

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p><b>3</b> 10:00 Sit and Be Fit 1:15 Let's Paint! 3:30 Tunes &amp; TV</p>	<p><b>4</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 10:30 Monday Morning Bingo-DR 1:00 Color &amp; Create 2:45 Left-Right-Center <small>Independence Day (US)</small></p>	<p><b>5</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Color &amp; Create 1:00 Let's Take a Walk! 2:45 Puzzles</p>	<p><b>6</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Dominoes 1:00 Cranium Crunches 2:45 Noodle Ball</p>	<p><b>7</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Dominoes 1:00 Paint by Number 2:45 Balloon Tennis</p>	<p><b>8</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Bag Toss-DR 1:00 Dice Bingo 3:00 Happy Hour-Music by Elvis-AL <small>Canada Day</small></p>	<p><b>9</b> 9:00 Sit and Be Fit 10:00 Coffee &amp; Conversation 1:30 Connect Four 3:00 Movie!</p>
<p><b>10</b> 10:00 Sit and Be Fit 1:15 Create &amp; Color 3:30 Tunes &amp; TV</p>	<p><b>11</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 10:30 Janet Lieb-Guitar Music-AL 1:00 Ice Cream Social 2:45 UNO</p>	<p><b>12</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Junk Drawer Detective 1:00 Cedar Valley Pet Visit-AL 2:45 Essential Oils Senory</p>	<p><b>13</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Dominoes 1:15 Lala Ladies-AL 3:30 July Birthday Party-DR</p>	<p><b>14</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Amazing Bird Video 1:00 Paint by Number 2:45 Balloon Tennis</p>	<p><b>15</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Shuffleboard-HH 1:00 Music Sing Along 2:45 Dominoes</p>	<p><b>16</b> 9:00 Sit and Be Fit 10:00 Coffee &amp; Conversation 1:30 Left-Right-Center 3:00 Movie!</p>
<p><b>17</b> 10:00 Sit and Be Fit 1:15 Dominoes 3:30 Tunes &amp; TV</p>	<p><b>18</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 10:30 Monday Morning Bingo-DR 1:00 Root Beer Floats 2:45 Left-Right-Center</p>	<p><b>19</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Dominoes 1:00 Let's Take a Walk! 2:45 Group Up</p>	<p><b>20</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 1:00 Travel Video-Bulgaria 2:45 Noodle Ball</p>	<p><b>21</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Junk Drawer Detective 1:00 Amazing Bird Video 2:45 Balloon Tennis</p>	<p><b>22</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Bag Toss-DR 1:00 Music Sing Along 2:45 Left-Right-Center</p>	<p><b>23</b> 9:00 Sit and Be Fit 10:00 Coffee &amp; Conversation 1:30 UNO! 3:00 Movie!</p>
<p><b>24</b> 10:00 Sit and Be Fit 1:15 Left-Right-Center 3:30 Tunes &amp; TV</p>	<p><b>25</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 10:30 Monday Morning Bingo-DR 1:00 Ice Cream Social 2:00 Cooking Demo W/Chef Jacob- HH</p>	<p><b>26</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Dominoes 1:00 Let's Take a Walk! 2:45 UNO!</p>	<p><b>27</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Bonkers Dice 1:00 Afternoon Bingo-DR 2:45 Yes I Have..Game</p>	<p><b>28</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Photo Finish-Cacti 1:00 Shadow Play 2:45 Balloon Tennis</p>	<p><b>29</b> 8:00 Coffee &amp; Conversation 9:00 Sit and Be Fit 11:00 Shuffleboard-HH 1:00 Music Sing Along 3:00 Happy Hour-Music by Flip Side-AL</p>	<p><b>30</b> 9:00 Sit and Be Fit 10:00 Coffee &amp; Conversation 1:30 Create &amp; Color 3:00 Movie!</p>
<p><b>31</b> 10:00 Sit and Be Fit 1:15 UNO 3:30 Tunes &amp; TV</p>						

Activities Are Subject To Change DR= Dining Room AL=Assisted Living HH=Hospitality Hub