

SUN MON TUE WED THUR FRI SAT

LOCATION KEY
 Cy - Courtyards
 DR - Dining Room
 LR - Living Room

4
 Independence Day
 10:00 inTouch w/ Dr Charles Stanley (1:1 ch. 8)
 11:00 4th of July Scavenger Hunt (Library)
 11:00 First Baptist Church (1:1 ch. 8)
 12:00 4th of July Cookout (DR & CY)
 2:00 Walking Group (Patio)
 2:00 Ice Cream Parlor (B)
 3:00 Walking Group (P)
 4:00 Bird Watching (Cy)

5
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Trivia (Library)
 2:00 Bingo (L)
 3:00 Happy Hour (B)
 7:00 Wheel of Fortune (B ch.8)
 7:30 Jeopardy (1:1 ch.8)

6
 9:00 Golden Girls (B)
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Mind Joggers (Library)
 2:00 Tea for Two Tuesdays (B)
 3:00 Bird Watching (Patio)
 6:00 Bonanza (1:1 Ch. 295)

7
 10:15 Walking Group (P)
 10:30 Daily Devotions (TH)
 10:30 Bible Study (L)
 10:45 Hymn Sing (TH)
 2:00 Wine Down Wednesday (B)
 3:00 Music Therapy (B)

8
 9:00 The Golden Girls (1:1 ch. 58)
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (TH)
 11:00 Word Game (TH)
 2:00 BINGO (Library)
 3:00 Afternoon Stroll (Patio)
 7:00 Wheel of Fortune (1:1 ch. 8)
 7:30 Jeopardy (1:1 ch. 8)
 8:00 Star Gazing (Cy)

9
 National Sugar Cookie Day
 10:30 Daily Devotions (TH)
 10:45 Noodle Exercise (TH)
 11:00 The Price is Right (B)
 2:00 Cookie Decorating Social (DR)
 7:00 Wheel of Fortune (B ch.8)
 7:30 Jeopardy (B ch.8))

10
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (1:1)
 11:15 Crossword Puzzles (1:1)
 2:00 Hallmark Movies (B)
 7:00 Lawrence Welk (1:1 ch.23)

11
 10:00 inTouch w/ Dr Charles Stanley (1:1 ch. 8)
 11:00 First Baptist Church (1:1 ch. 8)
 2:00 Walking Group (Patio)
 2:00 Ice Cream Parlor (B)
 3:00 Walking Group (P)
 4:00 Bird Watching (Cy)

12
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Trivia (Library)
 2:00 Bingo (L)
 3:00 Happy Hour (B)
 7:00 Wheel of Fortune (B ch.8)
 7:30 Jeopardy (1:1 ch.8)

13
 National French Fry Day
 9:00 Golden Girls (B)
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Mind Joggers (Library)
 2:00 Tea for Two Tuesdays (B)
 3:00 Bird Watching (Patio)
 6:00 Bonanza (1:1 Ch. 295)

14
 10:15 Walking Group (P)
 10:30 Daily Devotions (TH)
 10:30 Bible Study (L)
 10:45 Hymn Sing (TH)
 2:00 Wine Down Wednesday (B)
 3:00 Music Therapy (B)

15
 9:00 The Golden Girls (1:1 ch. 58)
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (TH)
 11:00 Word Game (TH)
 2:00 BINGO (Library)
 3:00 Afternoon Stroll (Patio)
 7:00 Wheel of Fortune (1:1 ch. 8)
 7:30 Jeopardy (1:1 ch. 8)
 8:00 Star Gazing (Cy)

16
 10:30 Daily Devotions (TH)
 10:45 Noodle Exercise (TH)
 11:00 The Price is Right (B)
 2:00 Sing-a-Long with Craig Anders (LR)
 7:00 Wheel of Fortune (B ch.8))
 7:30 Jeopardy (B ch.8))

17
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (1:1)
 11:15 Crossword Puzzles (1:1)
 2:00 Hallmark Movies (B)
 7:00 Lawrence Welk (1:1 ch.23)

