

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT



am ● Thymeless Sessions
am ● Olympic Obstacle Course
am ● History of Colorado Springs
am ● Funny Bone Humor
pm ● Bible Stories
pm ● Name 5
pm ● Thymeless Sessions
eve ● Bead Sorting

am ● Thymeless Sessions
am ● Music in Motion
am ● Explore the World: App of the Day
am ● Daily Chronicle
pm ● Words of Wisdom (from our residents)
pm ● I Spy
pm ● Thymeless Sessions
eve ● Helping Hands: Sorting Utensils

am ● Thymeless Sessions
am ● Tai Chi Exercise
am ● Traveling Colorado Springs (UTube)
am ● Complete the Song
pm ● Songs of Faith & Inspiration
pm ● Coupon Clipping
pm ● Thymeless Sessions
eve ● Fireside Relaxation

Independence Day
am ● Thymeless Sessions
am ● Olympic Music and Strengths
am ● Cooking Club
am ● Mindful Meditation
am ● Poetry Circle: Colorado Springs
pm ● Songs of Faith & Inspiration
pm ● Thymeless Sessions
eve ● Tic Tac Toe

am ● Thymeless Sessions
am ● Joyride
am ● Exercising with Pom Pom's
am ● Trivia Time
am ● Sing the Song
am ● Spark
pm ● Chicken Soup for the Soul
pm ● Bingo
pm ● Thymeless Sessions
eve ● Helping Hands: Washing/ Drying Utensils

am ● Thymeless Sessions
am ● Senior Stretches
am ● Good Scoop News
am ● Conversation Starters
pm ● Bible Study
pm ● Words of Wisdom
pm ● Thymeless Sessions
eve ● Helping Hands: Setting Tables

LOCATIONS

Memory Care Program Room
Memory Care "F" Neighborhood
Memory Care "G" Neighborhood

BIRTHDAYS
THIS MONTH

Linda Sue B. 7/12

Thomas G. 7/23

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Programs are subject to change

am ● Thymeless Sessions
am ● Morning Movements
am ● Spelling Bee: Colorado Springs Attractions
am ● Animal humor (UTube)
pm ● Spiritual Reflections
pm ● Cards & Conversation
pm ● Thymeless Sessions
eve ● Helping Hands: Folding laundry

am ● Thymeless Sessions
am ● Strength Training
am ● History of Olympic Center
am ● Hand Massages and Music
pm ● Mindful Meditation & Stories
pm ● IN2L: Explore, What Was There?
pm ● Thymeless Sessions
eve ● Alphabetizing Movies

am ● Thymeless Sessions
am ● Movement and Meditation
am ● Discussions & Debates
am ● Reminiscing by the Fire
pm ● Encouraging Word (IN2L)
pm ● Colorado Springs Trivia (internet)
pm ● Thymeless Sessions
eve ● Sorting Cash & Coins

am ● Thymeless Sessions
am ● Chair Yoga
am ● Conversation Starters
am ● Reminiscing Summer in the Springs (IN2L)
pm ● Songs of Faith & Inspiration
pm ● For a Good Cause (IN2L)
pm ● Thymeless Sessions
eve ● Table Games

am ● Thymeless Sessions
am ● Simple Stretches
am ● Baking Club
am ● Meditation Reflection
am ● Trivia Thursday's
pm ● Spiritual Stories
pm ● **Theme Party: "Summer in the Springs" with Bobby Jackson**
pm ● Thymeless Sessions
eve ● Conversation Starters

am ● Thymeless Sessions
am ● Movement & Meditation
am ● Games: Name the Opposite
am ● Group Storytelling: Colorado Memories
am ● Spark
pm ● Spiritual Hymns
pm ● Bingo
pm ● Thymeless Sessions
eve ● Helping Hands: Washing/ Drying Utensils

am ● Thymeless Sessions
am ● Chair Dancing to Colorado Country Music
am ● Painting a Picture
am ● Singing with Susie
pm ● Bible Study
pm ● Table Topic Conversations
pm ● Thymeless Sessions
eve ● Bottle Cap Sorting

am ● Thymeless Sessions
am ● Exercise with Scarves
am ● Spelling Bee: Colorado Mountains
am ● Hand Massages
pm ● Spiritual Reflections
pm ● Tea & Talk Club
pm ● Thymeless Sessions
eve ● Coupon Clipping

am ● Thymeless Sessions
am ● Olympic Obstacle Course
am ● History of Pikes Peak
am ● Reminiscing Old Colorado City
pm ● Bible Stories
pm ● Name 5
pm ● Thymeless Sessions
eve ● Bead Sorting

