

# July

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**2** Activity packets  
and puzzles  
Wii games

**3** Activity packets  
and puzzles  
Wii games  
3pm Steel Feathers  
Zumba

**4**  **Happy Independence Day!**

**5** 9am Cardio workout  
10am Craft group  
12pm Ice Cream Social  
1pm 4th of July magic  
balloon show!  
6pm Church Service

**6** 9am arm workout  
10am Country Drive  
12pm Manicures  
1pm Wheel of Fortune  
2pm Bingo with Diana

**7** 9am leg workout  
10am Cascade store  
12:30pm Bimart  
4pm Walking Group

**8** Activity packets  
and puzzles  
Wii games

**9** Activity packets  
and puzzles  
Wii games

**10** Activity packets  
and puzzles  
Wii games  
3pm Steel Feathers  
Zumba

**11** Activity packets  
and puzzles  
Wii games

**12** 9am Cardio workout  
10am Craft group  
12pm Ice Cream Social  
1pm Free Bingo  
6pm Church Service

**13** 9am arm workout  
10am Country Drive  
12pm Manicures  
1pm Wheel of Fortune  
2pm Bingo with Diana

**14** 9am leg workout  
10am Cascade store  
12:30pm Dollar Tree  
4pm Walking Group

**15** Activity packets  
and puzzles  
Wii games

**16** Activity packets  
and puzzles  
Wii games

**17** Activity packets  
and puzzles  
Wii games  
3pm Steel Feathers  
Zumba

**18** Activity packets  
and puzzles  
Wii games

**19** 9am Cardio workout  
10am Craft group  
1pm Happy Hour  
2pm Bingo  
6pm Church Service

**20** 9am arm workout  
10am Country Drive  
12pm Manicures  
1pm Floats and Tunes  
2pm Bingo  
3pm Wheel Of Fortune  
4pm Book Club

**21** 9am leg workout  
10am Stayton library  
1pm Cascades store  
1:30pm Bimart  
4pm Walking Group

**22** Activity packets  
and puzzles  
Wii games

**23** Activity packets  
and puzzles  
Wii games

**24** 9am chair stretches  
10am Country Drive  
11am Family feud  
1pm ice cream social  
2pm Wheel Of Fortune  
3pm Steel Feathers Zumba  
4pm Walking group

**25** 9am chair cardio  
10am Bible Study  
12pm Manicures  
1pm ice cream social  
2pm bingo  
3pm Family Feud  
4pm Book Club

**26** 9am Cup of Pep Talk  
10am craft group  
1pm ice cream social  
2pm bingo  
3pm Stayton Farmers  
Market

**27** Spirit Mountain Casino  
Trip!  
Bus leaving 8:30am Bus  
returning at 4pm

**28** 9am leg workout  
10am Stayton Library  
1pm Cascades store  
1:30pm Resident choice  
Store Outing  
4pm Walking Group

**29** Activity packets  
and puzzles  
Wii games

**30** Activity packets  
and puzzles  
Wii games

**31** 9am chair stretches  
10am Country Drive  
11am Family feud  
1pm ice cream social  
2pm Wheel Of Fortune  
3pm Steel Feathers Zumba  
4pm Walking group