

July 2021

The Cottage at The Avenues of Park Forest Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Happy Birthday!!! Ms. V. Wilcox 07/23</p>		<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Parachuting 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 11:15 🎧 Sing-A-Long 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Green Thumb Club-Arranging flowers 03:15 🎧 Resident Show and Tell 03:45 🎧 Fun Facts with the July Gazette 04:15 🎧 Hand Exercises</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 12:30 🎧 Face Time Call 02:00 🎧 Dominoes 03:15 🎧 Coffee and Conversation 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Motor Skills-Afternoon Stretches</p>	<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:00 🎧 Manicures/Hand Massages 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 06:00 🎧 Evening Movie</p>
<p>Independence Day 09:30 🎧 Daily Devotion 10:00 🎧 Celebrate The 4th of July with Art 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 04:00 🎧 Parachute & Beach Ball Toss 06:00 🎧 Evening Movie</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 11:20 🎧 Aroma Therapy 02:30 🎧 Art Throb- Peace Signs 03:15 🎧 Coffee and Conversation 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Horseshoe</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Summer Poems 10:30 🎧 Ageless Grace 11:15 🎧 Spice Club-Follow your nose 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Balloon Volleyball 03:30 🎧 1960's Culture/History/Inventions 04:00 🎧 Puzzles/Cards</p>	<p>09:30 🎧 Daily Chronicle 09:45 🎧 Ageless Grace 10:45 🎧 Scarf Movement 11:15 🎧 Devotion and Hymns with the Chaplin 02:00 🎧 1960's Music and Trivia 02:30 🎧 Lace Cards 03:00 🎧 Chef Special-Coke Floats 03:30 🎧 Cottage Inside/Outside Walking Group 04:00 🎧 Bible Study</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Ladder Ball 10:30 🎧 Ageless Grace 11:15 🎧 Sing-A-Long 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Green Thumb Club-Scavenger Hunt 03:15 🎧 Resident Show and Tell 03:45 🎧 Fun Facts with the July Gazette 04:15 🎧 Hand Exercises</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 12:30 🎧 Face Time Call 02:00 🎧 Dominoes 03:15 🎧 Coffee and Conversation 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Motor Skills-Afternoon Stretches</p>	<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:00 🎧 Manicures/Hand Massages 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 06:00 🎧 Evening Movie</p>
<p>Wimbledon Tennis Finals 09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:15 🎧 Wimbledon Tennis Celebration 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 04:00 🎧 Parachute & Beach Ball Toss 06:00 🎧 Evening Movie</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 11:20 🎧 Aroma Therapy 02:30 🎧 Art Throb-Christmas in July 03:15 🎧 Coffee and Conversation 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Corn Hole</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Match Game 10:30 🎧 Ageless Grace 11:15 🎧 Spice Club-Garlic and Basil 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Balloon Volleyball 03:30 🎧 1960's Culture/History/Inventions 04:00 🎧 Puzzles/Cards</p>	<p>Bastille Day 09:30 🎧 Daily Chronicle 09:45 🎧 Ageless Grace 10:45 🎧 White Board Discussion 11:15 🎧 Devotion and Hymns with the Chaplin 02:00 🎧 1960's Music and Trivia 02:30 🎧 Bastille History 03:00 🎧 Chef Special-French treats! 03:30 🎧 Cottage Inside/Outside Walking Group 04:00 🎧 Bible Study</p>	<p>1960's Decade Luceon 09:30 🎧 The Daily Chronicle 10:00 🎧 Corn Hole 10:30 🎧 Ageless Grace 11:15 🎧 Sing-A-Long 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Green Thumb Club-Plant Herbs 03:15 🎧 Resident Show and Tell 03:45 🎧 Fun Facts with the July Gazette 04:00 🎧 Walk with Me Support Group 04:15 🎧 Hand Exercises with Caregivers</p>	<p>Christmas in July 09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 12:30 🎧 Face Time Call 02:00 🎧 Dominoes 02:30 🎧 Cottage Indoor/Outdoor Walking Group 03:15 🎧 Christmas in July Celebration 04:00 🎧 Motor Skills-Afternoon Stretches</p>	<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:00 🎧 Manicures/Hand Massages 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 06:00 🎧 Evening Movie</p>