18
 10:00 inTouch w/ Dr Charles Stanley (1:1 ch. 8)
 11:00 First Baptist Church (1:1 ch. 8)
 2:00 Walking Group (Patio)
 2:00 Ice Cream Parlor (B)
 3:00 Walking Group (P)
 4:00 Bird Watching (Cy)

19
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Trivia (Library)
 2:00 Bingo (L)
 3:00 Happy Hour (B)
 4:00 Good News Gathering (LR & CY)
 7:00 Wheel of Fortune (B ch.8)
 7:30 Jeopardy (1:1 ch.8)

20
 9:00 Golden Girls (B)
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Mind Joggers (Library)
 2:00 Tea for Two Tuesdays (B)
 2:30 Resident Council Meeting (Library)
 3:00 Bird Watching (Patio)
 6:00 Bonanza (1:1 Ch. 295)

21
 10:15 Walking Group (P)
 10:30 Daily Devotions (TH)
 10:30 Bible Study (L)
 10:45 Hymn Sing (TH)
 2:00 Historical Ride (RVA)
 2:00 Wine Down Wednesday (B)
 3:00 Music Therapy (B)

22
 9:00 The Golden Girls (1:1 ch. 58)
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (TH)
 11:00 Word Game (TH)
 2:00 BINGO (Library)
 3:00 Afternoon Stroll (Patio)
 7:00 Wheel of Fortune (1:1 ch. 8)
 7:30 Jeopardy (1:1 ch. 8)
 8:00 Star Gazing (Cy)

23
 10:30 Daily Devotions (TH)
 10:45 Noodle Exercise (TH)
 11:00 The Price is Right (B)
 2:00 Milkshake Social (Bistro)
 7:00 Wheel of Fortune (B ch.8))
 7:30 Jeopardy (B ch.8))

24
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (1:1)
 11:15 Crossword Puzzles (1:1)
 2:00 Hallmark Movies (B)
 7:00 Lawrence Welk (1:1 ch.23)

25
 10:00 inTouch w/ Dr Charles Stanley (1:1 ch. 8)
 11:00 First Baptist Church (1:1 ch. 8)
 2:00 Walking Group (Patio)
 2:00 Ice Cream Parlor (B)
 3:00 Walking Group (P)
 4:00 Bird Watching (Cy)

26
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Trivia (Library)
 2:00 Bingo (L)
 3:00 Happy Hour (B)
 7:00 Wheel of Fortune (B ch.8)
 7:30 Jeopardy (1:1 ch.8)

27
 9:00 Golden Girls (B)
 10:30 Daily Devotions (TH)
 10:45 Sit & Stretch (TH)
 11:15 Mind Joggers (Library)
 2:00 Tea for Two Tuesdays (B)
 3:00 Bird Watching (Patio)
 6:00 Bonanza (1:1 Ch. 295)

28
 10:15 Walking Group (P)
 10:30 Daily Devotions (TH)
 10:30 Bible Study (L)
 10:30 Sing-a-Long with Mary Stella (LR)
 10:45 Hymn Sing (TH)
 2:00 Historical Ride (RVA)
 2:00 Wine Down Wednesday (B)
 3:00 Music Therapy (B)

29
 9:00 The Golden Girls (1:1 ch. 58)
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (TH)
 11:00 Word Game (TH)
 2:00 BINGO (Library)
 3:00 Afternoon Stroll (Patio)
 7:00 Wheel of Fortune (1:1 ch. 8)
 7:30 Jeopardy (1:1 ch. 8)
 8:00 Star Gazing (Cy)

30
 10:30 Daily Devotions (TH)
 10:45 Noodle Exercise (TH)
 11:00 The Price is Right (B)
 2:00 Birthday Social (Bistro)
 7:00 Wheel of Fortune (B ch.8))
 7:30 Jeopardy (B ch.8))

