July 2025
Your Spirit

Monthly Activities

EMBRACE
BY SENIOR LIFESTYLE

EVERGREEN & WELLSPRING
a Senior Lifestyle community

*Diversity Event
*Outing
Embrace -BOOKMARKS
Embrace -ESSENCE
Embrace -MELODY
Embrace -SNAPSHOTS
Embrace -SPARK
Embrace -THYMELESS
_CONNECT
_CONTRIBUTE
_FEEL
_GROW
_MOVE
REFLECT

Location Keys

Dining Room	DR
Living Room	LR
Rose Room	R

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Exercise: Chair Stretches 10:00 Reading Circle time 10:30 "Arts and Crafts" 1:00 Piano time with Amy 1:30 Melody "Music Therapy" 2:00 Fresh Flower Arranging 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Happy Hour Snack and Karaoke 3:30 Crossword Puzzles and Games [DR] 6:00 Tuesday Evening Music Trivia	**2** 9:30 Chair Dance 10:00 40's Fashion Fun 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popcorn and Conversation [DR] 1:30 Walking for Wellness "Daily Walk" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:00 Mark Ramsey Entertainment 2:30 Replenishing the Garden 3:00 IN2L Trivia Reminisce 6:00 Whine Down Wednesday and Let's Talk!	**3** 9:30 Exercise: Chair dancing — Essence relaxation time 10:30 Patio Time with Crafts Musical Karaoke 1:00 Outing with the residents " Bowling" 1:00 Popcorn and Conversation 1:30 Craft station 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Ring toss with the residents 3:30 Bingo 6:00 Thursday Night Show	**4** **Independence Day** 9:30 Exercise: Chair Stretches 10:00 Daily Chronicles [DR] 10:30 Craft station on the patio with Karaoke 1:00 Popsicles and Reminiscing 1:30 Melody "Music Therapy" 2:00 4th of July Celebration with Flag Craft 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Freestyle friday "Book Club" Gardening 3:00 Essence relaxation time 6:00 Freestyle Friday Evening	**5** 9:30 Exercise: Chair dancing 10:15 Painting with the residents 10:30 Walk to Bristo and Conversation 1:00 Movie of the day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Sensory Group and puzzles 6:00 Saturday Night Movie
6 9:30 Sunday Morning Exercise [LR] 10:00 Joel Osteen Ministries "Church Hour" [LR] 10:30 Bingo [LR] 1:30 Game day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Painting with the residents 6:00 Sunday Evening Popcorn Conversation	**7** 9:30 Exercise: Chair Yoga 10:00 Spark Graduation 2025 Celebration 10:30 Residents' choice Cookbook Recipe [DR] 1:00 Snapshot " Reminisce Passport Travel" 1:30 Baking Club Monday 2:00 Hydration coloring and conversation on the patio with Lemonade 2:00 Kicking Cowboy Entertainment 2:30 Nail Salon 2:45 Hanging out by the pool Mondays! Sunglasses and sun Bathing 6:00 Monday Night Karaoke	**8** 9:30 Exercise: Chair Stretches 10:00 Reading Circle time 10:30 "Arts and Crafts" 1:00 Piano time with Amy 1:30 Melody "Music Therapy" 2:00 Fresh Flower Arranging 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Happy Hour Snack and Karaoke 3:30 Crossword Puzzles and Games [DR] 6:00 Tuesday Evening Music Trivia	**9** 9:30 Chair Dance 10:00 40's Fashion Fun 10:30 Patio Time with Crafts Musical Karaoke 1:00 Outing " Picnic in the Park" 1:00 Popcorn and Conversation [DR] 1:30 Walking for Wellness "Daily Walk" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Replenishing the Garden 3:00 IN2L Trivia Reminisce 6:00 Whine Down Wednesday and Let's Talk!	**10** 9:30 Exercise: Chair dancing — Essence relaxation time 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popcorn and Conversation 1:30 Craft station 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Ring toss with the residents 3:30 Bingo 6:00 Thursday Night Show	**11** 9:30 Exercise: Chair Stretches 10:00 Daily Chronicles [DR] 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popsicles and Reminiscing 1:30 Melody "Music Therapy" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Freestyle friday "Book Club" Gardening 3:00 Essence relaxation time 6:00 Freestyle Friday Evening	**12** 9:30 Exercise: Chair dancing 10:15 Painting with the residents 10:30 Walk to Bristo and Conversation 1:00 Movie of the day 2:00 Hydration coloring and conversation on the patio with Lemonade "National Paper Bag Day" Hand Puppets 2:30 Sensory Group and puzzles 6:00 Saturday Night Movie
13 9:30 Sunday Morning Exercise [LR] 10:00 Joel Osteen Ministries "Church Hour" [LR] 10:30 Bingo [LR] 1:30 Game day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Painting with the residents 6:00 Sunday Evening Popcorn Conversation	**14** 9:30 Exercise: Chair Yoga 10:00 Intro to Spark "Physical" 10:30 Residents' choice Cookbook Recipe [DR] 1:00 Snapshot "All about the Summer" Fun times and Places 1:30 Baking Club Monday 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Nail Salon 2:45 Hanging out by the pool Mondays! Sunglasses and sun Bathing 6:00 Monday Night Karaoke	**15** 9:30 Exercise: Chair Stretches 10:00 Reading Circle time 10:30 "Arts and Crafts" 1:00 Piano time with Amy 1:30 Melody "Music Therapy" 2:00 Fresh Flower Arranging 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Happy Hour Snack and Karaoke 3:30 Crossword Puzzles and Games [DR] 6:00 Tuesday Evening Music Trivia	**16** 9:30 Chair Dance 10:00 40's Fashion Fun 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popcorn and Conversation [DR] 1:30 Walking for Wellness "Daily Walk" 2:00 Elvis Has came to Town Entertainment 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Replenishing the Garden 3:00 IN2L Trivia Reminisce 6:00 Whine Down Wednesday and Let's Talk!	