

Story Point

Memory Care

July

Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                                    | Monday                                                                                                                                                                          | Tuesday                                                                                                                                                                               | Wednesday                                                                                                                                                                       | Thursday                                                                                                                                                                                   | Friday                                                                                                                                                                  | Saturday                                                                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                           |                                                                                                                                                                                 |                                                                                                                                                                                       | 1<br>9:45 Spirituality<br>10:30 Movement To Music<br>1:00 Relaxation<br>2:00 Snack Social<br>3:30 Making Butter<br>6:00 Movie Matinee                                           | 2<br>9:45 Spirituality<br>10:30 Chair Yoga<br>11:00 Grocery Shopping<br>12:00 JIndependence Day Lunch<br>2:00 Bingo and Snack Social<br>3:00 Red White and Blue Bop<br>6:00 Vino and Vinyl | 3<br>10:30 Spirituality<br>11:00 Go Ball Out Excercises<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Cruisin Cart<br>6:00 Sunset Mindfulness                         | 4 <sup>th</sup> of July!<br>4<br>9:15 Facts and Funnies<br>10:00 Walking Club<br>1:00 Relaxation<br>2:30 Star Spangled Sugar Cookies<br>3:00 Cornhole<br>6:00 Andy Griffith Marathon          |
| 5<br>9:30 Facts and Funnies<br>10:00 Hymns and Devotion<br>11:00 Board Games<br>1:00 Rest and Relaxation<br>2:00 Snack Social<br>4:00 Walking Club                        | 6<br>9:45 Spirituality<br>10:30 Sit and Get Fit<br>1:00 Relaxation<br>2:00 Snack Social<br>2:30 Shuffleboard<br>6:00 Relaxing Scenes                                            | 7<br>9:45 Spirituality<br>10:30 Mystery Ride<br>1:00 Relaxation<br>2:00 Strawberry Sundaes<br>3:30 Table Golf<br>6:00 Stories and Tales                                               | 8<br>Freezer Pop Day!<br>9:45 Spirituality<br>10:30 Movement To Music<br>1:00 Relaxation<br>2:00 Freezer Pop Social<br>3:00 Horseshoes<br>6:00 Movie Matinee                    | 9<br>9:45 Spirituality<br>10:30 Chair Yoga<br>11:15 Devotion w/ Nate<br>1:00 Relaxation<br>2:00 Bingo and Snack Social<br>3:00 Word Puzzles<br>6:00 Vino and Vinyl                         | 10<br>9:45 Spirituality<br>10:30 Go Ball Out Excercises!<br>1:00 Relaxation<br>2:00 Cruisin' Cart<br>3:00 Kick Ball Mania<br>6:00 Sunset Mindfulness                    | 11<br>Blueberry Muffin Day!<br>9:15 Facts and Funnies<br>10:00 Walking Club<br>11:00 Fold and Sort<br>1:00 Relaxation<br>2:00 Making Blueberry Muffins!<br>3:00 Bowling<br>6:00 I Love Lucy   |
| 12<br>9:30 Facts and Funnies<br>10:00 Hymns and Devotion<br>1:00 Rest and Relaxation<br>2:00 Snack Social<br>4:00 Walking Club                                            | 13<br>9:45 Spirituality<br>10:30 Sit and Get Fit<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Manicures w/ Melodee<br>6:00 Relaxing Scenes                                   | 14<br>9:45 Spirituality<br>10:30 Simple Stretches<br>11:15 Lunch In The Park<br>1:00 Relaxation<br>2:00 Bingo<br>3:00 Happy Hour Social!<br>6:00 Stories and Tales                    | 15<br>9:45 Spirituality<br>10:30 Movement To Music<br>11:00 Alzheimer's Support Meeting<br>1:00 Relaxation<br>2:00 Watermelon Social<br>3:00 Table Hockey<br>6:00 Movie Matinee | 16<br>9:45 Spirituality<br>10:00 Makeovers with Luann<br>11:00 Chair Yoga<br>1:00 Relaxation<br>2:00 Bingo and Snack Social<br>3:00 Ladder Ball<br>6:00 Service w/ Calvary                 | 17<br>9:45 Spirituality<br>10:00 Music Therapy w/ Megan!<br>1:00 Puzzle and Game Hour<br>2:00 Tattoos and Boos Cart<br>3:30 Horseshoes<br>6:00 Sunset Mindfulness       | 18<br>Tropical Fruit Day!<br>9:15 Facts and Funnies<br>10:00 Walking Club<br>11:00 Fold and Sort<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Quilt Collage<br>6:00 Andy Griffith Marathon |
| 19<br>9:30 Facts and Funnies<br>10:00 Hymns and Devotion<br>11:00 Board Games<br>1:00 Rest and Relaxation<br>2:00 Snack Social<br>4:00 Walking Club                       | 20<br>National Moon Day!<br>9:45 Spirituality<br>10:30 Sit and Get Fit<br>11:00 Shoot The Moon<br>1:00 Relaxation<br>2:00 Snack Social<br>2:30 Cornhole<br>6:00 Relaxing Scenes | 21<br>Wellness Checks<br>9:45 Spirituality<br>10:30 Simple Stretches<br>1:00 Relaxation<br>2:00 July Birthday Party<br>2:00 Bingo<br>3:30 Granny Pants Toss<br>6:00 Stories and Tales | 22<br>9:45 Spirituality<br>10:30 Movement to Music<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Painting with Dana w/ First Light<br>6:00 Movie Matinee                      | 23<br>9:45 Spirituality<br>10:30 Chair Yoga<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Battle of the Boats<br>6:00 Vino and Vinyl                                                     | 24<br>9:45 Spirituality<br>10:30 Go Ball Out Excercises!<br>1:00 Relaxation<br>2:00 Cruisin' Cotton Candy!<br>3:00 Wheels & Walker Wash<br>6:00 Sunset Mindfulness      | 25<br>9:15 Facts and Funnies<br>10:00 Walking Club<br>11:00 Fold and Sort<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Ping Pong Water Toss<br>6:00 Western Movie Night                    |
| Happy Birthday Quida! 26<br>9:30 Facts and Funnies<br>10:00 Hymns and Devotion<br>11:00 Board Games<br>1:00 Rest and Relaxation<br>2:00 Snack Social<br>4:00 Walking Club | 27<br>9:45 Spirituality<br>10:30 Sit and Get Fit<br>11:00 Chattanooga Zoo<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Manicures w/ Melodee<br>6:00 Relaxing Scenes          | 28<br>9:45 Spirituality<br>10:30 Simple Stretches<br>11:00 Name That Tune!<br>1:00 Puzzle Hour<br>2:00 Snack Social<br>3:00 Water Darts<br>6:00 Stories and Tales                     | 29<br>9:45 Spirituality<br>10:30 Movement To Music<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Songwriting w/ Marianne<br>6:00 Movie Matinee                                | 30<br>9:45 Spirituality<br>10:30 Chair Yoga<br>11:00 Grocery Shopping<br>2:00 Bingo and Snack Social<br>3:00 Community Balloon Volleyball!<br>6:00 Vino and Vinyl                          | 31<br>Happy Birthday Joan!<br>9:45 Spirituality<br>10:30 Go Ball Out Excercises<br>1:00 Relaxation<br>2:00 Snack Social<br>3:00 Balloon Bop!<br>6:00 Sunset Mindfulness |                                                                                                                                                                                               |

Calender Key:  
Shuttle Outing - STL  
Courtyard - CY  
Living Room - LR

Dining Room - DR  
Hallway -  
Hallway -  
Parking Lot - PL