






July Activities






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 🧘 Aromatherapy Yoga 10:30 🍴 Ceramic Class 1:15 BINGO	2 9:00 🩺 Weights & Blood Pressure 1:30 🍦 Ice Cream Social	3 9:00 ✝️ Communion 10:30 🪑 Chair Dancing 11:00 🇺🇸 July 4th Trivia 1:15 BINGO	4 🇺🇸 Independence Day 10:00 🍪 Snack Cart 10:30 🎨 Weekend Coloring 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
5 10:00 🍏 Snack Cart 10:30 🎵 Sing-Along 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	6 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	7 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30. 🍽️ Food Tasting 1:15 🌿 Waterleaf Spa Day	8 10:00 🧘 Aromatherapy Yoga 10:30 😊 Game Time 1:15 BINGO	9 10:00 🧑 Balance/Strength 10:30 📖 Reading Group 1:15. 🎵 Music with Julian	10 9:00 ✝️ Communion 10:30 😊 Trivia/Quiz 1:15 BINGO	11 10:00 🍪 Snack Cart 10:15 🧘 Exercise with Rowena 1:15 🎻 Violin with Antonio 2:00 🍪 Snack Cart
12 10:00 🍏 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 🏛️ Church Service 2:00 🍪 Snack Cart	13 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	14 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30. 📖 Reading Group 1:00 🌿 Mapleleaf Spa Day	15 10:00 🧘 Aromatherapy Yoga 10:30 🍴 Ceramic Class 1:15 BINGO	16 10:00 🧑 Balance/Strength 10:30 😊 Remembering 1980's 1:15 😊 Mix & Mingle	17 9:00 ✝️ Communion 10:15 🪑 Chair Dancing 11:00 Morning Chat 1:15 BINGO	18 10:00 🍪 Snack Cart 10:30 🍹 Juicing 1:30 🎬 Afternoon Movie 2:00 🍪 Snack Cart
19 10:00 🍏 Snack Cart 10:30 🌸 Flower Arranging 12:00 🍽️ Lunch 1:30 🏛️ Church Service-visual 2:00 🍪 Snack Cart	20 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Michael 1:15 BINGO	21 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 🎨 Arts & Crafts 1:15. ♠️ Poker Club	22 10:00 🧘 Aromatherapy Yoga 10:30 😊 Game Time 1:15 BINGO	23 10:00 🧑 Balance/Strength 10:30 🤲 Relaxing Hand Massages 1:15. 📅 Resident Council Meeting 2:00. 😊 Board Game	24 9:00 ✝️ Communion 10:30 😊 Trivia/Quiz 1:15 BINGO	25 10:00 🍪 Snack Cart 10:30 🎨 Weekend Coloring 1:15 🎻 Violin with Antonio 2:00 🍪 Snack Cart
26 10:00 🍏 Snack Cart 10:30 🏐 Volleyball 12:00 🍽️ Lunch 1:30 Church Service 2:00 🍪 Snack Cart	27 9:45 🧘 Morning Stretch 10:15 🎵 Music w/Alfredo 1:15 BINGO	28 10:00 🪑 Chair Stretching 10:15 Ball Toss 10:30 😊 Humor Time 1:30 🧑 Gardening	29 10:00 🧘 Aromatherapy Yoga 10:30 🍹 Juicing 1:15 😊 Memory Lane 1:15 BINGO	30 10:00 🧑 Balance/Strength 10:30 📖 This Month In History 1:15. 🎳 Bowling	31 9:00 ✝️ Communion 10:30 🪑 Chair Dancing 11:00 📅 Current Events 1:15 BINGO	