July 2021 Monthly Activities Disability Awareness Month Friday Sunday Monday Tuesday Wednesday Thursday Saturday 7:30 • Breakfast 7:30 • Breakfast 7:30 • Breakfast 9:00 • Daily Chronicle [AR] 9:00 • Daily Chronicle [AR] 8:30 • Daily Chronicles 9:00 | Thymeless- Gardening 9:30 • Walk This Way 9:00 • Sit and Stretch [AR] 9:30 • Thymeless-Water 10:00 Music By Ronnie 10:00 🍴 Thymeless- Gardening 11:30 • Lunch Plants 1:30 • Lunch MEMORY CARE 10:00 | Kitchen Skills 1:00 • Emotions Activity [AR] 2:30 & Essence nbrace 1:00 • Celebrity Trivia [AR] 11:30 • Lunch 1:30 • Scenic Drive 3:00 | Cooking Club With Andy [AR] 1:00 • Resident's Choice Movie 2:00 • Scenic Drive 4:30 • Dinner 3:30 • Snack & Hydration 3:00 • Clustering BY SENIOR LIFESTYLE 5:30 • TV Marathon [LR] 4:30 • Dinner 4:30 • Dinner 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] WWW.SENIORLIFESTYLE.COM Activities are subject to change 7:30 • Breakfast 9:00 • Daily Chronicle [AR] 8:30 • Daily Chronicles 9:30 • Walk This Way 9:30 Thymeless- Gardening 9:00 | Thymeless- Gardening 9:00 • Sit and Stretch [AR] 9:15 Sit and Stretch 9:15 • Arm Exercises 9:00 | Thymeless- Gardening 9:30 • Thymeless-Water 9:30 | Thymeless-Kitchen 9:30 • American's with 10:30 • Bible Study/Music 9:30 N. Blueberry Day-10:00 🍴 Thymeless- Gardening 9:30 • Thymeless-Water Disabilities Act laws and facts [AR] Blueberry Cobbler Plants 11:30 • Lunch 1:30 • Lunch 10:00 Y Kitchen Skills 10:00 • TV Church Services [LR] 10:00 Snack & Hydration 10:00 Bookmarks [AR] 11:30 • Lunch 1:00 Conversation Ball 12:30 A Essence 1:00 • Emotions Activity [AR] 11:30 • Lunch 10:30 Pretty Nails [AR] 11:30 • Lunch 2:00 • N. Chocolate Day-Chocolate 1:00 • Celebrity Trivia [AR] 11:30 • Lunch THUNDERBIRD 1:00 • Resident's Choice Movie and 11:30 • Lunch 1:00 Noodles & Balloons Tasting [AR] 1:30 • Scenic Drive 2:00 • Scenic Drive 1:00 • Resident's Choice Movie 1:00 • Bookmarks [AR] 3:00 • Coffee Break With Andy [AR] 3:00 | Cooking Club With Andy [AR] Popcorn 2:00 • Scenic Drive 3:00 • Clustering 3:30 • Snack & Hydration a Senior Lifestyle community 4:30 • Dinner 2:00 Spark#5 Cognitive [AR] 3:00 • Snack & Hydration 4:30 • Dinner 4:30 • Dinner 4:30 • Dinner 4:30 • Dinner 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 3:30 • Clustering 4:30 • Dinner 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 4:30 • Dinner 5:30 • TV Marathon [LR] 7:30 • Breakfast ***ESSENCE** 6 8:30 • Daily Chronicles 9:00 • Daily Chronicle [AR] *SPARK 9:15 • Sit and Stretch 9:15 • Arm Exercises 9:00 | Thymeless- Gardening 9:30 | Thymeless- Gardening 9:00 Thymeless- Gardening 9:30 • Walk This Way 9:00 • Sit and Stretch [AR] 9:30 ¶ Thymeless-Kitchen 9:30 • Athletes With 10:00 Music By New Vision 10:00 🍴 Thymeless- Gardening 9:30 • Thymeless-Water 9:30 • Thymeless-Water 10:30 • Bible Study/Music *THYMELESS Disabilities [AR] Ministries Plants 11:30 • Lunch 11:30 • Lunch Plants 10:00 • Snack & Hydration 11:30 • Lunch 10:00 Kitchen Skills 10:00 • TV Church Services [LR] 10:00 • Bookmarks [AR] 1:00 • Conversation Ball 12:30 **Essence** CONNECT 11:30 • Lunch 10:30 Pretty Nails [AR] 11:30 • Lunch 2:00 N. Shark Awareness Day-All About 1:00 • Emotions Activity [AR] 1:00 • World Snake Day-All About Snakes 1:30 • Lunch 1:00 • Resident's Choice Movie and 1:00 Noodles & Balloons 