

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Quote of the Month:</u> “One person caring about another represents life’s greatest value.”  - Jim Rohn	Happy Birthday Tim Hoogheem July 24th Margaret Valentine July 28th 	Red – Arts & Crafts Blue – Outdoor Excursions Green – Outside Guests Purple – Documentary Orange – Travelogue	1 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Curious Dragonfly  11:30 Story Time with Molly 1:00 Documentary: Dogs of Service 2:00 Creative Crafting: Patriotic Suncatchers 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	2 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Lunch Outing: La Loma 1:00 Wheelchair/Walker Wash 1:00 Documentary: The Full Biography of Cleopatra 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	3 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 12:00 July 4th BBQ 1:00 Music & Movement: Scarf Dancing ♥ 2:00 Creative Crafting: Larkspur Watercoloring 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 3:30 Shabbat Services 4:15 Fact Finders Club: Trivia!	4 Happy 4th Of July 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles 2:00 Creative Crafting: Q-Tip Fireworks Painting  3:30 Motion Magic: Beachball Banter ♥ 4:15 Patriotic Sing-Along! 
5 National Hawaii Day 9:00 Catholic Sunday Mass 10:00 Seated Chair Exercise (LL) ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee & Lucky Dabbers BINGO! 1:00 Armchair Travelogue! Hawaii the Pacific Paradise 2:00 Marker Art: Hawaiian Theme 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Pitch Perfect Fun Sing-Along!	6 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune (LL) & Bistro Bites! 11:15 SingFit  1:00 Music with Kiemel 2:00 Creative Crafting: Butterfly Leaf Imprints 3:30 Motion Magic! Beachball Banter ♥ 4:15 Fact Finders Club: Trivia 	7 National Strawberry Sundae Day 9:00 Outing: Littleton Museum 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday "Milan & Lake Como" & Bistro Bites! 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:30 Sensory Outings Co 2:30 Strawberry Sundae Social 3:00 Motion Magic! Balloon Noodle Ball ♥ 3:30 Line Dancing (BIS) ♥ 4:15 Tickle Me Tuesday! Cinema Silliness!	8 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: The Majestic Wildlife of Scotland 2:00 Creative Crafting: Clay Botanical Lavendar Imprints 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along 	9 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Travelogue: Rick Steves Egypt Yesterday & Today 1:00 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	10 National Kitten Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Music & Movement: DrumFit ♥ 2:00 Creative Crafting: Tissue Paper Kittens 3:30 Documentary: "Kitten to Cat" 4:30 Fact Finders Club: Trivia! 	11 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles 2:00 Creative Crafting: Tie Dye Pashmina Scarf 3:30 Motion Magic: Bean Bag Tic-Tac-Toe ♥ 4:15 Sing-Along Soirée! 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 9:00 Catholic Sunday Mass 10:00 Sunday Morning Stretches ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee & Lucky Dabbers BINGO! 1:00 Armchair Travelogue! "Impossible Places" 2:00 Marker Art: Family Recipe 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club 4:15 Sing-Along Soirée!	13 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites! 11:15 SingFit 🎵 1:00 Music with Kiemel 2:00 Creative Crafting: Desert Geometric Watercoloring 3:30 Motion Magic! Indoor Bocce Ball! ♥ 4:15 Fact Finders Club: Trivia	14 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday: Wild Islands Zanzibar 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:00 Documentary: Antarctica Before Ice Claimed It 2:30 Outing: It's Just Peachy 4:00 Shall We Dance w/Melissa ♥ 4:30 Tickle Me Tuesday! Cinema Silliness!	15 National Gummy Worm Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: Australia Why the Land's Empty 2:00 Stirring up Smiles! Dirt Pudding Cups Edible Art 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	16 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Wheelchair/Walker Wash 1:00 Documentary: Madagascar The Last Untouched Wilderness 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	17 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Music & Movement: Chair Dancing to the 80s ♥ 2:00 Curious Dragonfly 🦋 3:00 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivial	18 National Tropical Fruit Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles 2:00 Creative Crafting: Paper Plate Fruit Slices 3:30 Motion Magic: Balloon Volleyball ♥ 4:15 Pitch Perfect Fun Sing-Along!
