






	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>MORNINGSIDE OF GASTONIA</b> A TerraBella Senior Living Community</p>	<p>2755 Union Rd Gastonia, NC 28054 (704) 810-0111</p>		<ul style="list-style-type: none"> <li> Emotional</li> <li> Intellectual</li> <li> Physical</li> <li> Recreational</li> <li> Sign-Up Required</li> <li> Social</li> <li> Spiritual</li> <li> Spiritual - Christian</li> <li> Transportation Provided</li> <li> Vocational</li> </ul>	<p><b>Wellness Walkers Daily 1</b></p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  Interlocking Puzzlers Daily [A-L]</p> <p>2:00  Plainview Baptist Church</p> <p>3:15  "Golden Aim Gang" Cornhole Tournament</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 2</b></p> <p>9:30  Mneme Therapy Art Donna S.</p> <p>10:00  Catholic Communion</p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>2:00  Acoustic Melody &amp; Memories Bill B.</p> <p>3:30  Painting &amp; Jewelry Creators</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 3</b></p> <p>10:00  Yoga Chair Fitness YouTube TV</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  Fourth of July Patriotic Piano Music &amp; Memories Sing-along with Jimmy B.</p> <p>3:30  Patriotic Popsicles &amp; Purposeful Projects</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday J. Rubick Independence Day 4</b></p> <p><b>Wellness Walkers Daily</b></p> <p>10:00  In-House Library - Quiet Reading Time</p> <p>11:30  Residents Fourth of July Cookout</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:30  Bingo with Bea B. &amp; Judy R. [AR2Flr.]</p> <p>3:30  Scrabble board game with a friend</p> <p>6:00  Resident-Led card game</p>
<p><b>Key Locations</b></p> <p>Activity Room 2nd floor</p> <p>All Locations</p> <p>Fireside Parlor</p> <p>Outing</p> <p>Dining Room</p> <p>2nd floor Activity Room/1st floor Fireside Parlor</p>	<p><b>Happy Birthday Tom Mc. Wellness Walkers Daily 5</b></p> <p>10:30  Communion &amp; Worship Service with Meredith - Nondenominational</p> <p>2:00  Jumbling Tower (Jenga)</p> <p>2:30  McKinney Gap Bluegrass Duo</p> <p>3:00  Precious Bear &amp; Company (Pet therapy) [A-L]</p> <p>3:30  In-House Library</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday Jim R. Wellness Walkers Daily 6</b></p> <p>10:00  Bingo</p> <p>1:00  Hand &amp; Foot Resident-Led card game</p> <p>2:00  Ambassadors Welcome &amp; Celebrations Meeting</p> <p>3:30  Glamour Nails</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 7</b></p> <p>10:00  Strength &amp; Walking</p> <p>11:30  Dynasty Buffet Chinese &amp; American [O]</p> <p>1:00  Interlocking Puzzlers [A-L]</p> <p>2:15  Hamrick's [O]</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 8</b></p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  "Golden Aim Gang" Cornhole Tournament</p> <p>2:00  Plainview Baptist Church</p> <p>3:15  Ole Fashioned Summertime Watermelon Feast &amp; Reminiscing</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday Peggy R. Wellness Walkers Daily 9</b></p> <p>10:00  Catholic Communion</p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:30  Handbells Class with Susan H. [FSP1Flr.]</p> <p>2:00  Painting &amp; Jewelry Creators</p> <p>3:00  Methodist Bible Lesson Everett S.</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 10</b></p> <p>10:00  Spintopia Game</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  The Drye Family Bluegrass &amp; Southern Gospel</p> <p>3:30  Popsicles &amp; Purposeful Projects</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 11</b></p> <p>10:00  In-House Library - Quiet Reading Time</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  Bingo with Bea B. &amp; Judy R.</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>6:00  Resident-Led card game</p>
<p><b>Our goal is to provide engaging and meaningful programs for all residents. Activities may occasionally change or be adjusted to best meet the needs and interests of our community.</b></p>	<p><b>Wellness Walkers Daily 12</b></p> <p>10:30  Worship Service with Meredith - Nondenominational</p> <p>1:30  Checker Match with a Friend</p> <p>2:00  Invisible Paw Prints Pepe &amp; Lisa [A-L]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  In-House Library</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday Marty Mc. Wellness Walkers Daily 13</b></p> <p>10:00  Bingo</p> <p>1:00  Hand &amp; Foot Resident -Led card game</p> <p>2:00  "Meet 'n' Greet" New Resident Social &amp; Happy Hour with Barney B.</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Glamour Nails</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday C. Bryant Wellness Walkers Daily 14</b></p> <p>10:00  Strength &amp; Walking</p> <p>10:30  Alliance of Therapy Dogs "Harper" &amp; Patrick R. [A-L]</p> <p>1:00  Large Connect 4 Game</p> <p>2:00  Mix, Mingle &amp; Make Cooking Class Dietary</p> <p>3:30  Bingo</p> <p>6:00  Resident-Led card game</p>	<p><b>Happy Birthday Jean P. Wellness Walkers Daily 15</b></p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  Interlocking Puzzlers [A-L]</p> <p>2:00  Plainview Baptist Church</p> <p>3:15  "Golden Aim Gang" Cornhole Tournament</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 16</b></p> <p>10:00  Catholic Communion</p> <p>10:00  Treble Makers Music Therapy</p> <p>1:30  Together at the Piano James S.