

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15 Breathing & Stretching 1:45 Paper Collage 3:00 Reading Club 6:15 Spa Night- Manicures & Hand Massages	2 10:15 Seated Yoga 1:45 Garden Club (CY) 3:45 Fireworks in a Cup 6:15 Grab & Go Word Scramble	3 10:15 Cardio Drumming 1:00 Wheelchair/Walker 4th of July Decorating (B) 3:00 Ladderball (CY) 6:15 Movie Night: Forest Gump (Pluto)	4 11:00 Coffee Chats & Daily Chronicle 12:00 4th of July Brunch 2:00 Fourth of July Coloring Pages 5:30 Aromatherapy & Relaxing
5 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day Sunday 4:00 Life on Our Planet: Episode 1 (Netflix) 6:15 Evening Tea Time	6 10:15 Active Fitness 1:45 Gardening Club (CY) 2:30 Live Entertainment: Al Jacques 6:15 Monday Mindfulness: Deep Breathing	7 10:15 Seated Zumba 12:00 Outing: The Arboretum 3:45 Mix and Mingle (CY) 6:15 Travelogue: 25 Greatest Natural Wonders of the World (YouTube)	8 9:00 Waffle Wednesday 10:15 Breathing & Stretching 1:45 Aroma Stone Making 3:45 Spa Day - Manicures and Hand Massages 6:15 Mindful Relaxation & Aromatherapy	9 10:15 Yoga with Vickie 1:45 Garden Lanterns 3:45 Garden Club (CY) 6:15 Grab & Go Short Stories	10 10:15 Cardio Drumming 1:45 Creating Wind Chimes 3:45 Finish the Phrase (CY) 6:15 Movie Night: Paddington (Netflix)	11 11:00 Coffee Chats & Daily Chronicle 1:15 Card Hour: Gin Rummy 2:45 Brain Teasers 5:30 Aromatherapy & Relaxing
12 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day 4:00 Life on Our Planet: Episode 2 (Netflix) 6:15 Evening Tea Time	13 10:15 Active Fitness 1:45 Coffee Filter Dancers 2:30 Live Entertainment: Billy McAllister 6:15 Monday Mindfulness: Coloring Pages	14 10:15 MOTIVATED Moving Group Exercise 12:00 Outing: Kensington Park 3:45 Spa Day - Manicures and Hand Massages 6:15 Tone Down Tuesday: Short Stories	15 10:15 Breathing and Stretching 11:00 Pearl Vision (B) 1:45 Beaded Sun Catchers 3:45 Reading Club 6:30 Peaceful Aromatherapy Experience	16 10:15 Yoga with Vickie 1:00 Baking Group with Taylor (B) 3:45 Garden Club (CY) 6:15 Grab & Go Word Search	17 10:15 Cardio Drumming 1:00 Veteran's Coffee Hour (B) 1:45 Bird House Making 3:45 Fresh Air and Friends (CY) 6:15 Movie Night: Glass Onion: A Knives Out Mystery (Netflix)	18 11:00 Coffee Chats & Daily Chronicle 1:15 Coloring Corner 2:45 Game Hour: LCR 5:30 Aromatherapy & Relaxing
19 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day 4:00 Life on Our Planet: Episode 3 (Netflix) 6:15 Evening Tea Time	20 10:15 Active Fitness 1:45 Gardening Club (CY) 2:30 Live Entertainment: Christine Schinker 6:15 Monday Mindfulness: Short Stories	21 10:15 Seated Zumba 12:00 Outing: Hidden Lake Gardens 3:45 Collabrative Story Writing 6:15 Travelogue: Travel to America's 50 States (YouTube)	22 10:15 Breathing & Stretching 1:45 DIY Bird Seed Feeder 3:45 Spa Day- Manicures and Hand Massages 6:15 Mindful Relaxation and Aromatherapy	23 10:15 Yoga with Vickie 1:45 Garden Club (CY) 3:45 Animals In Hiding (Word Activity) 6:15 Grab & Go Crossword	24 10:15 Cardio Drumming 1:45 Yarn Flowers 3:45 Chain Link Word Game 6:15 Movie: Set it Up (Netflix)	25 11:00 Coffee Chats & Daily Chronicle 1:15 Think Fast Word Game 2:45 Card Hour: UNO 5:30 Aromatherapy & Relaxing
26 10:45 Sunday Devotional & Streamed Church Service 2:00 Spa Day Sunday 4:00 Life on Our Planet: Episode 4 (Netflix) 6:15 Evening Tea Time	27 10:15 Active Fitness 1:45 Words in Words 2:30 Live Entertainment: Steve Kovich 6:15 Monday Mindfulness: Meditate with Music	28 10:15 MOTIVATED Moving Group Exercise 12:00 Outing: Slaine Diner 3:45 Riddle Me This! 6:15 Tone Down Tuesday: Short Stories	29 10:15 Breathing & Stretching 1:45 Candy Bar Bingo 3:45 Reading Club 6:15 Peaceful Aromatherapy Experience	30 10:15 Yoga with Vickie 1:45 Garden Club (CY) 3:45 Spa Day - Manicures and Hand Massages 6:15 Grab & Go Word Search	31 10:15 Cardio Drumming 1:00 Live Entertainment: More of Our Favorite Things (TH) 3:45 Card Hour: UNO 6:15 Movie: The Adam Project (Netflix)	