

# July 2021

## MC July Monthly 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Resident Birthdays</b></p> <p>Cora D. 7/5 Ozell Y. 7/13 Belva M. 7/16 Francine F. 7/20 Neva G. 7/29</p>	<p><b>Location Keys</b></p> <p>Activity Room AR Courtyard CY Neighborhood 2 N2 The Cottage The Cottage</p>	<p><b>Culinary</b></p> <p><b>Health/Wellness</b></p> <p><b>Physical</b></p> <p><b>Social</b></p> <p><b>Spiritual</b></p> <p><b>Intellectual</b></p>		<p><b>1960's The Swinging 60s Era!</b></p> <p>9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; International Joke Day 1:30 ☘ EXERCISE - Chair Stretching 3:00 ☘ Memories In The Making - 1960s Themed Paintings [The Cottage] 4:00 ☘ EXERCISE - Knee Extensions 4:15 Laughter &amp; Lemonade Social 4:30 ☘ Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>1960's The Swinging 60s Era!</b></p> <p>9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Park it Day - National Parks 1:30 ☘ EXERCISE - Walking Club 2:00 1960s Fun Facts Friday 2:30 Friday afternoon Outing - Scenic Drive 4:00 ☘ EXERCISE - Toe touch &amp; Stretch 4:15 Snoezelen - Sensory - Optical illusions with combined lighting effects, aromas, colors, textures &amp; sounds</p>	<p><b>1960's The Swinging 60s Era!</b></p> <p>9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Hot Diggity Dog Day "Hot Dogs" 1:30 ☘ EXERCISE - Sit Down Jumping Jacks 2:30 Hand massages &amp; Manicures 3:00 SUIT UP - Card Game 3:30 EXERCISE - "I Spy" Walking Club 4:00 ☘ Spelling B Game 4:30 Visual Stimulation - Sensory - Light therapy, movies &amp; videos &amp; decorating</p>
<p><b>4</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Put it on the Grill Day 1:30 ☘ EXERCISE - Music &amp; Dancing 2:30 ☘ BINGO 3:30 ☘ Celebrating Independence Day Social 4:30 Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>5</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Graham Cracker Day 1:30 ↔ EXERCISE - Yoga - Stretching 2:30 ☘ Card Games, Puzzles, Mathematics, Spelling Bee 3:30 1960's Decade - Attire "Clothing, History &amp; Culture" 4:00 EXERCISE - Standing &amp; sitting Leg Curl 4:15 Olfactory Stimulation - Sensory "Spices, Fresh Herbs, Fresh flower smells, Aromatic Tea's &amp; More"</p>	<p><b>6</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; An All-Star Day "Baseball" 1:30 ↔ EXERCISE - Sit to Stand 2:30 Tea &amp; 1960s Trivia Tuesday 3:30 MANAGER ACTIVITY - Walking Club &amp; Scavenger Hunt [The Cottage] 4:00 ONE DAY VIDEO 4:15 ☘ EXERCISE - Bicep Curls 4:30 Tactile Stimulation - Sensory - Awareness of textures &amp; touch</p>	<p><b>7</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Lucky 7 Day 1:30 EXERCISE - Core Strengthening 2:30 ☘ Green Thumb Club - Putting new Mulch out in our flower beds 3:00 Gustatory Stimulation 1960's Sensory - Different foods &amp; flavors [N2] 3:30 BINGO [CY] 4:30 EXERCISE - shoulder &amp; Neck stretches</p>	<p><b>8</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Oh, Beans! Day 1:30 ☘ EXERCISE - Chair Stretching 3:00 ☘ Memories In The Making - 1960s Themed Paintings [The Cottage] 4:00 ☘ EXERCISE - Knee Extensions 4:15 Laughter &amp; Lemonade Social 4:30 ☘ Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>9</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Howe Now? Day (Inventions of the sewing machine, crossword puzzles, ect.) 1:30 ☘ EXERCISE - Walking Club 2:00 1960s Fun Facts Friday 2:30 Friday afternoon Outing - Scenic Drive 4:00 ☘ EXERCISE - Toe touch &amp; Stretch 4:15 Snoezelen - Sensory - Optical illusions with combined lighting effects, aromas, colors, textures &amp; sounds</p>	<p><b>10</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Don't Step on a Bee Day (All about Bees) 1:30 ☘ EXERCISE - Sit Down Jumping Jacks 2:30 Hand massages &amp; Manicures 3:00 SUIT UP - Card Game 3:30 EXERCISE - "I Spy" Walking Club 4:00 ☘ Spelling B Game 4:30 Visual Stimulation - Sensory - Light therapy, movies &amp; videos &amp; decorating</p>
