHMENT CART</b></div>                               | <div>30</div> <div>HAIRDRESSER TODAY<br/><br/>10:00-CONGREGATIONAL CHURCH SERVICE<br/><b>10:30-BALLOON VOLLEY</b><br/>2:00-CORNHOLE &amp; WATER BALLOON TOSS<br/>2:00-SUNSHINE &amp; SWEET TEAS ON THE PATIO<br/><b>3:30 SUNSHINE SENSORY</b></div>                                    | <div>31</div> <div>10:00-ZUMBA EXERCISE<br/>10:30-AUTOMOBILE INNOVATIONS THROUGH THE YEARS<br/><b>10:30-CLASSIC CAR SLIDESHOW</b><br/>11:45-GEOGRAPHY TRIVIA<br/>2:00- BINGO<br/>2:30-TREAT TROLLEY<br/><b>3:30-STRAWBERRY SHORTCAKE ICE CREAM BAR SOCIAL</b></div> | <div>HAPPY BIRTHDAY</div> <div>DORIS B. 7/25<br/>CAROL D. 7/22<br/>CYNTHIA H. 7/25<br/>GEORGE K. 7/20<br/>PAUL M. 7/11</div>                                                                          |

ACTIVITIES ARE SUBJECT TO CHANGE. KEY: BLACK: ALL ARE WELCOME **BLUE**: SENSORY NORTH WING PROGRAMS.**YELLOW** :SPECIAL EVENTS **RED**-CREATIVE ARTS