<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 01:30 🎧 Ladder Ball 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 04:00 🎧 Parachute & Beach Ball Toss 06:00 🎧 Evening Movie</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 11:20 🎧 Aroma Therapy 02:30 🎧 Art Throb- 1970's Headbands 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Ladder Ball</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Health Topics-Hydration vs Dehydration 10:30 🎧 Ageless Grace 11:15 🎧 Spice Club-Coconut chips 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Balloon Volleyball 03:30 🎧 1960's Culture/History/Inventions 04:00 🎧 Puzzles/Cards</p>	<p>09:30 🎧 Daily Chronicle 09:45 🎧 Ageless Grace 10:45 🎧 Scrabble-Word Finder 11:15 🎧 Devotion and Hymns with the Chaplin 02:00 🎧 1960's Music and Trivia 03:00 🎧 Chef Special with Salad Bar 03:30 🎧 Cottage Inside/Outside Walking Group 04:00 🎧 Bible Study</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Weekly Current Event 10:30 🎧 Ageless Grace 11:15 🎧 Sing-A-Long 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Green Thumb Club 03:15 🎧 Resident Show and Tell 03:45 🎧 Fun Facts and Trivia about 1960's 04:15 🎧 Hand Exercises</p>	<p>Happy Birthday W. Wilcox Olympics in Tokyo begins 09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 12:30 🎧 Media room for the Olympic games 02:00 🎧 Dominoes 02:30 🎧 Birthday Celebration 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Motor Skills-Afternoon Stretches</p>	<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 12:30 🎧 Media room for the Olympic games 01:30 🎧 Ladder Ball 02:00 🎧 Manicures/Hand Massages 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 06:00 🎧 Evening Movie</p>
<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 12:30 🎧 Media room for the Olympic games 01:30 🎧 Ladder Ball 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 04:00 🎧 Parachute & Beach Ball Toss 06:00 🎧 Evening Movie</p>	<p>09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 11:20 🎧 Aroma Therapy 12:30 🎧 Media room for the Olympic games 02:30 🎧 Art Throb- Psychedelic Pop Art 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Conversational Ball</p>	<p>National Korean War and Veterans Armistice Day 09:30 🎧 The Daily Chronicle 10:00 🎧 Summer Poems 10:30 🎧 Ageless Grace 11:15 🎧 Spice Club-Grapefruit and Ginger 12:30 🎧 Media room for the Olympic games 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Balloon Volleyball 03:30 🎧 1960's Culture/History/Inventions 04:00 🎧 Puzzles/Cards</p>	<p>09:30 🎧 Daily Chronicle 09:45 🎧 Ageless Grace 10:45 🎧 White Board Discussion 11:15 🎧 Devotion and Hymns with the Chaplin 12:30 🎧 Media room for the Olympic games 02:00 🎧 1960's Music and Trivia 03:00 🎧 Chef Special-Banana Splits 03:30 🎧 Cottage Inside/Outside Walking Group 04:00 🎧 Bible Study</p>	<p>09:30 🎧 The Daily Chronicle 10:00 🎧 Bowling 10:30 🎧 Ageless Grace 11:15 🎧 Sing-A-Long 12:30 🎧 Media room for the Olympic games 02:00 🎧 Cottage Indoor/Outdoor Walk Group 02:30 🎧 Green Thumb Club 03:15 🎧 Resident Show and Tell 03:45 🎧 Fun Facts with the July Gazette 04:15 🎧 Hand Exercises</p>	<p>International Day of Friendship 09:30 🎧 Daily Chronicle 10:00 🎧 Noodles and Balloons 10:30 🎧 Ageless Grace 11:00 🎧 Devotion and Hymns 12:30 🎧 Media room for the Olympic games 02:00 🎧 Dominoes 02:30 🎧 International Day of Friendship photo booth 03:30 🎧 Cottage Indoor/Outdoor Walking Group 04:00 🎧 Motor Skills-Afternoon Stretches</p>	<p>09:30 🎧 Daily Devotion 10:00 🎧 Sing Hymns or Play Hymns 10:45 🎧 Daily Chronicle 11:00 🎧 Patio Chat/Light Therapy 12:30 🎧 Media room for the Olympic games 01:30 🎧 Ladder Ball 02:00 🎧 Manicures/Hand Massages 02:30 🎧 Coffee and Conversation 03:30 🎧 Afternoon Movie and snack 06:00 🎧 Evening Movie</p>