<p><b>11</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Make your own Sundae Day 1:30 ☘ EXERCISE - Music &amp; Dancing 2:30 ☘ Name That Tune Day - 1953 Premiered 3:30 ☘ Wimbledon Tennis Final - Social Gathering 4:30 Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>12</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Summer Songs Day 1:30 ↔ EXERCISE - Yoga - Stretching 2:30 ☘ Card Games, Puzzles, Mathematics, Spelling Bee 3:30 1960's Decade - Music &amp; Dance - ARTS &amp; CRAFTS 4:00 EXERCISE - Standing &amp; sitting Leg Curl 4:15 Olfactory Stimulation - Sensory "Spices, Fresh Herbs, Fresh flower smells, Aromatic Tea's &amp; More"</p>	<p><b>13</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Cow Appreciation Day 1:30 ↔ EXERCISE - Sit to Stand 2:30 Tea &amp; 1960s Trivia Tuesday 3:30 Walking Club &amp; Scavenger Hunt [The Cottage] 4:00 ONE DAY VIDEO 4:15 ☘ EXERCISE - Bicep Curls 4:30 Tactile Stimulation - Sensory - Awareness of textures &amp; touch</p>	<p><b>14</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Sports in color Day 1:30 EXERCISE - Core Strengthening 2:30 ☘ Green Thumb Club - Replenishing &amp; Pruning our Container Plants 3:00 Gustatory Stimulation - BASTILLE DAY "Everything French Cuisine" [N2] 3:30 BINGO [CY] 4:30 EXERCISE - shoulder &amp; Neck stretches</p>	<p><b>15</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; A Generous Day "all about charity's" 12:00 1960's Decade Swinging 60's Luncheon 1:30 ☘ EXERCISE - Chair Stretching 3:00 ☘ Memories In The Making - 1960s Themed Paintings [The Cottage] 4:00 ☘ EXERCISE - Knee Extensions 4:15 Laughter &amp; Lemonade Social 4:15 Story telling time - 4:30 ☘ Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>16</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Frankfurter Day 1:30 ☘ EXERCISE - Walking Club 2:00 1960s Fun Facts Friday 2:30 Friday afternoon Outing - Scenic Drive 3:30 CHRISTMAS IN JULY 4:00 ☘ EXERCISE - Toe touch &amp; Stretch 4:15 Snoezelen - Sensory - Optical illusions with combined lighting effects, aromas, colors, textures &amp; sounds</p>	<p><b>17</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Disneyland's Birthday 1:30 ☘ EXERCISE - Sit Down Jumping Jacks 2:30 Hand massages &amp; Manicures 3:00 SUIT UP - Card Game 3:30 EXERCISE - "I Spy" Walking Club 4:00 ☘ Spelling B Game 4:30 Visual Stimulation - Sensory - Light therapy, movies &amp; videos &amp; decorating</p>
<p><b>18</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Pucker up Day "All things Sour" 1:30 ☘ EXERCISE - Music &amp; Dancing 2:30 ☘ BINGO 3:30 ☘ Sing a Long Songs 4:30 Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>19</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Bryers Ice Cream Day "The science about Ice Cream" 1:30 ↔ EXERCISE - Yoga - Stretching 2:30 ☘ Card Games, Puzzles, Mathematics, Spelling Bee 3:30 1960's Decade - FAMOUS FACES BORN 4:00 EXERCISE - Standing &amp; sitting Leg Curl 4:15 Olfactory Stimulation - Sensory "Spices, Fresh Herbs, Fresh flower smells, Aromatic Tea's &amp; More"</p>	<p><b>20</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; International cake Day 1:30 ↔ EXERCISE - Sit to Stand 2:30 Tea &amp; 1960s Trivia Tuesday 3:30 Walking Club &amp; Scavenger Hunt [The Cottage] 4:00 ONE DAY VIDEO 4:15 ☘ EXERCISE - Bicep Curls 4:30 Tactile Stimulation - Sensory - Awareness of textures &amp; touch</p>	<p><b>21</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Black &amp; White Day "All things that are Black &amp; White" 1:30 EXERCISE - Core Strengthening 2:30 ☘ Green Thumb Club - Making Flower Bouquets 3:00 Gustatory Stimulation 1960's Sensory - Different foods &amp; flavors [N2] 3:30 BINGO [CY] 4:30 EXERCISE - shoulder &amp; Neck stretches</p>	<p><b>22</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; A Fashionable Day "Current Trends" 1:30 ☘ EXERCISE - Chair Stretching 3:00 ☘ Memories In The Making - 1960s Themed Paintings [The Cottage] 4:00 ☘ EXERCISE - Knee Extensions 4:15 Laughter &amp; Lemonade Social 4:15 Story telling time - 4:30 ☘ Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>23</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Gorgeous Grandma Day 1:30 ☘ EXERCISE - Walking Club 2:00 1960s Fun Facts Friday 2:30 Friday afternoon Outing - Scenic Drive 3:30 OLYMPICS IN TOKYO Begins - Opening Ceremony 4:00 ☘ EXERCISE - Toe touch &amp; Stretch 4:15 Snoezelen - Sensory - Optical illusions with combined lighting effects, aromas, colors, textures &amp; sounds</p>	<p><b>24</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Take care of yourself Day 1:30 ☘ EXERCISE - Sit Down Jumping Jacks 2:30 Hand massages &amp; Manicures 3:00 SUIT UP - Card Game 3:30 EXERCISE - "I Spy" Walking Club 4:00 ☘ Spelling B Game 4:30 Visual Stimulation - Sensory - Light therapy, movies &amp; videos &amp; decorating</p>
<p><b>25</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Picnic in the Park Sunday 1:30 ☘ EXERCISE - Music &amp; Dancing 2:30 ☘ BINGO 3:30 ☘ Sing a Long Songs 4:30 Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>26</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; It's only Rock "n" Roll Day 1:30 ↔ EXERCISE - Yoga - Stretching 2:30 ☘ Card Games, Puzzles, Mathematics, Spelling Bee 3:30 1960's Decade - POPULAR FOOD &amp; CULTURE 4:00 EXERCISE - Standing &amp; sitting Leg Curl 4:15 Olfactory Stimulation - Sensory "Spices, Fresh Herbs, Fresh flower smells, Aromatic Tea's &amp; More"</p>	<p><b>27</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; National Korean War &amp; Veterans Armistice Day 1:30 ↔ EXERCISE - Sit to Stand 2:30 Tea &amp; 1960s Trivia Tuesday 3:30 Walking Club &amp; Scavenger Hunt [The Cottage] 4:00 ONE DAY VIDEO 4:15 ☘ EXERCISE - Bicep Curls 4:30 Tactile Stimulation - Sensory - Awareness of textures &amp; touch</p>	<p><b>28</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Sculpture Day "Most Famous Sculptures" 1:30 EXERCISE - Core Strengthening 2:30 ☘ Green Thumb Club - Discussing Fall Flowers &amp; what we want to plant 3:00 Gustatory Stimulation 1960's Sensory - Different foods &amp; flavors [N2] 3:30 BINGO [CY] 4:30 EXERCISE - shoulder &amp; Neck stretches</p>	<p><b>29</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Getting to know you Day 1:30 ☘ EXERCISE - Chair Stretching 3:00 ☘ Memories In The Making - 1960s Themed Paintings [The Cottage] 4:00 ☘ EXERCISE - Knee Extensions 4:15 Laughter &amp; Lemonade Social 4:15 Story telling time - 4:30 ☘ Auditory Stimulation - Sensory "Vast range of musical Instruments &amp; Sounds"</p>	<p><b>30</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; In God We Trust Day 1:30 ☘ EXERCISE - Walking Club 2:00 1960s Fun Facts Friday 2:30 Friday afternoon Outing - Scenic Drive 3:30 International Day of Friendship! Meet &amp; Greet Social 4:00 ☘ EXERCISE - Toe touch &amp; Stretch 4:15 Snoezelen - Sensory - Optical illusions with combined lighting effects, aromas, colors, textures &amp; sounds</p>	<p><b>31</b></p> <p>1960's The Swinging 60s Era! 9:00 ☘ Coffee &amp; Conversation [AR] 9:30 ☘ Prayer &amp; Devotional &amp; Songs of Faith</p> <p>10:00 ↔ Ageless Grace 11:00 Daily Chronicles &amp; Jump for Jelly Beans Day 1:30 ☘ EXERCISE - Sit Down Jumping Jacks 2:30 Hand massages &amp; Manicures 3:00 SUIT UP - Card Game 3:30 EXERCISE - "I Spy" Walking Club 4:00 ☘ Spelling B Game 4:30 Visual Stimulation - Sensory - Light therapy, movies &amp; videos &amp; decorating</p>