**17** 9:30 Exercise: Chair dancing — Essence relaxation time 10:30 Patio Time with Crafts Musical Karaoke 11:00 Outing "Zoo" 1:00 Popcorn and Conversation 1:30 Craft station 2:00 Hydration coloring and conversation on the patio with Lemonade 2:00 Kicking Cowboy Entertainment 2:30 Ring toss with the residents 3:30 Bingo 6:00 Thursday Night Show	**18** 9:30 Exercise: Chair Stretches 10:00 Daily Chronicles [DR] 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popsicles and Reminiscing 1:30 Melody "Music Therapy" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Freestyle friday "Book Club" Gardening 3:00 Essence relaxation time 6:00 Freestyle Friday Evening	**19** 9:30 Exercise: Chair dancing 10:15 Painting with the residents 10:30 Walk to Bristo and Conversation 1:00 Movie of the day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Sensory Group and puzzles 6:00 Saturday Night Movie
20 9:30 Sunday Morning Exercise [LR] 10:00 Joel Osteen Ministries "Church Hour" [LR] 10:30 Bingo [LR] 1:30 Game day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Painting with the residents 6:00 Sunday Evening Popcorn Conversation	**21** 9:30 Exercise: Chair Yoga 10:00 Spark "Nutrition" Brainy Cookies 10:30 Residents' choice Cookbook Recipe [DR] 1:00 Snapshot "All about the Summer" Fun times and Places 1:30 Baking Club Monday 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Nail Salon 2:45 Hanging out by the pool Mondays! Sunglasses and sun Bathing 6:00 Monday Night Karaoke	**22** 9:30 Exercise: Chair Stretches 10:00 Reading Circle time 10:30 "Arts and Crafts" 1:00 Piano time with Amy 1:30 Melody "Music Therapy" 2:00 Fresh Flower Arranging 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Happy Hour Snack and Karaoke 3:30 Crossword Puzzles and Games [DR] 6:00 Tuesday Evening Music Trivia	**23** 9:30 Chair Dance 10:00 40's Fashion Fun 10:30 Patio Time with Crafts Musical Karaoke 1:00 Outing 1:00 Popcorn and Conversation [DR] 1:30 Walking for Wellness "Daily Walk" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Replenishing the Garden 3:00 Birthday Celebration with ice cream and music 3:00 IN2L Trivia Reminisce 6:00 Whine Down Wednesday and Let's Talk!	**24** 9:30 Exercise: Chair dancing — Essence relaxation time 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popcorn and Conversation 1:30 Craft station 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Ring toss with the residents 3:30 Bingo 6:00 Thursday Night Show	**25** 9:30 Exercise: Chair Stretches 10:00 Daily Chronicles [DR] 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popsicles and Reminiscing 1:30 Melody "Music Therapy" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Freestyle friday "Book Club" Gardening 3:00 Essence relaxation time 6:00 Freestyle Friday Evening	**26** 9:30 Exercise: Chair dancing 10:15 Painting with the residents 10:30 Walk to Bristo and Conversation 1:00 Movie of the day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Sensory Group and puzzles 6:00 Saturday Night Movie
27 9:30 Sunday Morning Exercise [LR] 10:00 Joel Osteen Ministries "Church Hour" [LR] 10:30 Bingo [LR] 1:30 Game day 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Painting with the residents 6:00 Sunday Evening Popcorn Conversation	**28** 9:30 Exercise: Chair Yoga 10:00 Spark "Sleep" 10:30 Residents' choice Cookbook Recipe [DR] 1:00 Snapshot "All about the Summer" Fun times and Places 1:30 Baking Club Monday 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Nail Salon 2:45 Hanging out by the pool Mondays! Sunglasses and sun Bathing 6:00 Monday Night Karaoke	**29** 9:30 Exercise: Chair Stretches 10:00 Reading Circle time 10:30 "Arts and Crafts" 1:00 Piano time with Amy 1:30 Melody "Music Therapy" 2:00 Fresh Flower Arranging 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Happy Hour Snack and Karaoke **3:00 Birthday Celebration [R]** 3:30 Crossword Puzzles and Games [DR] 6:00 Tuesday Evening Music Trivia	**30** 9:30 Chair Dance 10:00 40's Fashion Fun 10:30 Patio Time with Crafts Musical Karaoke 12:00 Outing " Museum" 1:00 Popcorn and Conversation [DR] 1:30 Walking for Wellness "Daily Walk" 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Replenishing the Garden 3:00 IN2L Trivia Reminisce 6:00 Whine Down Wednesday and Let's Talk!	**31** 9:30 Exercise: Chair dancing — Essence relaxation time 10:30 Patio Time with Crafts Musical Karaoke 1:00 Popcorn and Conversation 1:30 Craft station 2:00 Hydration coloring and conversation on the patio with Lemonade 2:30 Ring toss with the residents 3:30 Bingo 6:00 Thursday Night Show		"Do the best you can until you know better. Then when you know better, do better." *— Maya Angelou*