31
 10:30 Daily Devotions (TH)
 10:45 Exercise Class (1:1)
 11:15 Crossword Puzzles (1:1)
 2:00 Hallmark Movies (B)
 7:00 Lawrence Welk (1:1 ch.23)

July 2021

Assisted Living



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Location Key

- B - Legends Bar 1st Fl
- C - Dining Rm Courtyard
- D - Sensations Dining Rm
- L - Library & Media Ctr 2nd Fl
- R - Rm Next to Concierge
- T - Movie Theater 3rd Fl
- W - Wellness Center 1st Fl
- # - Resident-Led Activity
- + - Sign-up Required

Celebrate America Month

July 2021

Discovery Village at the West End
Independent Living

Dining Room Hours

- Open Breakfast
- 8:30a-12:00p
- Daytime Dining
- 12:00p-5:30p
- Formal Dining
- 5:30p

<p>4 10:00 Guided Meditation on Channel 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Brad Meltzer's Decoded: The Declaration of Independence – Channel 970 7:00 Patriotic Music on Channel 970 Independence Day</p>	<p>5 10:00 Virtual Exercise – Ch. 970 11:00 Ageless Grace Exercise Class (B) 1:00 Rummikub (L#) 2:00 Documentary: Fireworks Culture Across the Globe – Channel 970 3:00 Busy Fingers Group (L#) 7:00 Movie: Big (T) No Transportation Today</p>	<p>6 8:45 Walking Club-Meet in Lobby 10:00 Strength & Balance Exercise Class (B) 11:00 Discussion & Trivia: History of the U.S. National Parks System (B) 12:00 Tech Class with Mark (L) 1:00 Bridge (L#) 2:00 Netflix Series: Grace & Frankie (T) 3:00 Patriotic Sing Along (B) 4:30 Name Tag Happy Hour (B)</p>	<p>7 9:00 Trip: Breakfast at The Silver Diner (+) 10:00 Chair Yoga with Iffet (B) 11:00 Game: Buzzword (B) 1:00 Trip: JoAnn Fabrics (+) 2:00 Candy Bingo (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game – “31” (L#)</p>	<p>1 8:45 Walking Club-Meet in Lobby 9:00 Park Posters Scavenger Hunt – Meet in the Pub! 10:15 Balance Class with Fox Rehab (B) 11:00 Assorted Scones (B) 1:00 Game: Buzzword (B) 2:00 Movie: The Impossible (T) 4:30 Happy Hour (B)</p>	<p>2 9:30 <i>Limited</i> Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:15 Lunch Bunch: Ukrop's Market Hall (+) 1:30 Shopping Bus Run (+) 1:30 Bridge (L#) 2:00 Dollar Bingo (B) 4:30 Wine & Cheese Happy Hour (B)</p>	<p>3 8:45 Walking Club - Meet in the Lobby 10:00 Virtual Exercise—Ch. 970 11:00 Line Dancing (B) 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#) 7:00 Movie: Blackbird (T)</p>
<p>11 10:00 Guided Meditation on Channel 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Documentary: Great Blue Wild: Belize – Channel 970</p>	<p>12 9:30 Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:00 Jamin' with Jillson (B) 1:00 Rummikub (L#) 1:00 Activity Planning Meeting (B) 1:30 Shopping Bus Run (+) 2:00 Nickel Bingo (B) 2:30 Bible Study Group (T#) 3:00 Busy Fingers Group (L#) 4:00 Margarita Monday (B)</p>	<p>13 8:45 Walking Club-Meet in Lobby 10:00 Strength & Balance Class (B) 11:00 Game: State Plate Game (B) 1:00 Party Bridge (L#+) 2:00 Netflix Series: Grace & Frankie (T) 4:30 Bar Opens – Grab a Drink! 5:00 Dinner & Dancing with Second Floor Band! (D) 7:00 Books with Benefits (L#)</p>	<p>14 10:00 Chair Yoga with Iffet (B) 10:00 Trip: Topgolf & Lunch (+) <i>*See flyer for info!</i> 11:00 Prize Pokeno (B) 1:30 Ice Cream Truck (+) Meet in the Lobby - No Money Required! 2:00 Bocce Ball in the Courtyard 4:30 Resident Happy Hour (B#) 7:00 Card Game – “31” (L#)</p>	<p>15 8:45 Walking Club-Meet in Lobby 10:15 Balance Class with Fox Rehab (B) 11:00 Muffins & Mimosas (B) 1:00 Olympic Games Bingo (B) 2:00 Movie: The Highway Men (T) 4:30 Happy Hour (B)</p>	<p>16 9:00 Complimentary Breakfast (D+) 9:30 Grocery/Bank Bus Run (+) 11:00 Brain Fitness (L) 1:30 Shopping Bus Run (+) 1:30 Bridge (L#) 2:00 Craft: Summer Door Décor (B+) 4:30 Wine & Cheese Happy Hour (B)</p>	<p>17 8:45 Walking Club - Meet in the Lobby 10:00 Virtual Exercise -Ch. 970 11:00 Line Dancing (B) 1:00 Rummikub (L#) 3:00 Performance by Squeeze Play (B) 4:30 Resident Happy Hr (B#) 7:00 Movie: The Song of Names (T)</p>
