




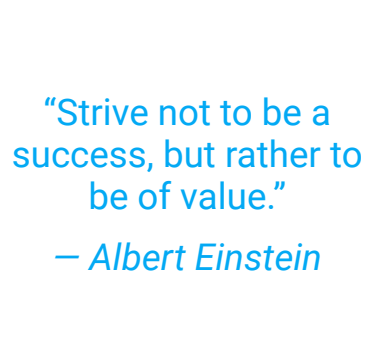
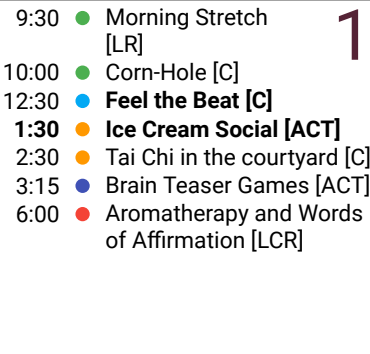
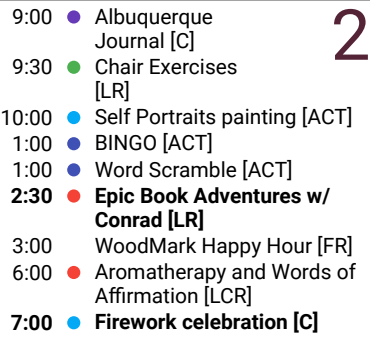
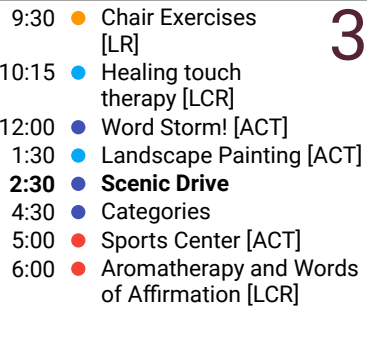
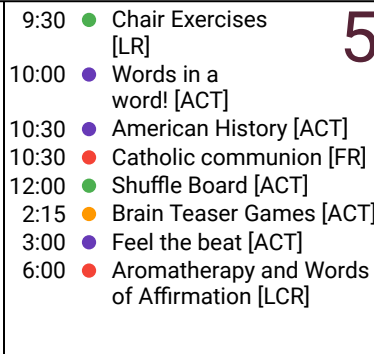
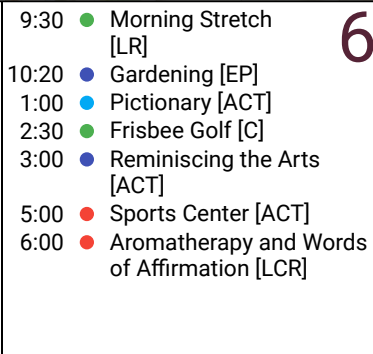
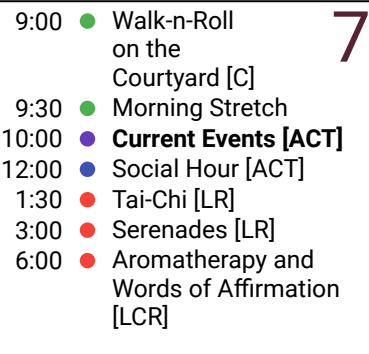
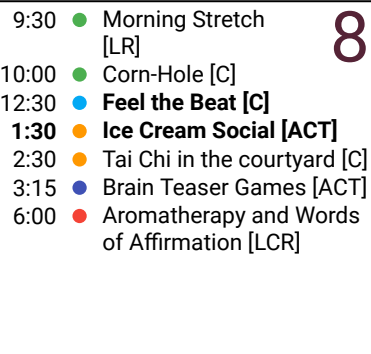
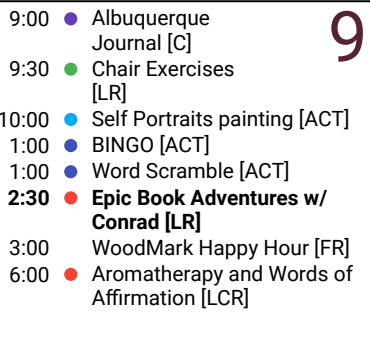
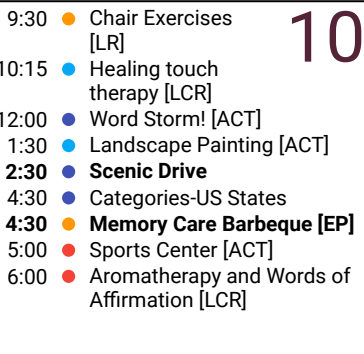
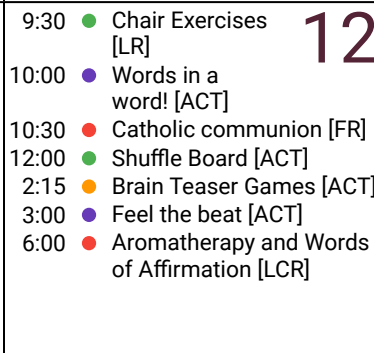
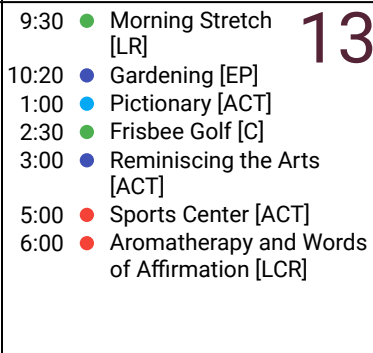
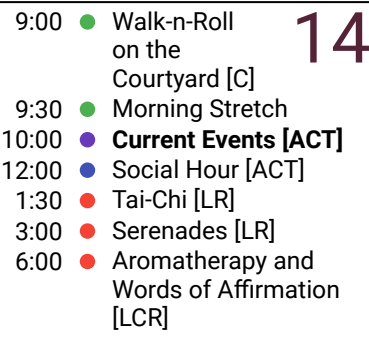
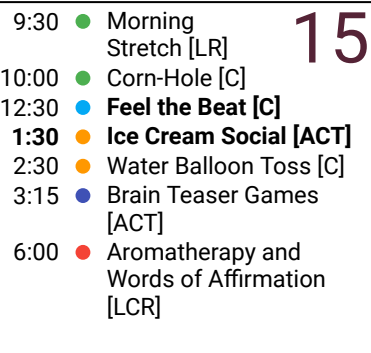
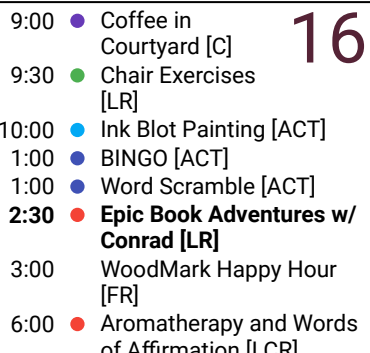
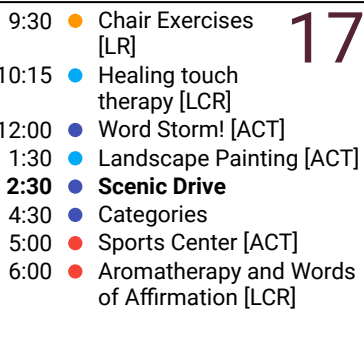
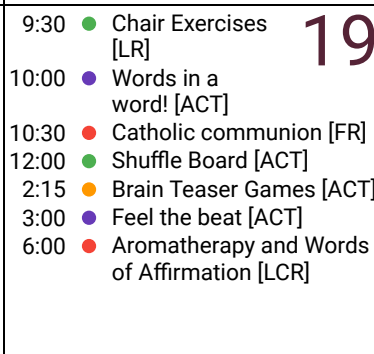
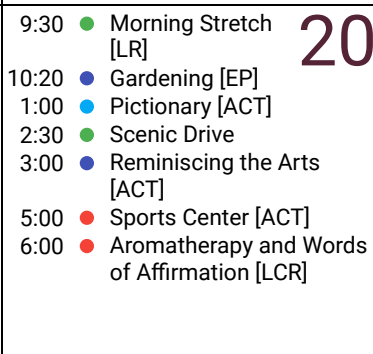
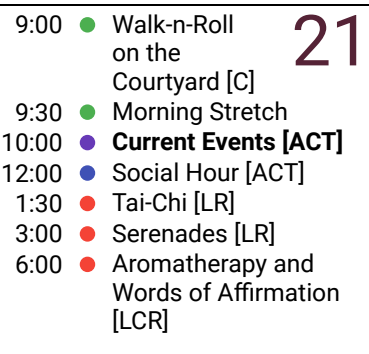
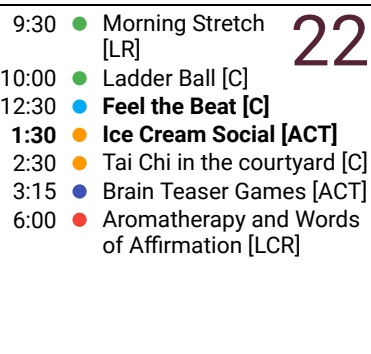
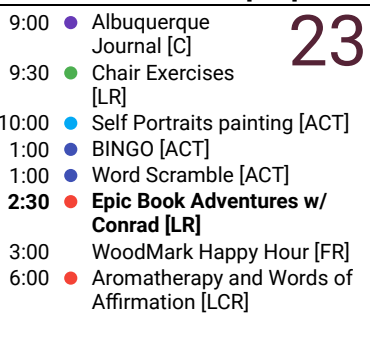
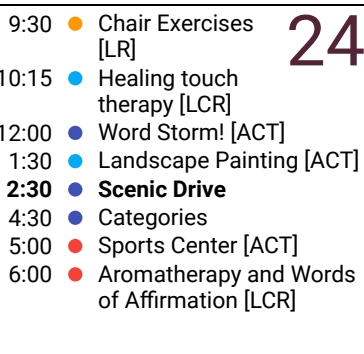
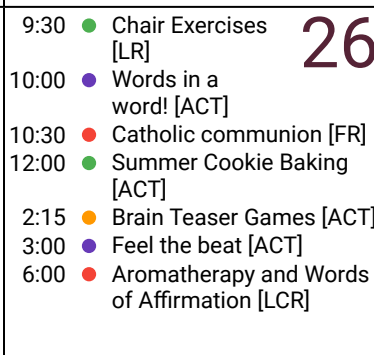
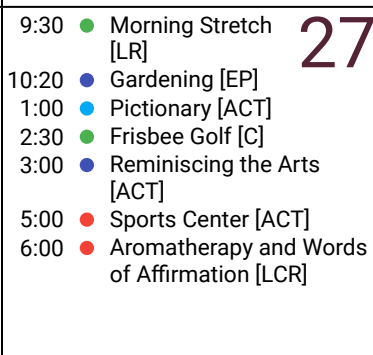
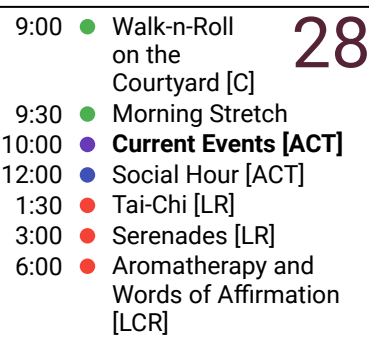
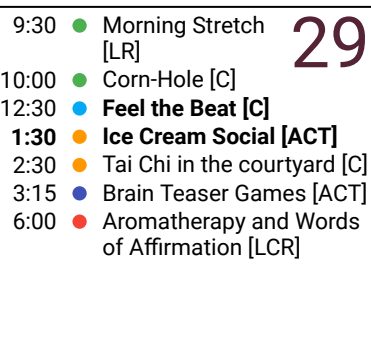
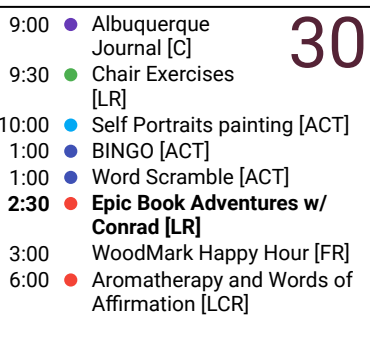
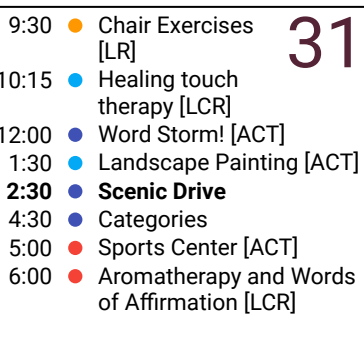


Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div><p>MEMORY CARE <b>Embrace</b> BY SENIOR LIFESTYLE</p><p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p></div> <div><p>THE WOODMARK AT UPTOWN <i>a Senior Lifestyle community</i></p></div> <div><div><div>● CONNECT</div><div>● CONTRIBUTE</div><div>● FEEL</div><div>● GROW</div><div>● MOVE</div><div>● REFLECT</div></div><div><div>Location