19 National Ice Cream Day 9:00 Catholic Sunday Mass 10:00 Chair Yoga (LL) ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee & Lucky Dabbers BINGO! 1:00 Armchair Travelogue! Wonders of Philippines 2:00 Marker Art: Ice Cream Cone Art 🍦 2:30 Ice Cream Cone Social! 3:30 The Mindful Meanders Walking Club ♥ 4:15 Sing-Along Soirée!	20 National Moon Day 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites! 11:15 SingFit 🎵 1:00 Music with Kiemel 🌙 2:00 Creative Crafting: Crescent Moon Creations 3:00 MH Neighborhood Meeting 3:30 Motion Magic! Balloon Volleyball ♥ 4:15 Fact Finders Club: Trivia	21 Carillon Carnival 2pm-5pm 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Travelogue Tuesday "Wonders of Wales" 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:30 Sensory Outings Co 2:00 Carillon Carnival 3:00 Motion Magic! Balloon Noodle Ball ♥ 4:15 Tickle Me Tuesday! Cinema Silliness! 🎂	22 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: "Stories About Dogs" 🐕 2:00 Creative Crafting: Butterfly Wind Chimes 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	23 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Travelogue: Belize 1:00 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	24 Happy Birthday Tim! 🎂 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Sweet Celebration Cinnamon Swirls 1:00 Music & Movement: DrumFit ♥ 2:00 Birthday Party for Tim! 3:00 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivial!	25 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Saturday Short Stories and Smiles 2:00 Creative Crafting: Hummingbird Suncatchers 3:30 Hand Massages 3:30 Documentary: Secret Lives of Hummingbirds 4:30 Sing-Along Soirée!
26 9:00 Catholic Sunday Mass 9:30 Sunday Morning Stretches ♥ 10:00 Memory Magic 11:00 Sunday Morning Coffee & Lucky Dabbers BINGO! 1:00 Armchair Travelogue! Wonders of Colorado 2:00 Marker Art: Majestic Colorado 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along	27 9:30 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Morning Fitness w/ Brian ♥ 10:45 Wheel of Fortune & Bistro Bites! 11:30 Would You Rather 🎲 1:00 Name that Tune! 2:00 Creative Crafting: Water Lily Watercolor Painting 3:30 Motion Magic! Hallway Bowling ♥ 4:15 Fact Finders Club: Trivia	28 Happy Birthday Margaret! 🎂 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:15 Birthday Mugs & Muffins 10:30 Exercise with Terri (Gym) ♥ 11:00 Catholic Communion 1:00 Rick Steves - Europe A Symphonic Journey 2:00 Birthday Party for Margaret 3:00 Shall We Dance w/Melissa ♥ 3:30 Memory Magic 4:15 Cinema Silliness!	29 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:00 Documentary: The Queen 2:00 Creative Crafting: Butterfly Foil Art 🦋 3:30 Monarch's Mocktail Musical Hour 4:30 Senior Sing-Along	30 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Travelogue: Wonders of Wales 2:30 Afternoon Word Games 3:45 Happy Hour in the Bistro! 4:00 Classic Music Videos	31 National Avocado Day 9:30 Sit & Stretch Exercise ♥ 10:00 Good Morning Gathering & Therapeutic Aroma Scents 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:00 Fiesta Friday! Mexican Music & Maracas! 🎶 2:00 Creative Crafting: Pit Perfect Avocado Friends 2:30 Chips & Guacamole 3:30 Pass the Avocado Game! ♥ 4:15 Fact Finders Club: Trivial!	Calendar Key: PDR – Private Dining Room BIS – Bistro CR – Community Room LL – LifeLoop App ♥ Indicates Physical Exercise or a Movement Based Physical Activity.