<p>18 10:00 Guided Meditation on Channel 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Documentary: Japan's Secret Water Garden – Channel 970</p>	<p>19 9:30 Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:00 Ageless Grace (B) 1:00 Rummikub (L#) 1:30 Regency Area Shopping Run & Tuckahoe Library (+) 2:00 Dollar Bingo (B) 3:00 Busy Fingers Group (L#) 4:30 Resident Happy Hour (B#) 7:00 Poetry Circle (R#)</p>	<p>20 8:45 Walking Club-Meet in Lobby 10:00 Strength & Balance Exercise Class (B) 11:00 Group Game: Summer Olympic Games Quiz Show (B) 12:00 Tech Class with Mark (L) 1:00 Bridge (L#) 2:00 Netflix Series: Grace & Frankie (T) 4:30 Name Tag Happy Hour (B)</p>	<p>21 9:00 Trip: Nauticus Maritime Museum & Battleship Wisconsin - \$20 (+) <i>*See flyer for more info!</i> 9:30 Hearing Aid Clinic (L) 10:00 Chair Yoga with Iffet (B) 11:00 Prize Bingo (B) 2:00 Game: Buzzword (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game – “31” (L#)</p>	<p>22 8:45 Walking Club-Meet in Lobby 10:15 Balance Class with Fox Rehab (B) 11:00 Assorted Donuts (B) 1:00 Trip: Dairy Queen (+) 2:00 Movie: Murder Mystery (T) 4:30 Happy Hour (B)</p>	<p>23 9:30 <i>Limited</i> Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:15 Lunch Bunch: The Cheesecake Factory (+) 1:30 Shopping Bus Run (+) 1:30 Bridge (L#) 2:00 Candy Bingo (B) 4:30 Happy Hour (B)</p>	<p>24 8:45 Walking Club 10:00 Virtual Exercise- Ch. 970 1:00 Rummikub – 3 tables (L#) 1:00 Contract Rummy – 1 table (L#) 3:00 Trivia Competition with Dan (B+) 4:30 Resident Happy Hr (B#) 7:00 Movie: The King's Speech (T)</p>
<p>25 10:00 Guided Meditation on Channel 970 11:00 Grove Ave Baptist Church Service on NBC 12 3:00 Documentary: Flexible Buildings: The Future of Architecture – Channel 970</p>	<p>26 9:30 Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:00 Jamin' with Jillson (B) 1:00 Rummikub (L#) 1:30 Shopping Bus Run (+) 2:00 Prize Pokeno (B) 2:30 Bible Study Group (T#) 3:00 Busy Fingers Group (L#) 4:30 Resident Happy Hour (B#)</p>	<p>27 8:45 Walking Club-Meet in Lobby 10:00 Strength & Balance Exercise Class (B) 11:00 Discovery University Lecture (T) 1:00 Bridge (L#) 2:00 Netflix Series: Grace & Frankie (T) 3:00 Horseshoes in the Courtyard (B) 4:30 Name Tag Happy Hour (B)</p>	<p>28 9:00 – 10:00 Made-to-Order French Toast (+) <i>*See reverse side for more info!</i> 10:00 Chair Yoga with Iffet (B) 11:00 Candy Bingo (B) 1:30 Root Beer Floats (B) 2:00 New Monthly Discussion Group: My Life Story (B) 4:30 Resident Happy Hour (B#) 7:00 Card Game – “31” (L#)</p>	<p>29 8:45 Walking Club-Meet in Lobby 10:15 Balance Class with Fox Rehab (B) 11:00 Cinnamon Rolls (B) 1:30 Q & A Health Discussion with Gen (B) 2:00 Movie: Blue Miracle (T) 4:30 Happy Hour (B) 5:15 Trip: Flying Squirrels Baseball Game & Fireworks Display - \$14 (+)</p>	<p>30 9:30 Grocery/Bank Bus Run (+) 10:00 Brain Fitness (L) 11:00 Dollar Bingo (B) 1:30 Shopping Bus Run (+) 1:30 Bridge (L#) 2:00 Watermelon Social & Water Activities in the Courtyard (C+) 4:30 Happy Hour (B)</p>	<p>31 8:45 Walking Club - Meet in the Lobby 10:00 Virtual Exercise -Ch. 970 1:00 Rummikub (L#) 4:30 Resident Happy Hour (B#) 7:00 Movie: Mr. Holland's Opus (T)</p>

