





July 2025
Experience Service

Monthly Activities

		Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div> EMBRACE BY SENIOR LIFESTYLE</div> <div> LIBERTY HEIGHTS <i>a Senior Lifestyle community</i></div> <div><div><div> *Diversity Event</div><div> *Outing</div><div> Embrace -BOOKMARKS</div><div> Embrace -ESSENCE</div><div> Embrace -THYMELESS</div><div> Enrich - Art & Soul</div><div> Explore - Spiritual Health & Religion</div><div> _CONNECT</div><div> _CONTRIBUTE</div><div> _FEEL</div><div> _GROW</div><div> _MOVE</div><div> _REFLECT</div></div></div> <div><div><div>MC Program Room</div><div>MCF</div></div><div>PR F</div></div>			<div><div>9:30 Work out in Nature [F]</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless BYO Taco Salad</div><div>11:00 Campus Kindness</div><div>11:30 Paint like Picasso</div><div>2:00 Hersey Kisses Day: Virtual tour of Hersey Factory</div><div>3:00 Thymeless- Root in Nature</div><div>4:00 My melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>1</div>	<div><div>9:30 Drum alive</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless hummus and veggies</div><div>11:00 Art Corner</div><div>2:00 One with nature challenge: Dolphin sounds</div><div>3:00 Snack and Music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>2</div>	<div><div>9:30 Horse Race</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO pizza muffin</div><div>11:30 Craft corner</div><div>2:00 Book Club [PR]</div><div>3:00 Thymeless- Root in Nature</div><div>3:30 Comedy Corner</div><div>4:00 Singfit my melody</div><div>5:30 Wind down to a Movie</div></div> <div>3</div>	<div><div>Independence Day</div><div>9:30 Hula-hoop Workout</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Pasta Salad</div><div>11:30 Art corner</div><div>1:30 Walking Club</div><div>3:00 Cookies and Patriotic Songs</div><div>4:00 Private essence sessions</div><div>5:30 Virtual Firework show</div></div> <div>4</div>	<div><div>9:30 Kickball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless Sessions smores snack mix [PR]</div><div>11:00 Trivia</div><div>11:45 Flower Arrangements</div><div>2:00 Bingo</div><div>3:30 Snacks and get to know your neighbor</div><div>5:30 Wind down to a Movie</div></div> <div>5</div>								
		<div><div>9:30 Volleyball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Sundae</div><div>11:30 Express yourself art corner</div><div>2:00 Sunday reflect</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>5:30 Wind down to a Movie</div></div> <div>6</div>	<div><div>9:30 Ball Toss</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: Baking apple fritter bread</div><div>11:00 First Responders Happy Hour</div><div>11:30 Monthly Birthday Celebration with Felix</div><div>1:30 Walking Club</div><div>2:00 Bookmarks</div><div>3:00 International Food with friends: German</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>7</div>	<div><div>9:30 Work out in Nature [F]</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless BYO Taco Salad</div><div>11:00 Campus Kindness</div><div>11:30 Paint like Picasso</div><div>2:00 singfit My melody</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>4:00 My melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>8</div>	<div><div>9:30 Drum alive</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Happy Hour with Ginger</div><div>10:30 Thymeless hummus and veggies</div><div>11:00 Art Corner</div><div>2:00 One with Nature Challenge: Rolling rivers</div><div>3:00 Snack and Music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>9</div>	<div><div>9:00 Healthy Foot Clinic 9-11a</div><div>9:30 Horse Race</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO pizza muffin</div><div>11:30 Craft corner</div><div>2:00 Book Club [PR]</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>3:30 Comedy Corner</div><div>4:00 My Melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>10</div>	<div><div>9:30 Hula-hoop Workout</div><div>9:30 Joy ride: Adopt a fire station, cookie delivery day</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Pasta Salad</div><div>11:30 All American Pet Photo Day</div><div>1:30 Walking Club</div><div>3:00 Cookies and Latin music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>11</div>	<div><div>9:30 Kickball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless Sessions smores snack mix [PR]</div><div>11:00 Trivia</div><div>11:45 Flower Arrangements</div><div>2:00 Bingo</div><div>3:30 Snacks and get to know your neighbor</div><div>5:30 Wind down to a Movie</div></div> <div>12</div>							