Keys</div><div>Courtyard Fiesta Room La Calma Room Living Room Spa Activity Room Spa East Patio</div><div>C FR LCR LR ACT EP</div></div></div>		<div></div> <div><b>Independence Day</b> 9:30 ● Morning Stretch [ACT] 10:00 ● WoodMark Church [FR] 12:00 ● Gardening club [C] 1:00 ● Music in the courtyard [C] 3:00 ● Basket Ball [EP] 5:00 ● <b>Walk and Roll Club [C]</b> 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>4</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:00 ● Words in a word! [ACT] 10:30 ● American History [ACT] 10:30 ● Catholic communion [FR] 12:00 ● Shuffle Board [ACT] 2:15 ● Brain Teaser Games [ACT] 3:00 ● Feel the beat [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>5</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:20 ● Gardening [EP] 1:00 ● Pictionary [ACT] 2:30 ● Frisbee Golf [C] 3:00 ● Reminiscing the Arts [ACT] 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>6</b></div>	<div></div> <div>“Strive not to be a success, but rather to be of value.” — <i>Albert Einstein</i></div> <div>9:00 ● Walk-n-Roll on the Courtyard [C] 9:30 ● Morning Stretch 10:00 ● <b>Current Events [ACT]</b> 12:00 ● Social Hour [ACT] 1:30 ● Tai-Chi [LR] 3:00 ● Serenades [LR] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>7</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:00 ● Corn-Hole [C] 12:30 ● <b>Feel the Beat [C]</b> 1:30 ● <b>Ice Cream Social [ACT]</b> 2:30 ● Tai Chi in the courtyard [C] 3:15 ● Brain Teaser Games [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>1</b></div>	<div></div> <div>9:00 ● Albuquerque Journal [C] 9:30 ● Chair Exercises [LR] 10:00 ● Self Portraits painting [ACT] 1:00 ● BINGO [ACT] 1:00 ● Word Scramble [ACT] 2:30 ● <b>Epic Book Adventures w/ Conrad [LR]</b> 3:00 ● WoodMark Happy Hour [FR] 6:00 ● Aromatherapy and Words of Affirmation [LCR] 7:00 ● <b>Firework celebration [C]</b></div> <div><b>2</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:15 ● Healing touch therapy [LCR] 12:00 ● Word Storm! [ACT] 1:30 ● Landscape Painting [ACT] 2:30 ● <b>Scenic Drive</b> 4:30 ● Categories 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>3</b></div>					
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		<div></div> <div>9:30 ● Morning Stretch [ACT] 10:00 ● WoodMark Church [FR] 12:00 ● Gardening club [C] 1:00 ● Music in the courtyard [C] 3:00 ● Basket Ball [EP] 5:00 ● <b>Walk and Roll Club [C]</b> 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>18</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:00 ● Words in a word! [ACT] 10:30 ● Catholic communion [FR] 12:00 ● Shuffle Board [ACT] 2:15 ● Brain Teaser Games [ACT] 3:00 ● Feel the beat [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>19</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:20 ● Gardening [EP] 1:00 ● Pictionary [ACT] 2:30 ● Scenic Drive 3:00 ● Reminiscing the Arts [ACT] 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>20</b></div>	