am ● Thymeless Sessions
am ● Music in Motion
am ● Explore the World: App of the Day
am ● Daily Chronicle
pm ● Words of Wisdom (from our residents)
pm ● 20 Questions
pm ● Thymeless Sessions
eve ● Helping Hands: Sorting Utensils

am ● Thymeless Sessions
am ● Tai Chi Exercise
am ● Traveling Pikes Peak (UTube)
am ● Reminiscing Manitou Springs
pm ● Songs of Faith & Inspiration
pm ● Coupon Clipping
pm ● Thymeless Sessions
eve ● Fireside Relaxation

am ● Thymeless Sessions
am ● Olympic Music and Strengths
am ● Cooking Club
am ● Mindful Meditation
am ● Poetry Circle: Mountain Majesty
pm ● Gardening out on the Patio
pm ● Thymeless Sessions
eve ● Tic Tac Toe

am ● Thymeless Sessions
am ● Strength Exercise
am ● Trivia Time
am ● Sing the Song
am ● Spark
pm ● Chicken Soup for the Soul
pm ● Bingo
pm ● Thymeless Sessions
eve ● Helping Hands: Washing/ Drying Utensils

am ● Thymeless Sessions
am ● Senior Stretches
am ● Good Scoop News
am ● Conversation Starters
pm ● Bible Study
pm ● Words of Wisdom
pm ● Thymeless Sessions
eve ● Helping Hands: Setting Tables

am ● Thymeless Sessions
am ● Morning Movements
am ● Spelling Bee: Summer Words
am ● Bloopers (UTube)
pm ● Spiritual Reflections
pm ● Cards & Conversation
pm ● Thymeless Sessions
eve ● Helping Hands: Folding laundry

am ● Thymeless Sessions
am ● Strength Training
am ● History of Norad in Colorado Springs
am ● Hand Massages and Music
pm ● Mindful Meditation & Stories
pm ● IN2L: Explore, What Was There?
pm ● Thymeless Sessions
eve ● Alphabetizing Movies

am ● Thymeless Sessions
am ● Movement and Meditation
am ● Discussions & Debates
am ● Reminiscing by the Fire
pm ● Encouraging Word (IN2L)
pm ● Board Game: Checkers
pm ● Thymeless Sessions
eve ● Sorting Cash & Coins

am ● Thymeless Sessions
am ● Chair Yoga
am ● Conversation Starters
am ● Famous Works of Art
pm ● Songs of Faith & Inspiration
pm ● For a Good Cause (IN2L)
pm ● Thymeless Sessions
eve ● Table Games

am ● Thymeless Sessions
am ● Simple Stretches
am ● Baking Club
am ● Meditation Reflection
am ● Trivia Thursday's
pm ● Spiritual Stories
pm ● Thymeless Sessions
eve ● Conversation Starters

am ● Thymeless Sessions
am ● Movement & Meditation
am ● Games: Name the Opposite
am ● Group Storytelling: Colorado Memories
am ● Spark
pm ● Spiritual Hymns
pm ● Bingo
pm ● Bookmarks
pm ● Thymeless Sessions
eve ● Helping Hands: Washing/Drying Utensils

am ● Thymeless Sessions
am ● Chair Dancing to Colorado Country Music
am ● Painting a Picture
am ● Singing with Susie
pm ● Bible Study
pm ● Table Topic Conversations
pm ● Thymeless Sessions
eve ● Bottle Cap Sorting

am ● Thymeless Sessions
am ● Exercise with Scarves
am ● Spelling Bee: Colorado Parks
am ● Hand Massages
pm ● Spiritual Reflections
pm ● Tea & Talk Club
pm ● Thymeless Sessions
eve ● Coupon Clipping

am ● Thymeless Sessions
am ● Olympic Obstacle Course
am ● History of Winter
am ● Funny Bone Humor
pm ● Bible Stories
pm ● Name 5
pm ● Thymeless Sessions
eve ● Bead Sorting

am ● Thymeless Sessions
am ● Music in Motion
am ● Explore the World: App of the Day
am ● Daily Chronicle
pm ● Words of Wisdom (from our residents)
pm ● I Spy
pm ● Thymeless Sessions
eve ● Helping Hands: Sorting Utensils

am ● Thymeless Sessions
am ● Tai Chi Exercise
am ● Traveling Colorado (UTube)
am ● Reminiscing Recipes
pm ● Songs of Faith & Inspiration
pm ● Coupon Clipping
pm ● Thymeless Sessions
eve ● Fireside Relaxation



"Do the best you can until you know better. Then when you know better, do better."

— Maya Angelou

