

July 2021

The Cottage at The Ridgela Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Resident Birthdays</p> <p>Earnesteen P. 7/2 Gwendolyn "Gwen" C. 7/19 Ethel R. 7/21 Dean S. 7/21 Phyliss B. 7/22 Michael K. 7/25</p>	<p>Intellectual Physical Sensory Social Spiritual</p>			<p>9:30 🦋 Morning Prayer and Hymns 1 10:00 ➡ Ageless Grace Fitness and Exercise Class 11:00 🦋 Word Game-Creative Ice Cream Flavors 1:00 🦋 Vintage Video-I Love Lucy 2:00 ➡ Noodle Ball 2:30 🦋 Spice Club 4:00 ➡ Sport Game-Golf on the Green</p>	<p>9:30 🦋 Devotional with Matt 2 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 11:00 🦋 Word Game- Independence Day 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 3:00 🦋 Red, White and Blue Social 3:30 🦋 Bingo with Friends</p>	<p>9:30 🦋 Devotional and Hymns 3 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 ➡ Brain Game- Fill in the Blank 2:00 ➡ Noodle Ball 2:30 🦋 Salon Saturday Manicures and Hand Massages 4:00 ➡ Sport Game</p>
<p>Independence Day 4</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Morning Manicures & Hand Massages 2:00 ➡ Noodle Ball 2:30 🦋 Brain Game 3:00 🦋 Sunday Social 4:00 ➡ Sport Game</p>	<p>5</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 11:00 🦋 Memories in the Making-Olympic Rings 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 3:00 🦋 Bingo! 4:00 ➡ Sport Game-Corn Hole</p>	<p>6</p> <p>9:30 🦋 Morning Prayer and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 11:00 🦋 Sensory Box- Beach 1:00 🦋 Vintage Video-I Love Lucy 2:00 ➡ Noodle Ball 2:30 🦋 Ice Cream Bar Social 3:30 🦋 Bingo with Friends 4:00 ➡ Sport Game-Golf on the Green</p>	<p>7</p> <p>9:30 🦋 Morning Prayer and Scripture [DR] 10:00 ➡ Ageless Grace Fitness and Exercise Class 11:00 🦋 1960's Music Matching 1:00 🦋 Vintage Video-I Love Lucy 2:00 ➡ Noodle Ball 3:00 🦋 National Strawberry Sundae Day! 3:30 🦋 Green Thumb Club- Floral Arranging 4:00 ➡ Sport Game-Bocce Ball</p>	<p>8</p> <p>9:30 🦋 Morning Prayer and Hymns with Michelle 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Word Game-Fill in the blank with Michelle 11:00 🦋 Bingo with Friends 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 2:30 🦋 Spice Club 4:00 ➡ Sport Game-Bowling</p>	<p>9</p> <p>9:30 🦋 Devotional with Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Decorate Sugar Cookies 11:00 🦋 1960's Word Game 1:00 🦋 Vintage Video-Golden Girls 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 3:00 🦋 Pop & Popcorn Social 3:30 🦋 Bingo with Friends 4:00 ➡ Balloon Volleyball</p>	<p>10</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 ➡ Brain Game- Fill in the Blank 2:00 ➡ Noodle Ball 2:30 🦋 Salon Saturday Manicures and Hand Massages 4:00 ➡ Sport Game</p>
<p>11</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Morning Manicures & Hand Massages 2:00 ➡ Noodle Ball 2:30 🦋 Brain Game 3:00 🦋 Sunday Social 4:00 ➡ Sport Game</p>	<p>12</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 11:00 🦋 Memories in the Making 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 3:30 🦋 Hand Massages and Manicures 4:00 ➡ Sport Game-Bowling</p>	<p>13</p> <p>9:30 🦋 Morning Prayer and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 2:30 🦋 Ice Cream Bar Social 4:00 ➡ Sport Game-Corn Hole</p>	<p>14</p> <p>9:30 🦋 Morning Prayer and Scripture [DR] 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Word Game-Facts about the French and French Words 1:00 🦋 Vintage Video-Julie & Julia 2:00 ➡ Noodle Ball 3:00 🦋 Bastille Day Social- Pastries for Snack 3:30 🦋 Green Thumb Club- Floral Arranging 4:00 ➡ Sport Game-Ping Pong</p>	<p>15</p> <p>9:30 🦋 Morning Prayer and Hymns with Michelle 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 1960's Fashion Trends 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 