</p> <p>2:00  Traveling around the World James S.</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Yoga Chair Fitness Jill C.</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 17</b></p> <p>10:00  Spintopia Game</p> <p>11:15  Arby's [O]</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  Happy Hour &amp; Dancing with Casey H.</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Popsicles &amp; Purposeful Projects</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 18</b></p> <p>10:00  In-House Library - Quiet Reading Time</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  Bingo with Bea B. &amp; Judy R. [AR2Flr.]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>6:00  Resident-Led card game</p>
	<p><b>Wellness Walkers Daily 19</b></p> <p>10:30  Worship Service with Meredith - Nondenominational</p> <p>2:00  Jumbling Tower (Jenga)</p> <p>3:00  Precious Bear &amp; Company (Pet therapy) [A-L]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  In-House Library</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 20</b></p> <p>10:30  Treble Makers (Music Therapy)</p> <p>1:00  Hand &amp; Foot Resident -Led card game</p> <p>2:00  Resident Council Meeting with Managers [AR2Flr.]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Glamour Nails</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 21</b></p> <p>10:00  Strength &amp; Walking</p> <p>1:30  Bingo</p> <p>3:00  Dollar Tree [O]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Large Connect 4 Game</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 22</b></p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  "Golden Aim Gang" Cornhole Tournament</p> <p>2:00  Plainview Baptist Church</p> <p>3:15  Summertime Homegrown Tomato Sandwiches &amp; Reminiscing</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 23</b></p> <p>10:00  Catholic Communion</p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:30  Handbells Class with Susan H. [FSP1Flr.]</p> <p>2:00  "Tables of Memories" Dietary</p> <p>3:00  Methodist Bible Lesson Everett S.</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>5:30  "Christmas in July Bazaar"</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 24</b></p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>1:30  "Elvis" &amp; Dancing with Jem C.</p> <p>3:00  Professor Jim M. "Spotlight Special Presentation"</p> <p>3:30  Popsicles &amp; Purposeful Projects</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 25</b></p> <p>10:00  In-House Library - Quiet Reading Time</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  Piano Concert Jaylene &amp; Jana</p> <p>3:30  Bingo with Bea B. &amp; Judy R. [AR2Flr.]</p> <p>6:00  Resident-Led card game</p>
	<p><b>Wellness Walkers Daily 26</b></p> <p>10:30  Worship Service with Meredith - Nondenominational</p> <p>1:30  Jumbling Tower (Jenga)</p> <p>2:30  Checker Match with a Friend</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  In-House Library</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 27</b></p> <p>10:00  Bingo</p> <p>1:00  Hand &amp; Foot Resident -Led card game</p> <p>2:00  Residents Birthday Celebration &amp; Pianist Jimmy Brown</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Glamour Nails</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 28</b></p> <p>10:00  Golden Chorus &amp; Bob E.</p> <p>1:00  Large Connect 4 Game</p> <p>2:00  Bingo/Prizes Sandy Plains Baptist Church Senior Group</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  General Bingo Store bring your Bingo Bucks\$\$\$ to Shop</p> <p>6:00  Invisible Paw Prints Pepe &amp; Lisa [A-L]</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 29</b></p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  Interlocking Puzzlers [A-L]</p> <p>2:00  Plainview Baptist Church</p> <p>3:15  "Golden Aim Gang" Cornhole Tournament</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 30</b></p> <p>10:00  Catholic Communion</p> <p>10:00  Yoga Chair Fitness Jill C.</p> <p>1:00  Jewelry Creators</p> <p>2:00  "Food for Thought" Dietary</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Axe Throwing &amp; Lawn Darts</p> <p>6:00  Resident-Led card game</p>	<p><b>Wellness Walkers Daily 31</b></p> <p>10:00  Spintopia Game</p> <p>11:30  Subway [O]</p> <p>1:00  Hand &amp; Foot Peggy P.</p> <p>2:00  New Hallmark Card Shop [O]</p> <p>3:00  Scrabble Board Game with your Friend</p> <p>3:30  Popsicles &amp; Purposeful Projects</p> <p>6:00  Resident-Led card game</p>	 <p><b>CELEBRATIONS</b> ACTIVITIES &amp; EVENTS</p>