All activities are subject to cancellation.

9801 Harmony Woods Way | Richmond, VA 23233 | (804) 562-2445

All trips depart from the front lobby

SUN

MON

TUE

WED

THUR

FRI

SAT

LOCATION KEY
 AR - Activity Room
 Cy - Courtyards
 DR - Dining Room
 LR - Living Room

4
 Independence Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion (LR)
 11:00 4th of July Photo Booth (LR)
 11:00 First Baptist Church on TV (AR)
 12:00 4th of July Cookout (DR & CY)
 2:00 Spa Afternoon (AR)
 3:00 Sundae Social (DR)
 3:30 Sunday Stretches (AR)
 4:00 Bird Watching (Cy)
 6:00 Red, White, & Blue Scavenger Hunt (LR)
 7:30 Sunday at the Cinema (AR)

5
 10:00 Morning Reflection (LR)
 10:30 Morning Movement - Sittercize (LR)
 11:00 BINGO (LR)
 2:00 Firecracker Crafternoon (DR)
 3:00 Snacktivity - Mocktail Monday (DR)
 3:30 Fountain Favs 50's (LR)
 4:00 State Plate Game (LR)
 7:30 Jeopardy (AR)

6
 National Kissing Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Reach (LR)
 11:30 Chicken Soup for the Soul (LR)
 2:00 Hymn Sing (LR)
 9:40 Bible Study (LR)
 3:00 Tea Time (DR)
 4:00 Afternoon Stroll
 6:00 Tic Tac Tuesday (AR)

7
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Walking Club (Outside)
 11:30 Recipes & Reminiscing (LR)
 2:00 Who Am I Chat (LR)
 3:00 Snacktivity - Coffee & Conversation (DR)
 4:00 100 Words (LR)
 6:00 Beach Ball Toss (LR & CY)
 7:00 Watercolor Art (AR)

1
 International Joke Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Zumba (LR)
 11:00 Devotions (LR)
 2:00 Hands in the Garden (Cy)
 2:00 Sing-a-Long with Diane Hart (LR)
 3:00 Snacktivity - Trail Mix Bar (DR)
 3:30 Parachute Games (LR)
 4:00 Manicures (AR)
 6:30 At the Movies (AR)
 8:00 Star Gazing (Cy)

