

If you would like an activity/service not reflected on the calendar, please see RSC/Administrator.

Monthly wellness checks conducted by nursing the 1st thru the 10th.

Activities are subject to change.

JULY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Independence Day 04
 07:00 Religious Service Listing A
 11:00 Relaxation at Home: Meditation & Breathing A
 11:30 Coloring Collection A

11
 07:00 Religious Service Listing A
 11:00 Relaxation at Home: Meditation & Breathing A
 11:30 Coloring Collection A

18
 07:00 Religious Service Listing A
 11:00 Relaxation at Home: Meditation & Breathing A
 11:30 Coloring Collection A

25
 07:00 Religious Service Listing A
 11:00 Relaxation at Home: Meditation & Breathing A
 11:30 Coloring Collection A

05
 10:00 Yoga Ball Exercise ECS
 02:00 Card Lotto Game DR
 05:30 Monday night at the Movies GP

12
 10:00 Yoga Ball Exercise ECS
 02:00 Card Lotto Game DR
 05:30 Monday night at the Movies GP

19
 10:00 Yoga Ball Exercise ECS
 02:00 Card Lotto Game DR
 05:30 Monday night at the Movies GP

26
 10:00 Yoga Ball Exercise ECS
 02:00 Card Lotto Game DR
 05:30 Monday night at the Movies GP

06
 10:00 General Store Open GS
 01:00 Activity Cart: Pick Your Project HC
 01:00 Shopping Trip: Walmart ML

13
 10:00 General Store Open GS
 10:00 General Store Open GS
 01:00 Shopping Trip: Walmart ML

20
 10:00 General Store Open GS
 10:00 General Store Open GS
 01:00 Activity Cart: Pick Your Project HC
 01:00 Shopping Trip: Walmart ML

27
 10:00 General Store Open GS
 10:00 General Store Open GS
 01:00 Shopping Trip: Walmart ML

An RSVP is required to attend the basket class scheduled for 12:30pm on July 21st.

07
 09:30 Morning Walk ML
 01:00 Word Play: Word/Letter Puzzle Packets A
 03:00 Skip-Bo Game A

14
 09:30 Morning Walk ML
 01:00 Word Play: Word/Letter Puzzle Packets A
 03:00 Skip-Bo Game A

21
 09:30 Morning Walk ML
 12:30 Basket Class-must sign up! AR
 03:00 Skip-Bo Game A

28
 09:30 Morning Walk ML
 10:00 Games w/Mill Race ECS
 01:00 Word Play: Word/Letter Puzzle Packets A
 03:00 Skip-Bo Game A

01
 10:00 Chair Exercise Class AR
 11:30 July 4th BBQ & Games DR
 03:00 Bingo Game DR

08
 10:00 Chair Exercise Class AR
 01:00 Patio Chats and Lemonade Pat
 03:00 Bingo Game DR

15
 10:00 Chair Exercise Class AR
 01:00 Patio Chats and Lemonade Pat
 03:00 Bingo Game DR

22
 10:00 Chair Exercise Class AR
 01:00 Patio Chats and Lemonade Pat
 03:00 Bingo Game DR

29
 10:00 Chair Exercise Class AR
 01:00 Patio Chats and Lemonade Pat
 03:00 Bingo Game DR

02
 10:00 General Store Open GS
 02:00 Ice Cream Shop B
 02:00 Ice Cream Shop B

09
 10:00 General Store Open GS
 02:00 Ice Cream Shop B
 02:00 Ice Cream Shop B

16
 10:00 General Store Open GS
 02:00 Ice Cream Shop B
 02:00 Ice Cream Shop B

23
 10:00 General Store Open GS
 02:00 Ice Cream Shop B
 02:00 Ice Cream Shop B

30
 10:00 General Store Open GS
 02:00 Ice Cream Shop B
 02:00 Ice Cream Shop B

03
 02:00 Independent Exercise A
 02:00 Quarantine Pen Pals A

10
 02:00 Independent Exercise A
 02:00 Quarantine Pen Pals A

17
 02:00 Independent Exercise A
 02:00 Quarantine Pen Pals A

24
 02:00 Independent Exercise A
 02:00 Quarantine Pen Pals A

31
 02:00 Independent Exercise A
 02:00 Quarantine Pen Pals A

Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- AR Activity Room
- DR Dinning Room
- GS General Store
- B Bistro
- A Your Apartment
- ECS Elevator Common Space
- GP Gathering Place
- HC Hall Cart
- ML Main Lobby
- Pat Patio