<div></div> <div>9:00 ● Walk-n-Roll on the Courtyard [C] 9:30 ● Morning Stretch 10:00 ● <b>Current Events [ACT]</b> 12:00 ● Social Hour [ACT] 1:30 ● Tai-Chi [LR] 3:00 ● Serenades [LR] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>21</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:00 ● Ladder Ball [C] 12:30 ● <b>Feel the Beat [C]</b> 1:30 ● <b>Ice Cream Social [ACT]</b> 2:30 ● Tai Chi in the courtyard [C] 3:15 ● Brain Teaser Games [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>22</b></div>	<div></div> <div>9:00 ● Albuquerque Journal [C] 9:30 ● Chair Exercises [LR] 10:00 ● Self Portraits painting [ACT] 1:00 ● BINGO [ACT] 1:00 ● Word Scramble [ACT] 2:30 ● <b>Epic Book Adventures w/ Conrad [LR]</b> 3:00 ● WoodMark Happy Hour [FR] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>23</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:15 ● Healing touch therapy [LCR] 12:00 ● Word Storm! [ACT] 1:30 ● Landscape Painting [ACT] 2:30 ● <b>Scenic Drive</b> 4:30 ● Categories 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>24</b></div>					
		<div></div> <div>9:30 ● Morning Stretch [ACT] 10:00 ● WoodMark Church [FR] 12:00 ● Gardening club [C] 1:00 ● Music in the courtyard [C] 3:00 ● Basket Ball [EP] 5:00 ● <b>Walk and Roll Club [C]</b> 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>25</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:00 ● Words in a word! [ACT] 10:30 ● Catholic communion [FR] 12:00 ● Summer Cookie Baking [ACT] 2:15 ● Brain Teaser Games [ACT] 3:00 ● Feel the beat [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>26</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:20 ● Gardening [EP] 1:00 ● Pictionary [ACT] 2:30 ● Frisbee Golf [C] 3:00 ● Reminiscing the Arts [ACT] 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>27</b></div>	<div></div> <div>9:00 ● Walk-n-Roll on the Courtyard [C] 9:30 ● Morning Stretch 10:00 ● <b>Current Events [ACT]</b> 12:00 ● Social Hour [ACT] 1:30 ● Tai-Chi [LR] 3:00 ● Serenades [LR] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>28</b></div>	<div></div> <div>9:30 ● Morning Stretch [LR] 10:00 ● Corn-Hole [C] 12:30 ● <b>Feel the Beat [C]</b> 1:30 ● <b>Ice Cream Social [ACT]</b> 2:30 ● Tai Chi in the courtyard [C] 3:15 ● Brain Teaser Games [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>29</b></div>	<div></div> <div>9:00 ● Albuquerque Journal [C] 9:30 ● Chair Exercises [LR] 10:00 ● Self Portraits painting [ACT] 1:00 ● BINGO [ACT] 1:00 ● Word Scramble [ACT] 2:30 ● <b>Epic Book Adventures w/ Conrad [LR]</b> 3:00 ● WoodMark Happy Hour [FR] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>30</b></div>	<div></div> <div>9:30 ● Chair Exercises [LR] 10:15 ● Healing touch therapy [LCR] 12:00 ● Word Storm! [ACT] 1:30 ● Landscape Painting [ACT] 2:30 ● <b>Scenic Drive</b> 4:30 ● Categories 5:00 ● Sports Center [ACT] 6:00 ● Aromatherapy and Words of Affirmation [LCR]</div> <div><b>31</b></div>					