2
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Let's Dance! (LR)
 11:00 Joy Ride
 1:00 Bunny Therapy (LR)
 2:00 Firecracker Art (LR)
 3:00 Happy Hour (LR)
 4:00 Red, White, & Blue Trivia (LR)
 7:00 Hallmark Movie (AR)

3
 10:00 Morning Reflection (LR)
 10:30 Sit & Stretch (AR)
 11:00 BINGO (AR)
 2:00 Hand Masssages (AR)
 3:00 Fresh Fruit Smoothie Social (DR)
 3:30 Red, White, & Blue Trivia (DR)
 4:00 Bowling (LR)
 6:30 Evening Stroll
 7:00 Lawrence Welk (AR)

11
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion (LR)
 11:00 First Baptist Church on TV (AR)
 2:00 Spa Afternoon (AR)
 3:00 Sundae Social (DR)
 3:30 Sunday Stretches (AR)
 4:00 Bird Watching (Cy)
 7:30 Sunday at the Cinema (AR)

12
 10:00 Morning Reflection (LR)
 10:30 Morning Movement - Sittercize (LR)
 11:00 BINGO (LR)
 2:00 Sunshine Crafternoon (LR)
 3:00 Snacktivity - Mocktail Monday (DR)
 4:00 Corn Hole (LR)
 7:30 Jeopardy (AR)

13
 National French Fry Day
 9:30 Bread Baking (DR)
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Reach (LR)
 11:30 Chicken Soup for the Soul (LR)
 2:00 Hymn Sing (LR)
 2:30 Bible Study (LR)
 3:00 French Fry Social (DR)
 3:00 Tea Time (DR)
 4:00 Afternoon Stroll
 6:00 Tic Tac Tuesday (AR)

14
 Shark Awareness
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Walking Club (Outside)
 11:30 Career Conversations (LR)
 2:00 Writing Workshop (DR)
 3:00 Snacktivity - Coffee & Conversation (DR)
 4:00 Walking Club
 6:00 Beach Ball Toss (LR & CY)
 7:00 Watercolor Art (AR)

15
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Zumba (LR)
 11:00 Devotions (LR)
 2:00 Hands in the Garden (Cy)
 3:00 Snacktivity - Trail Mix Bar (DR)
 3:30 Parachute Games (LR)
 4:00 Manicures (AR)
 6:30 At the Movies (AR)
 8:00 Star Gazing (Cy)

16
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Let's Dance! (LR)
 11:00 Joy Ride
 1:00 Bunny Therapy (LR)
 2:00 Sing-a-Long with Craig Anders (LR)
 3:00 Happy Hour (LR)
 7:00 Hallmark Movie (AR)

17
 10:00 Morning Reflection (LR)
 10:30 Sit & Stretch (AR)
 11:00 BINGO (AR)
 2:00 Hand Masssages (AR)
 3:00 Fresh Fruit Smoothie Social (DR)
 3:30 Summer Trivia (DR)
 4:00 Bowling (LR)
 6:30 Evening Stroll
 7:00 Lawrence Welk (AR)

18
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion (LR)
 11:00 First Baptist Church on TV (AR)
 2:00 Spa Afternoon (AR)
 3:00 Sundae Social (DR)
 3:30 Sunday Stretches (AR)
 4:00 Bird Watching (Cy)
 7:30 Sunday at the Cinema (AR)

19
 10:00 Morning Reflection (LR)
 10:30 Morning Movement - Sittercize (LR)
 11:00 BINGO (LR)
 2:00 Beach Ball Crafternoon (LR)
 3:00 Snacktivity - Mocktail Monday (DR)
 3:30 Fountain Favs 50's (LR)
 4:00 Good News Gathering (LR & CY)
 7:30 Jeopardy (AR)

20
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Reach (LR)
 11:30 Chicken Soup for the Soul (LR)
 2:00 Hymn Sing (LR)
 2:30 Bible Study (LR)
 3:00 Tea Time (DR)
 4:00 Afternoon Stroll
 6:00 Tic Tac Tuesday (AR)

