

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All activities subject to change</p>	<p><u>7:30 -11:30</u> 1 Attitude of Gratitude Methods of Meditation Pass the Ball <u>1:30-5:30</u> Welcome July Daily Chronicles Patriotic Music</p> <p>Canada Day</p>	<p><u>7:30 -11:30</u> 2 Scrabble Sit and be Fit! Match Game <u>1:30-5:30</u> Nail Painting Jazz Music Newsworthy News</p>	<p><u>7:30-11:30</u> 3 Bean Bag Toss Motion&Movement Finish the Phrase <u>1:30-5:30</u> Rock N Roll Day Musical Painting This or That?</p>	<p>4 CLOSED</p> <p>Independence Day (US)</p>	<p><u>7:30 -11:30</u> 5 Ring Toss Morning exercise Card games <u>1:30-5:30</u> Coca Cola Day How is it Made? Soda Fountain</p>	<p><u>Breakfast:</u> 6 <u>7:00-9:30am</u> <u>Lunch:</u> <u>12:30-1:30pm</u> <u>Snack:</u> <u>2:45-3:15pm</u></p>
	<p><u>7:30-11:30</u> 8 Kickball Pictionary Chair Yoga <u>1:30- 5:30</u> Jeopardy Sponge Art Soul Music</p>	<p><u>7:30-11:30</u> 9 Spelling quiz Chair Yoga Workout Newsworthy News <u>1:30-5:30</u> Trivia Bowl Famous Quotes Show Tunes</p>	<p><u>7:30 -11:30</u> 10 Uno Chair Boxing Daily Chronicles <u>1:30-5:30</u> Creative Painting Spiritual Time Hymns</p>	<p><u>7:30 -11:30</u> 11 Sketch Art Sweating to the Oldies Weather and News <u>1:30-5:30</u> Summertime Memories Summer Craft Coffee Talk</p>	<p><u>7:30 -11:30</u> 12 Creative Art Chair Exercise Charades <u>1:30-5:30</u> Christmas in July Christmas Carols Cocoa and Cookies</p>	
	<p><u>7:30-11:30</u> 15 Mind Stretches Exercise Class Chronicles <u>1:30-5:30</u> Cooking Club Hula Hoop Day Watercolor Art</p>	<p><u>7:30-11:30</u> 16 Bowling AM Workout Poetry <u>1:30-5:30</u> Jeopardy Sketch Art Reminiscing</p>	<p><u>7:30-11:30</u> 17 State Capitals Spiritual Time Morning Workout <u>1:30-: 5:30</u> Laugh In Would You Rather? Funny Memories</p>	<p><u>7:30-11:30</u> 18 Spelling quiz Hula Workout Newsworthy News <u>1:30-5:30</u> Health Talk w/ Allie Happy Thoughts Joyful Tunes</p>	<p><u>7:30 -11:30</u> 19 Puzzles Sweating to the Oldies Match Game <u>1:30-5:30</u> BINGO Motown Music Coffee talk</p>	
	<p><u>7:30-11:30</u> 22 State Capitals Spiritual Time Sit and be Fit! <u>1:30- 5:30</u> Riddles and Jokes Comedy Club Music from the 70's</p>	<p><u>7:30 -11:30</u> 23 Checkers Chair Yoga Weather and News <u>1:30-5:30</u> Trivia Bowl Outdoor Games Who Am I?</p>	<p><u>7:30 -11:30</u> 24 Basketball Morning Work Out Sing Along Oldies <u>1:30-5:30</u> Intl. Self Care Day Dance Music Cinema IQ</p>	<p><u>7:30 -11:30</u> 25 Jokes and Riddles Work Out w/Paul Dominos <u>1:30-5:30</u> Ice Cream Sundaes What Am I? Scattergories</p>	<p><u>7:30 -11:30</u> 26 Sketch Art Sweating to the Oldies Weather and News <u>1:30-5:30</u> Summertime Memories Summer Craft Coffee Talk</p>	
	<p><u>7:30 -11:30</u> 29 Card Games Chair Boxing Daily Chronicles <u>1:30-5:30</u> Happy Hour Musical Sing Along Salsa Music</p>	<p><u>7:30-11:30</u> 30 Brain IQ Sit and Be Fit Chronicles <u>1:30-5:30</u> Poetry and Prose Intl. Day of Friendship Card Games</p>	<p><u>7:30-11:30</u> 31 Bean Bag Toss Motion&Movement Finish the Phrase <u>1:30-5:30</u> Rock N Roll Day Musical Painting This or That?</p>	<h1>July 2024</h1>		