		<div><div>9:30 Volleyball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Sundae</div><div>11:30 Express yourself art corner</div><div>2:00 Sunday reflect</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>5:30 Wind down to a Movie</div></div> <div>13</div>	<div><div>9:30 Ball Toss</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: Baking apple fritter bread</div><div>11:00 Weird Science - Lightening in a jar</div><div>1:30 Walking Club</div><div>2:00 Bookmarks</div><div>3:00 International Food with friends: Mexican</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>14</div>	<div><div>9:30 Work out in Nature [F]</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless BYO Taco Salad</div><div>11:00 Campus Kindness</div><div>11:30 Paint like Picasso</div><div>2:00 singfit My melody</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>4:00 My melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>15</div>	<div><div>9:30 Drum alive</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless hummus and veggies</div><div>11:00 Art Corner</div><div>2:00 One with Nature Challenge: Waves</div><div>3:00 Snack and Music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>16</div>	<div><div>9:30 Horse Race</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO pizza muffin</div><div>11:30 Craft corner</div><div>2:00 Book Club [PR]</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>3:30 Comedy Corner</div><div>4:00 My Melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>17</div>	<div><div>9:30 Hula-hoop Workout</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Pasta Salad</div><div>11:30 Art corner</div><div>1:30 Walking Club</div><div>3:00 Cookies and classical music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>18</div>	<div><div>9:30 Kickball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless Sessions smores snack mix [PR]</div><div>11:00 Trivia</div><div>11:45 Flower Arrangements</div><div>2:00 Bingo</div><div>3:30 Snacks and get to know your neighbor</div><div>5:30 Wind down to a Movie</div></div> <div>19</div>							
		<div><div>9:30 Volleyball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Sundae</div><div>11:30 Express yourself art corner</div><div>2:00 Sunday reflect</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>5:30 Wind down to a Movie</div></div> <div>20</div>	<div><div>9:30 Ball Toss</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: Baking apple fritter bread</div><div>11:00 Weird Science - BYO lava lamp</div><div>1:30 Walking Club</div><div>2:00 Bookmarks</div><div>3:00 International Food with friends: Italian</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>21</div>	<div><div>9:30 Denver Nature & Science Museum [F]</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless BYO Taco Salad</div><div>11:00 Campus Kindness</div><div>11:30 Paint like Picasso</div><div>2:00 singfit My melody</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>4:00 My melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>22</div>	<div><div>9:30 Drum alive</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless hummus and veggies</div><div>11:00 Art Corner</div><div>2:00 One with Nature Challenge: Bird calls</div><div>3:00 Snack and Music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>23</div>	<div><div>9:30 Horse Race</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO pizza muffin</div><div>11:30 Craft corner</div><div>2:00 Book Club [PR]</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>3:30 Comedy Corner</div><div>4:00 My Melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>24</div>	<div><div>9:30 Hula-hoop Workout</div><div>9:30 Joy ride</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Pasta Salad</div><div>11:00 Coffee with a cop</div><div>1:30 Walking Club</div><div>3:00 Cookies and Classic Rock music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>25</div>	<div><div>9:30 Kickball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless Sessions smores snack mix [PR]</div><div>11:00 Trivia</div><div>11:45 Flower Arrangements</div><div>2:00 Bingo</div><div>3:30 Snacks and get to know your neighbor</div><div>5:30 Wind down to a Movie</div></div> <div>26</div>							
		<div><div>9:30 Volleyball</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO Sundae</div><div>11:30 Express yourself art corner</div><div>2:00 Sunday reflect</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>5:30 Wind down to a Movie</div></div> <div>27</div>	<div><div>9:30 Picnic in the Park</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: Baking apple fritter bread</div><div>11:00 Weird Science - Explosive Volcanos</div><div>1:30 Walking Club</div><div>2:00 Bookmarks</div><div>3:00 International Food with friends: Chinese</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>28</div>	<div><div>9:30 Work out in Nature [F]</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless BYO Taco Salad</div><div>11:00 Campus Kindness</div><div>11:30 Paint like Picasso</div><div>2:00 singfit My melody</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>4:00 My melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>29</div>	<div><div>9:30 Drum alive</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless hummus and veggies</div><div>11:00 Art Corner</div><div>2:00 One with Nature Challenge: Rain Forest</div><div>3:00 Snack and Music</div><div>4:00 Private essence sessions</div><div>5:30 Wind down to a Movie</div></div> <div>30</div>	<div><div>9:30 Horse Race</div><div>10:00 Daily Chronicles</div><div>10:15 15min of sunshine and hydration</div><div>10:30 Thymeless: BYO pizza muffin</div><div>11:30 Craft corner</div><div>2:00 Book Club [PR]</div><div>3:00 Thymeless- Root in Nature, water garden</div><div>3:30 Comedy Corner</div><div>4:00 My Melody private session</div><div>5:30 Wind down to a Movie</div></div> <div>31</div>	<div><div><div>1</div><div>4 of July</div><div>Independence Day</div></div><div><div>“Do the best you can until you know better. Then when you know better, do better.”</div><div>— Maya Angelou</div></div></div>								