21
 National Hot Dog Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Walking Club (Outside)
 11:30 High School Hobby Chat (LR)
 2:00 Cooking Demo - Chef Tyler (DR)
 3:00 Snacktivity - Coffee & Conversation (DR)
 4:00 100 Words (LR)
 6:00 Beach Ball Toss (LR & CY)
 7:00 Watercolor Art (AR)

22
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Zumba (LR)
 11:00 Devotions (LR)
 2:00 Hands in the Garden (Cy)
 3:00 Snacktivity - Trail Mix Bar (DR)
 3:30 Parachute Games (LR)
 4:00 Manicures (AR)
 6:30 At the Movies (AR)
 8:00 Star Gazing (Cy)

23
 Olympic Opening Ceremony Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Let's Dance! (LR)
 11:00 Joy Ride
 1:00 Bunny Therapy (LR)
 3:00 Snacktivity - Water Infusion Bar (DR)
 7:00 Hallmark Movie (AR)

24
 10:00 Morning Reflection (LR)
 10:30 Sit & Stretch (AR)
 11:00 Family Feud (AR)
 2:00 Hand Masssages (AR)
 3:00 Fresh Fruit Smoothie Social (DR)
 3:30 Dear Abby Coffee Chat (LR)
 4:00 Basketball (LR)
 6:30 Evening Stroll
 7:00 Lawrence Welk (AR)

25
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion (LR)
 11:00 First Baptist Church on TV (AR)
 2:00 Spa Afternoon (AR)
 3:00 Sundae Social (DR)
 3:30 Sunday Stretches (AR)
 4:00 Bird Watching (Cy)
 7:30 Sunday at the Cinema (AR)

26
 10:00 Morning Reflection (LR)
 10:30 Morning Movement - Sittercize (LR)
 11:00 BINGO (LR)
 2:00 Popsicle Crafternoon (LR)
 3:00 Snacktivity - Mocktail Monday (DR)
 4:00 Corn Hole (LR)
 7:30 Jeopardy (AR)

27
 9:30 Bread Baking (DR)
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Reach (LR)
 11:30 Chicken Soup for the Soul (LR)
 2:00 Hymn Sing (LR)
 2:30 Bible Study (LR)
 3:00 Tea Time (DR)
 4:00 Afternoon Stroll
 6:00 Tic Tac Tuesday (AR)

28
 Chocolate Milk Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Walking Club (Outside)
 10:30 Sing-a-Long with Mary Stella (LR)
 11:30 Resident Council Meeting (LR)
 2:00 Writing Workshop (DR)
 3:00 Snacktivity - Coffee & Conversation (DR)
 4:00 Walking Club
 6:00 Beach Ball Toss (LR & CY)
 7:00 Watercolor Art (AR)

29
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Zumba (LR)
 11:00 Devotions (LR)
 2:00 Hands in the Garden (Cy)
 3:00 Snacktivity - Trail Mix Bar (DR)
 3:30 Parachute Games (LR)
 4:00 Manicures (AR)
 6:30 At the Movies (AR)
 8:00 Star Gazing (Cy)

30
 Cheesecake Day
 10:00 Morning Reflection (LR)
 10:30 Morning in Motion - Let's Dance! (LR)
 11:00 Joy Ride
 1:00 Bunny Therapy (LR)
 3:00 Happy Hour (LR)
 7:00 Hallmark Movie (AR)

31
 Watermelon Day
 10:00 Morning Reflection (LR)
 10:30 Sit & Stretch (AR)
 11:00 BINGO (AR)
 2:00 Hand Masssages (AR)
 3:00 Fresh Fruit Smoothie Social (DR)
 3:30 Summer Trivia (DR)
 4:00 Bowling (LR)
 6:30 Evening Stroll
 7:00 Lawrence Welk (AR)

July 2021

Memory Care



CELEBRATIONS
 ACTIVITIES & EVENTS