

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Medical Transportation Day 1 10:00AM Coffee & Daily Bread Reading (AR) 10:45AM Daily Chronicle (AR) 11:00AM Total Body Fitness w/ Kathy (AR) 6:00PM Movie Hour Canada Day	Medical Transportation Day 2 10:45AM Daily Chronicles (AR) 1:30PM Food Committee Meeting (DR) 2:00PM Resident Meeting (DR) 4:00PM Chair Fitness (AR) 6:00PM Comedy Central	10:00AM Faith & Fellowship 3 10:45AM Daily Chronicles (AR) 11:00AM Easy Movement w/ Kathy (AR) 2:30PM 4th of July Celebration: *250 Years of Freedom* 6:00PM Staff Pick Movie (FR)	10:30AM Rise and Shine Chat 4 10:45AM Daily Chronicle (AR) 11:00AM July Trivia (AR) 1:30PM One on One Visit 2:30PM BINGO (DR) 4:00PM Seated Workout w/ Coach O (AR) 6:00PM Saturday Night Movie Independence Day (U.S.)
9AM-10AM Online Church 5 10:45AM Daily Chronicle (AR) 11:00AM Shut the Box (AR) 1:30PM Movie Matinee: "Tootsie" (FR) 4:00PM Catch Phrase (AR) 6:00PM Movie Night (FR) *Independent activities are available in the Activity Room	10:45AM Daily Chronicle (AR) 6 11:00AM Shut the Box (AR) 2:30PM Dominoes (AR) 4:00PM Finish the Lyric (AR) 6:00PM Monday Movie (FR) *Independent activities are available in the Activity Room	10:45AM Daily Chronicles (AR) 7 1:30PM One on One Visit 2:30PM Read Along Book Club: "Little Women" 4:00PM Chair Cardio (AR) 6:00PM Evening Movie *Independent activities are available in the Activity Room	Medical Transportation Day 8 10:00AM Coffee & Daily Bread Reading (AR) 10:45AM Daily Chronicle (AR) 11:00AM Move Your Body w/ Catherine (AR) 1:30PM One on One Visit 2:30PM Crafter's Corner: Table Centerpieces (DR) 6:00PM Evening Movie	Medical Transportation Day 9 10:45AM Daily Chronicles (AR) 1:30PM One on One Visit 2:30PM Documentary: History of the United States (DR) 4:00PM Corn Hole (AR) 6:00PM Netflix Movie Night	10:00AM Faith & Fellowship 10 10:00AM Trip to Fred Meyers 10:45AM Daily Chronicles (AR) 11:00AM Gentle Yoga w/ Kathy 1:30PM One on One Visit 2:30PM 4:00PM Nail Glam (AR) 6:00PM Friday Night Movie	10:30AM Rise and Shine Chat 11 10:45AM Daily Chronicle (AR) 11:00AM Uno Card Game (AR) 1:30PM One on One Visit 2:30PM BINGO (DR) 4:00PM Seated Workout w/ Coach O (AR) 6:00PM Saturday Night Movie
9AM-10AM Online Church 12 10:45AM Daily Chronicle (AR) 11:00AM Word Search Challenge (AR) 1:30PM Movie Matinee: "American Graffiti" 4:00PM Color Me Calm (AR) 6:00PM Sunday Night Movie *Independent activities are available in the Activity Room	10:45AM Daily Chronicle (AR) 13 11:00AM Word Challenge (AR) 2:30PM Uno Card Game (AR) 4:00PM Music Memories (AR) 6:00PM Monday Movie (FR) *Independent activities are available in the Activity Room	10:30AM Coffee & Conversation 14 10:45AM Daily Chronicles (AR) 11:00AM Shut the Box (AR) 1:30PM Technology Support: (AR) 2:30PM Read Along Book Club: "Little Women" 4:00PM Range of Motion (AR) 6:00PM Action Packed Movie Night (FR) Bastille Day	Medical Transportation Day 15 10:00AM Coffee & Daily Bread Reading (AR) 10:45AM Daily Chronicle (AR) 11:00AM Seated Cardio w/ Catherine (AR) 1:30PM One on One Visit 2:30PM Wheel of Fortune (DR) 6:00PM Cinema Lounge	Medical Transportation Day 16 10:45AM Daily Chronicles (AR) 1:30PM Activity Planning Meeting (DR) 2:30PM