

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



JULY 2023



1
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
(thru-out the day)
1:00 Movies or Outside

2
9:30 Sit and Stay Fit
1:1 and Group Programs
(thru-out the day)
2:30 Church Service

3
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Swat Ball
3:00 Moving with Music

4
Happy 4th of July
9:30 Sit and Stay Fit
10:00 Coffee Break
Hair Salon & Manicures
1:00 "Fire Cracker"
Painting

Independence Day (US)

5
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bowling
3:00 Moving with Music

6
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bingo
3:00 Moving with Music

7
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Word Scramble
3:00 Moving with Music

8
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
(thru-out the day)
1:00 Movies or Outside

9
9:30 Sit and Stay Fit
1:1 and Group Programs
(thru-out the day)
2:30 Church Service

10
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Sliding Balls Game
3:00 Moving with Music

11
9:30 Sit and Stay Fit
10:00 Coffee Break
Hair Salon & Manicures
2:00 "ABRACADABRA"
It's Magic Time

12
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 "Paper Flag Craft"
3:00 Moving with Music

13
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bingo
3:00 Moving with Music

14
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Hole in One Game
3:00 Moving with Music

15
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
(thru-out the day)
1:00 Movies or Outside

16
9:30 Sit and Stay Fit
1:1 and Group Programs
(thru-out the day)
2:30 Church Services

17
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Name that Tune
3:00 Moving with Music

18
9:30 Sit and Stay Fit
10:00 Coffee Break
Hair Salon & Manicures
1:30 Beach Ball Alley
3:00 Moving with Music

19
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:00 Craft
"Butterfly Suncatcher"

20
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bingo
3:00 Moving with Music

21
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Craft
"Paper Plate Turtle"

22
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
(thru-out the day)
1:00 Movies or Outside

23
9:30 Sit and Stay Fit
1:1 and Group Programs
(thru-out the day)
2:30 Church Services

24
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bean Bag Toss
3:00 Moving with Music

25
9:30 Sit and Stay Fit
10:00 Coffee Break
Hair Salon & Manicures
1:1 and Group Programs
2:00 Resident Council

26
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Pictionary Game
3:00 Moving with Music

27
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Bingo
3:00 Moving with Music

28
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Guess that Food

29
9:30 Sit and Stay
10:00 Coffee Break
1:1 and Group Programs
(thru-out the day)
1:00 Movies or Outside

30
9:30 Sit and Stay Fit
1:1 and Group Programs
(thru-out the day)
2:30 Church Services

31
9:30 Sit and Stay Fit
10:00 Coffee Break
1:1 and Group Programs
1:30 Beach Ball Alley
3:00 Moving with Music