1:00 Resident's Choice Movie 11:30 • Lunch Sharks [AR] 1:30 Scenic Drive CONTRIBUTE 1:00 • Bookmarks [AR] 3:00 • Coffee Break With Andy [AR] 3:00 | Cooking Club With Andy [AR] 2:00 • Scenic Drive Popcorn 2:00 • Scenic Drive 3:00 • Clustering 4:30 • Dinner FEEL 2:00 Spark #6-Social [AR] 3:00 • Snack & Hydration 4:30 • Dinner 3:30 • Snack & Hydration 4:30 • Dinner 5:30 • TV Marathon [LR] 3:30 • Clustering 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 4:30 • Dinner 4:30 • Dinner GROW 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 4:30 • Dinner 5:30 • TV Marathon [LR] MOVE REFLECT 7:30 • Breakfast 9:00 • Daily Chronicle [AR] 8:30 • Daily Chronicles 9:00 | Thymeless- Gardening 9:30 • Walk This Way 9:00 • Sit and Stretch [AR] 9:15 • Sit and Stretch 9:15 • Arm Exercises 9:30 Thymeless- Gardening 9:00 | Thymeless- Gardening 9:30 | Thymeless-Kitchen 9:30 • Inspirational Quotes 10:30 • Bible Study/Music 9:30 • Virgin River On Netflix 0:00 | Thymeless- Gardening 9:30 • Thymeless-Water 9:30 • Thymeless-Water 11:30 • Lunch 11:30 • Lunch Bunch Outing 11:30 • Lunch 10:00 • TV Church Services [LR] 10:00 • Snack & Hydration 10:00 Bookmarks [AR] 10:00 Kitchen Skills 1:00 • Conversation Ball 1:00 • Emotions Activity [AR] 12:30 🦀 Essence 11:30 • Lunch 10:30 • Pretty Nails [AR] 11:30 • Lunch 3:00 • Coffee Break With Andy [AR] 1:30 • Scenic Drive 1:00 • Celebrity Trivia [AR] 11:30 • Lunch 1:00 • Resident's Choice Movie and 11:30 • Lunch 1:00 Noodles & Balloons 3:00 | Cooking Club With Andy [AR] 1:00 • Resident's Choice Movie 4:30 • Dinner 2:00 • Scenic Drive Popcorn 1:00 • Bookmarks [AR] 2:00 • Scenic Drive 5:30 • TV Marathon [LR] 3:30 • Snack & Hydration 3:00 • Clustering 4:30 • Dinner 4:30 • Dinner 3:30 • Clustering 3:00 • Snack & Hydration 4:30 • Dinner 5:30 • TV Marathon [LR] 4:30 • Dinner 5:30 • TV Marathon [LR] 4:30 • Dinner 4:30 • Dinner 5:30 • TV Marathon [LR] **Location Keys Activity Room** 7:30 • Breakfast 26 Living Room 9:00 • Daily Chronicle [AR] 8:30 • Daily Chronicles ZŌ 9:00 | Thymeless- Gardening 9:30 | Thymeless- Gardening 9:30 • Walk This Way 9:00 • Sit and Stretch [AR] 9:15 • Sit and Stretch 9:15 • Arm Exercises 9:00 Thymeless- Gardening 9:30 • Thymeless-Water 9:30 • Thymeless-Water 9:30 | Thymeless-Kitchen 9:15 Arm Exercises [AR] 10:30 • Bible Study/Music 9:30 • Virgin River On Netflix 10:00 | Thymeless- Gardening Plants 10:00 • Bookmarks [AR] 11:30 • Lunch 11:30 • Lunch 1:30 • Lunch Plants 10:00 | Kitchen Skills 10:00 • TV Church Services [LR] 10:00 • Snack & Hydration 11:30 • Lunch 1:00 • Emotions Activity [AR] 1:00 • Conversation Ball 2:30 & Essence 11:30 • Lunch 10:30 Pretty Nails [AR] 1:00 Noodles & Balloons 3:00 • Coffee Break With Andy [AR] 11:30 • Lunch 1:30 • Scenic Drive 1:00 • Celebrity Trivia [AR] 1:00 • Resident's Choice Movie 1:00 • Resident's Choice Movie and 11:30 • Lunch 3:00 | Cooking Club With Andy [AR] 2:00 • Scenic Drive 4:30 • Dinner 2:00 • Scenic Drive Popcorn 1:00 • Bookmarks [AR] 3:00 • Snack & Hydration 5:30 • TV Marathon [LR] 4:30 • Dinner 3:30 • Snack & Hydration 3:00 • Clustering 4:30 • Dinner 3:30 • Clustering 5:30 • TV Marathon [LR] 4:30 • Dinner 4:30 • Dinner 4:30 • Dinner 5:30 • TV Marathon [LR] 4:30 • Dinner 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR] 5:30 • TV Marathon [LR]