calendar & activities	MC Monthly Calendar						
JUL 2019	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT 	SENIOR LIFESTYLE your life, your style	10:15 • Movement 10:30 • Daily Bread 11:00 Brain Challenge 11:30 • Walking Together 1:00 • Musical Memories 2:00 • Card Games/Cribbage 2:00 Community Bus Ride 3:30 • Reminisce 7:00 • Snack and Chat	10:30 Catholic Service 11:00 Wheel of Fortune Wii	10:30 • Daily Bread 11:00 • Brain		10:15 • Movement 10:30 • Daily Bread 11:00 • Brain Fitness 11:30 • Walking Together 1:00 • Musical Memories 3:00 • Garden Club 3:30 • Reminisce 6:30 Friday Night Movie	10:00 Play Ball 10:30 Morning Trivia and Saturday Funnies 11:30 Walking Together 6:30 Lawrence Welk Show
LOCATIONS Assisted Living - AL Courtyard - CY Country Kitchen - CK Living Room - LR Memory Care Lounge - MCL Shuttle Bus - SB BIRTHDAYS THIS MONTH			11:00 Wheel of Fortune Wii 11:30 Walking Together 1:30 Armchair Travels 2:30 Sun Seekers and Sips 3:00 Singing Together	1:00 • Musical Memories 2:00 • Card Games/ Cribbage 3:15 Poetry 7:00 • Seascapes		10:15 • Movement 10:30 • Daily Bread 11:00 • Brain Fitness 11:30 • Walking Together 1:00 • Musical Memories 3:00 • Garden Club 3:30 • Reminisce 6:30 Friday Night Movie	7
	10:00 Gaither Family Music 11:30 Walking Together 2:00 Card Games 3:00 Puzzles	10:15 Movement 10:30 Daily Bread 11:00 Brain Fitness 11:30 Walking Together 1:00 Musical Memories 2:00 Card Games/Cribbage 2:00 Community Bus Ride 3:30 Reminisce 7:00 Snack and Chat	10:00 Play Ball 10:15 Movement 10:30 Catholic Mass 11:00 Wheel of Fortune Wii 11:30 Walking Together 1:30 Armchair Travels 2:30 Sun Seekers and Sips 3:00 Singing Together	11:00 • Brain Fitness 11:30 • Walking Together 1:00 • Musical Memories 2:00 • Card Games/	7 10:00 Play Ball 18 10:15 Movement 10:30 Daily Bread 11:00 Brain Challenge 11:00 Brain Challenge 11:30 Walking Together 1:30 Armchair Travels 2:30 Sun Seekers and Sips 3:30 Family Party	10:15 Movement 19 10:30 Daily Bread 11:00 Brain Fitness 11:30 Walking Together 1:00 Musical Memories 3:00 Garden Club 3:30 Reminisce 6:30 Movie Night	10:00 Play Ball 10:30 Morning Trivia and Saturday Funnies 11:30 Walking Together 2:00 Saturday Afternoon Spectator Sports 6:30 Lawrence Welk Show
SENIOR LIFESTYLE Come grow with us!	10:00 Gaither Family Music 11:30 Walking Together 2:00 Card Games 3:00 Puzzles	10:15 Movement 10:30 Daily Bread 11:00 Brain Fitness 11:30 Walking Together 1:00 Musical Memories 2:00 Card Games/Cribbage 2:00 Community Bus Ride 3:30 Reminisce 7:00 Snack and Chat	10:15 Movement 10:30 Daily Bread 11:00 Wheel of Fortune W	10:30 Piano with	10:30 Daily Bread 11:00 Brain Challenge 11:30 Walking Together 1:30 Armchair Travels	10:15 Movement 26 10:30 Daily Bread 11:00 Brain Fitness 11:30 Walking Together 1:00 Musical Memories 3:00 Garden Club 3:30 Reminisce 6:30 Movie Night	10:00 Play Ball 27 10:30 Morning Trivia and Saturday Funnies 11:30 Walking Together 2:00 Saturday Afternoon Spectator Sports 6:30 Lawrence Welk Show
SENIOR LIFESTYLE Unlimited options, Unparalleled services WWW.SENIORLIFESTYLE.COM Activities are subject to change	Family Music 11:30 • Walking Together 2:00 • Card Games 3:00 Puzzles	10:15 Movement 20 10:30 Daily Bread 11:00 Brain Fitness 11:30 Walking Together 1:00 Musical Memories 2:00 Card Games/Cribbage Community Bus Ride 3:30 Reminisce 7:00 Snack and Chat	I I 3H Armonair Havais	10:30 • Daily Bread 11:00 • Brain	CONNECTCONTRIBUTEFEELGROWMOVEREFLECT		