2:30 🦋 Spice Club 3:30 🦋 Craft Club- Peace Sign 4:00 ➡ Sport Game-Dutch Shuffleboard 5:00 🦋 1960's Decade Dinner [DR]</p>	<p>16</p> <p>9:30 🦋 Devotional with Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Christmas in July- Sing-a-long 1:00 🦋 Vintage Video-White Christmas 2:00 ➡ Noodle Ball 3:00 🦋 Decorate-Christmas in July Cookies 3:30 🦋 Christmas Bingo with Friends 4:00 ➡ Sport Game-Snow Ball Bucket Game</p>	<p>17</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 ➡ Brain Game- Fill in the Blank 2:00 ➡ Noodle Ball 2:30 🦋 Salon Saturday Manicures and Hand Massages 4:00 ➡ Sport Game</p>
<p>18</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Morning Manicures & Hand Massages 2:00 ➡ Noodle Ball 2:30 🦋 Brain Game 3:00 🦋 Sunday Social 4:00 ➡ Sport Game</p>	<p>19</p> <p>9:30 🦋 Devotional with Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 11:00 🦋 Memories in the Making-Sunflowers 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 4:00 ➡ Olympic-Bingo!</p>	<p>20</p> <p>9:30 🦋 Morning Prayer and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Picture- Matching 11:00 🦋 Sensory Box- Garden 1:00 🦋 Vintage Video-I Love Lucy 2:00 ➡ Noodle Ball 2:30 🦋 Ice Cream Bar Social 4:00 ➡ Sport Game-Washers</p>	<p>21</p> <p>9:30 🦋 Morning Prayer and Scripture [DR] 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 2:30 🦋 Green Thumb Club- Floral Arranging 3:30 🦋 Pet Therapy with Willa 4:00 ➡ Sport Game-Olympic Picture Bingo!</p>	<p>22</p> <p>9:30 🦋 Morning Prayer and Hymns with Michelle 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Table Stations with Michelle 11:00 🦋 Back Massages and Manicures 1:00 🦋 Vintage Video-I Love Lucy 2:00 ➡ Noodle Ball 2:30 🦋 Spice Club 4:00 ➡ Sport Game-Bowling!</p>	<p>23</p> <p>9:30 🦋 Devotional with Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 2:30 🦋 Kent Myers [2CR] 3:00 🦋 Pop & Popcorn Social 4:00 ➡ Olympic-Bingo! 7:00 🦋 Tokyo Olympics Begin!</p>	<p>24</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 ➡ Brain Game- Fill in the Blank 2:00 ➡ Noodle Ball 2:30 🦋 Salon Saturday Manicures and Hand Massages 4:00 ➡ Sport Game</p>
<p>25</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Morning Manicures & Hand Massages 2:00 ➡ Noodle Ball 2:30 🦋 Brain Game 3:00 🦋 Sunday Social 4:00 ➡ Sport Game</p>	<p>26</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 11:00 🦋 Memories in the Making 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 3:00 🦋 Hand Massages and Manicures 4:00 ➡ Sport Game-Ring Toss</p>	<p>27</p> <p>9:30 🦋 Morning Prayer and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Conversation Cards 11:00 🦋 Sensory Box-Beach 1:00 🦋 Vintage Video-Golden Girls 2:00 ➡ Noodle Ball 2:30 🦋 Ice Cream Bar Social 4:00 ➡ Sport Game-Cornhole</p>	<p>28</p> <p>9:30 🦋 Morning Prayer and Scripture [DR] 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Word Game- Fill in the blank 1:00 🦋 Vintage Video 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 3:30 🦋 Green Thumb Club- Floral Arranging 4:00 ➡ Sport Game-Washers</p>	<p>29</p> <p>9:30 🦋 Morning Prayer and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Table Stations 1:00 🦋 Vintage Video-My Fair Lady 2:00 ➡ Noodle Ball 2:30 🦋 Spice Club 4:00 ➡ Sport Game-Golf on the Green</p>	<p>30</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 🦋 Mindful Music Sing-a-long 1:00 🦋 Vintage Video 1:00 🦋 Vintage Video-The Brady Bunch 2:00 ➡ Noodle Ball 3:00 🦋 Pop & Popcorn Social and Friendship Bracelets! 3:30 🦋 Bingo with Friends 4:00 ➡ Sport Game-Bowling</p>	<p>31</p> <p>9:30 🦋 Devotional and Hymns 10:00 ➡ Ageless Grace Fitness and Exercise Class 10:30 ➡ Brain Game- Fill in the Blank 2:00 ➡ Noodle Ball 2:30 🦋 Salon Saturday Manicures and Hand Massages 4:00 ➡ Sport Game</p>