

# Grace Haven Assisted Living and Memory Care

Assisted Living | Comfort Care

# July 2024

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30</b> 10:00 Coffee Bar and Conversation (L) 11:00 Church Service and Songs (MC) 1:30 Groovin Grace Haven Zumba (PD) 2:30 Decorate for 4th (L)	<b>International Joke Day 1</b> 10:30 Comedy Hour and Hydration (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 4:45 Fourth of July Family Picnic (O)	<b>2</b> 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:30 Scarf and Music Exercise (MC) 3:00 Briggs Library (PD)	<b>Barbara's Birthday 3</b> 10:30 Marching Exercise (PD) 3:15 Music with Wendy (MC) 6:15 Happy Hour: Red, White and Blue Drinks and Fireworks in the Parking Lot (O)	<b>Independence Day Emily's Birthday 4</b> 9:00 Star Spangled Hydration Cart 1:30 Craft: 4th of July Fireworks (MC) 2:00 Games (MD) 3:30 Exercise (MD)	<b>5</b> 10:00 Craft: Summertime Pictures (PD) 11:15 Tourist In Our Hometown Ideas (PD) 1:30 Bingo (MD) 3:30 Exercise From the 50's, 60's, and 70's (MC)	<b>Kissing Day 6</b> 10:30 Chair Synchronized Swimming Exercise (O) 11:30 Handing Out (Chocolate) Kisses (L) 1:30 Women's Group: Picking Out Lip Colors 5:45 Saturday Movie (MC)
<b>7</b> 11:00 Church Service and Songs (MC) 1:30 Mini Ice Cream Sundae's Mobile Cart 3:30 Tactile Ball Exercise (MC) 6:00 Resident Lead Euchre	<b>Body Paint Day 8</b> 10:30 Outside Color War/ Body Painting (O) 1:30 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 4:00 Jeopardy and Pick Your Color Hydration (MC)	<b>9</b> 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 2:00 Air Freshener Cart 3:00 Zumba with Margie (MD)	<b>Pina Colada Day 10</b> 10:30 Move Those Joints (PD) 11:00 Manicures (MC) 1:30 Manicures (PD) 5:45 Happy Hour: Pina Colada's and Testing Dry Ice Cream (L)	<b>Cheer Up Day 11</b> 10:00 Surprise Cheer Up Day Activity 11:00 Cheer Up Buttercup, Handing Out Peanut Buttercups (L) 2:00 Games (MD) 3:30 Exercise (MD)	<b>12</b> 10:30 Motorcycle Club Men's Group (PD) 1:30 Bingo (MD) 3:15 Music with Marty (MD) 5:15 Meditation (MC) 5:45 Costume Bar Walk Downtown St. Johns	<b>13</b> 10:00 Balloon Badmitten (PD) 2:30 Washington D.C. Presentation with Lillie (PD) 5:45 Essential Oils, Relaxation (MC)
<b>14</b> 11:00 Church Service and Songs (MC) 1:15 Shark Awareness Education (PD) 3:00 Meditation Exercise and Calming Music and Sounds (PD)	<b>15</b> 10:30 Technology Time with Lindsey (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 4:15 Wheel Of Fortune and Drinks (PD)	<b>16</b> 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:30 Cardio Drumming (MC) 3:00 Craft: Summertime Sand Art (PD)	<b>Danny's Birthday 17</b> 10:00 Manicures (MC) 11:00 Manicures (PD) 1:15 Cooking Club: Peach Ice Cream (MC) 3:30 Walking Club (H/ O) 5:45 Happy Hour: Shark Tank Attack Drink (O)	<b>Listening Day 18</b> 10:00 Culinary Showcase with Chef Jason (MD) 11:00 Life Enrichment Listens, Chatting Hour (PD) 2:00 Games (MD) 3:30 Exercise (MD)	<b>Daiquiri Day 19</b> 11:00 Outing at Big Boy and Meeting Up With Our Friend Tom 1:30 Bingo (MD) 4:00 Chair Yoga (MC) 5:45 Hydrating Happy Hour Daiquiri's (O)	<b>Lollipop Day 20</b> 10:15 Scalp and Head Massages (B) 11:15 Suckers Knowledge Game (MD) 1:15 Don't Burst My Bubble Game (MD) 3:30 Farkle Game (MD) 6:00 Relax Exercise (PD)
<b>21</b> 11:00 Church Service and Songs (MC) 1:30 (New) Friend Welcome Party and Social Time (PD) 2:30 Cornhole (MD) 5:45 Crosswords (PD)	<b>Mango Day 22</b> 10:30 Jen and Frankie Therapy 1:30 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 4:00 Mango Smoothies Hydration Mobile Cart	<b>Gorgeous Grandma's 23</b> 10:00 Catholic Service and Rosary (PD) 10:45 Bible Study with Dean (CD) 1:15 Women's Group (B) 3:00 Zumba with Margie (MD)	<b>Mary D.'s Birthday Tequila Day 24</b> 10:00 Manicures (MC) 11:00 Music with Tess (MD) 1:30 Manicures (PD) 3:00 Scarf Exercise (MC) 5:45 Happy Hour: Tequila Sunset (P)	<b>25</b> 10:00 Food Committee (MD) 11:00 Cup of Joe for our Veterans (PD) 1:00 Grace Haven Chicken Therapy (O) 2:00 Games (MD) 3:30 Exercise (MD)	<b>26</b> 11:00 Culinary Showcase Reverse (MD) 1:30 Bingo (MD) 3:30 Olympic Warm Ups and Games (O) 4:45 Happy Hour: Missy's Choice	<b>Day of the Cowboy 27</b> 10:30 Lassoing Exercise (O) 1:30 Men's Group: Cowboy Chat (PD) 3:30 Current Events (MC) 5:45 Cowboy Movie, Popcorn, and Cowboy Cocktail
<b>Jenny's Birthday 28</b> 11:00 Church Service and Songs (MC) 1:30 Sit and Be Fit Exercise (PD) 6:00 Resident Lead Card Games and Hydration Drinks (CD)	<b>Tigers Day 29</b> 10:30 Craft: Make Hats for Watching the Tigers Game (PD) 1:30 Bingo (MD) 2:00 Games (MD) 3:30 Exercise (MD) 6:40 Tigers Game on TV	<b>30</b> 10:00 Catholic Service and Rosary (PD) 11:00 Outing to McDonalds for Lunch (MC) 1:30 Swimming Aerobics (PD) 3:00 Gardening Club (O)	<b>31</b> 10:00 Denise and Ruby Dog Therapy 12:30 Resident Birthday Celebration 1:30 Resident Council (PD) 3:30 Laughter Yoga (MC) 5:45 Happy Hour: Surprise			

**Calendar Key:**  
**MD** – Main Dining  
**MC** – Memory Care  
**PD** – Private Dining  
**CD** – Cooking Room  
**L** – Lobby  
**P** - Patio  
**O** - Outside  
**B**- Beauty Salon  
**H**- Hall