

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:40- All Assisted AR 1 Fitness w/Katherine 11:00- Karaoke w/Melody 1:00- Scenic Outing O 2:30- Bookmark Making AR 3:00- B-I-N-G-O AR 5:30- Documentary AR Canada Day	9:40- Sit and Be Fit AR 2 10:30- Ukulele w/Tom DR 1:00- Book Club DR 2:00- Fancy Nails AR 3:00- Hymns & Snack AR 3:30- Armchair Travels AR 5:30- Ted Talk AR	9:40- All Assisted AR 3 Fitness w/Katherine 10:30- Baking Club AR 2:00- Table Games AR 3:00- Patio Sports P "Bowling" 5:30- Evening News AR Happy Birthday Rayma	9:40 - Chair Exercise AR 4 12:00- 4th July BBQ 1:00- Patriotic Hymns AR 2:00- Red/White/Blue P Popsicle Party 3:30- Freedom Painting AR 5:30- Documentary AR Independence Day
9:30- Bible Study AR 5 10:30- Men's Social AR Dounuts & Coffee 1:00- Sunday Matinee CR 2:00- Popcorn Social AR 3:00- B-I-N-G-O AR 5:30- Garden upkeep - AL	9:40- Chair Exercise AR 6 10:00- Church w/ Chuck L 10:45- Pet Therapy w/ Bear 11:00- Sketch Club AR 1:00- TV Trivia AR 2:00- Hand Therapy AR 4:00- Cocktail Hour P	9:40- All Assisted AR 7 Fitness w/Katherine 10:30- Brain Boosters AR 1:00- Ice Cream Outing O\$ 3:00- Wii Bowling AR 3:30- Crafting Corner AR "Make a Coaster" Happy Birthday David H.	9:40- All Assisted AR 8 Fitness w/Katherine 11:00- Karaoke w/Melody 1:00- Scenic Outing O 2:00- Patio Talk P 2:30- Iced Tea Social P 3:00- B-I-N-G-O AR	9:40- Sit and Be Fit AR 9 12:30- Blood Pressure AL & Weight Clinic 1:00- Poetry w/ James L 2:00- Fancy Nails AR 3:00- Hymns & Snack AR 3:30- Armchair Travels AR	9:40- Seated Exercise AR 10 10:30- Baking Club AR 1:00- In Room Visits IR 2:00- Dreamscape Craft AR 3:00- Patio Sports P "Golf" 4:30- Puzzles AR 5:30- Evening News AR	9:40 - Chair Exercise AR 11 10:30- Daily Chronicles AR 11:00- Sing Along AR 1:00- History w/ Harry AR 3:30- Movie & Popcorn AR 4:00- Daily Chronicles AR 5:30- Ted Talk AR Happy Birthday Phil
9:30- Bible Study AR 12 10:30- Men's Social AR Rummikub 1:00- Sunday Matinee CR 2:00- Popcorn Social AR 3:00- B-I-N-G-O AR 5:30- Garden upkeep - AL	9:40- Chair Yoga AR 13 10:00- Church w/ Chuck L 10:45- Pet Therapy w/ Bear 11:00- Sketch Club AR 1:00- TV Trivia AR 2:00- Hand Therapy AR 4:00- Cocktail Hour P	9:40- All Assisted AR 14 Fitness w/Katherine 10:30- Music w/ Mike MC 1:00- Portland Memory O Garden Outing 3:00- Wii Baseball AR 3:30- Crafting Corner AR Bastille Day	9:40- All Assisted AR 15 Fitness w/Katherine 11:00- Karaoke w/Melody 1:00- Scenic Outing O 2:00- Patio Talk P 2:30- Iced Tea Social P 3:00- B-I-N-G-O AR	9:40- Sit and Be Fit AR 16 10:30- Word Puzzles AR 1:00- Book Club DR 1:30- Music w/ Kris DR 2:00- Fancy Nails AR 3:00- Hymns & Snack AR 3:30- Cheers & Cheese AR Tasting	9:40- All Assisted AR 17 Fitness w/Katherine 10:30- Baking Club AR 1:00- In Room Visits IR 2:00- Table Games AR 3:00- Patio Sports P "Basketball" 5:30- Evening News AR	9:40 - Chair Exercise AR 18 10:30- Daily Chronicles AR 1:00- Salt Painting AR 2:00- Popsicle Social AR 3:30- Movie & Popcorn AR 4:00- Daily Chronicles AR 5:30- Ted Talk AR