Documentary: Abraham Lincoln (DR) 4:00PM YouTube workout w/ Coach O 6:00PM Resident Choice Movie	10:00AM Faith & Fellowship 17 10:00AM Trip to Dollar Tree 10:45AM Daily Chronicles (AR) 11:00AM Low Impact Cardio w/ Kathy (AR) 1:30PM One on One Visit 2:30PM Corn Hole (DR) 4:00PM Nail Glam 6:00PM Movie Night (FR)	10:30AM Rise and Reflect (AR) 18 10:45AM Daily Chronicles (AR) 11:00AM Crossword Collaboration (AR) 1:30PM One on One Visit 2:30PM BINGO (DR) 4:00PM Full Body Yoga (DR) 6:00PM Saturday Night Movie
9AM-10AM Online Church 19 10:45AM Daily Chronicle (AR) 11:00AM Dominoes (AR) 1:30PM Movie Matinee: "Funny People" (FR) 4:00PM Music Trivia 6:00PM Movie Night (FR) *Independent activities are available in the Activity Room	10:45AM Daily Chronicle (AR) 20 11:00AM Shut the Box (AR) 2:30PM Catch Phrase (AR) 4:00PM Brain Game Monday 6:00PM Monday Movie (FR) *Independent activities are available in the Activity Room	10:30AM Good Morning Chat 21 10:45AM Daily Chronicles (AR) 11:00AM Uno Card Game (AR) 1:30PM One on One Visit 2:30PM Read Along Book Club "Little Women" 4:00PM Hands & Arms Stretching (DR) 6:00PM Movie on Netflix (FR)	Medical Transportation Day 22 10:00AM Coffee & Daily Bread Reading (AR) 10:45AM Daily Chronicle (AR) 11:00AM Strength & Stretch w/ Catherine (AR) 1:30PM Tech Support: (AR) 2:30PM Corn Hole (DR) 6:00PM Wednesday Night Movie	Medical Transportation Day 23 10:45AM Daily Chronicles (AR) 1:30PM One on One Visit 2:30PM Crafter's Corner: Summer Craft (DR) 4:00PM Guided Exercises (DR) 6:00PM Movie Night Favorite	10:00AM Faith & Fellowship 24 10:45AM Daily Chronicles (AR) 11:00AM Low Impact Cardio w/ Kathy (AR) 11:00AM Lunch @ Panda Express Chinese Food 1:30PM One on One Visit 2:30PM Words in Words (DR) 4:00PM Nail Glam 6:00PM Friday Move Night (FR)	10:30AM Morning Discussions 25 10:45AM Daily Chronicles (AR) 11:00AM Shut the Box (AR) 1:30PM Fresh Air Stroll (FL) 2:30PM BINGO w/ Raffle Basket Drawing (DR) 4:00PM Seated Workout (DR) 6:00PM Saturday Night Movie
9AM-10AM Online Church 26 10:45AM Daily Chronicle (AR) 11:00AM Trivia Challenge (AR) 1:30PM Movie Matinee: "The Boss" 4:00PM Uno Card Game (AR) 6:00PM After Dinner Movie *Independent activities are available in the Activity Room	10:45AM Daily Chronicle (AR) 27 11:00AM Dice Game (AR) 2:30PM Puzzle Hour (AR) 4:00PM Would You Rather? 6:00PM Monday Movie (FR) *Independent activities are available in the Activity Room	10:30AM Rise and Reflect (AR) 28 10:45AM Daily Chronicles (AR) 11:00AM Catch Phrase (AR) 1:30PM One on One Visit 2:30PM Read Along Book Club: "Little Women" 4:00PM Weighted Workout (AR) 6:00PM Easy Evening Movie	Medical Transportation Day 29 10:00AM Coffee & Daily Bread Reading (DR) 10:45AM Daily Chronicle (AR) 11:00AM Strength & Stretch w/ Catherine (AR) 2:30PM July Birthday Celebration w/ Musical Performance 6:00PM The Picture Show FR	Medical Transportation Day 30 10:45AM Daily Chronicles (AR) 2:30PM Around the World: Japan (DR) 6:00PM Movie Night Favorite *Independent activities are available in the Activity Room	10:00AM Faith & Fellowship 31 10:00AM Shopping at Winco 10:45AM Daily Chronicles (AR) 11:00AM Low Impact Cardio w/ Kathy (AR) 2:30PM Garbage Card Game 4:00PM Nail Glam 6:00PM Film Favorites (FR)	