9:30- Bible Study AR 19 10:30- Men's Social AR Cornhole 1:00- Sunday Matinee CR 2:00- Popcorn Social AR 3:00- B-I-N-G-O AR 5:30- Garden upkeep - AL	9:40- Sit and Be Fit AR 20 10:00- Church w/ Chuck L 10:45- Pet Therapy w/ Bear 11:00- Sketch Club AR 1:00- TV Trivia AR 2:00- Hand Therapy AR 4:00- Cocktail Hour P	9:40- All Assisted AR 21 Fitness w/Katherine 1:30- Monte & Hank DR 3:00- Wii Tennis AR 3:30- Crafting Corner AR "Sweet Scents Soap Making" 5:30- Documentary L	9:40- All Assisted AR 22 Fitness w/Katherine 10:30- Beez Lunch Outing O\$ 1:00- Tv Trivia AR 2:00- Patio Talk P 2:30- Iced Tea Social P 3:00- B-I-N-G-O AR	9:40- Sit and Be Fit AR 23 10:30- Word Puzzles AR 1:00- Book Club DR 2:00- Fancy Nails AR 3:00- Hymns & Snack AR 3:30- Armchair Travels AR 5:30- Ted Talk AR Happy Birthday Lois P.	9:40- All Assisted AR 24 Fitness w/Katherine 10:30- Baking Club AR 1:00- In Room Visits IR 2:00- Table Games AR 3:00- Patio Sports P "Target Challenge" 5:30- Evening News AR	9:40 - Chair Exercise AR 25 10:00- Seaside Oregon O\$ Day Trip 1:00- History w/ Harry AR 2:00- Popsicle Social AR 3:30- Movie & Popcorn AR 4:00- Daily Chronicles AR 5:30- Ted Talk AR
9:30- Bible Study AR 26 10:30- Men's Social AR Woodworking 1:00- Sunday Matinee CR 2:00- Popcorn Social AR 3:00- B-I-N-G-O AR 5:30- Garden upkeep - AL	9:40- Chair Tai Chi AR 27 10:00- Church w/ Chuck L 10:45- Pet Therapy w/ Bear 11:00- Sketch Club AR 1:00- TV Trivia AR 2:00- Roll & Refresh P 4:00- Cocktail Hour P	9:40- All Assisted AR 28 Fitness w/Katherine 10:30- Scouters Mountain Picnic Lunch Outing 1:30- Word Search AR 3:00- Wii Baseball AR 3:30- Resident Council AR 5:30- Ted Talk L	9:40- All Assisted AR 29 Fitness w/Katherine 10:30- Daily Chronicle AR 11:00- Music w/Caroyln MC 1:00- Scenic Outing O 2:30- Iced Tea Social P 3:00- B-I-N-G-O AR	9:40- Sit and Be Fit AR 30 10:30- Word Puzzles AR 12:00- B-Day Celebration DR Piano played by Barbara 1:00- Book Club DR 2:00- Fancy Nails AR 3:00- Hymns & Snack AR 3:30- Armchair Travels AR	9:40- Seated Exercise AR 31 10:30- Baking Club AR 1:00- Chef Talk w/ Lance DR 2:00- Table Games AR 3:00- Patio Sports P "Bocce Ball" 5:30- Evening News AR	Location Key Activity Room- AR Library -L In Room- IR Dining Room- DR Assisted Living-AL Patio- P Outing-O Lunch Money- L\$

Activities Are Subject To Change