July 2023 AL June				A STATE OF THE STA		created SOCOU
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 8:00  ■ Breakfast 10:00  Walking club [DR]	8:00 ¶ Breakfast 10:30 SS Movin' and Groovin' Exercise Class [AR] 11:00 ¶ Hydration Break/ Daily Chronicle	N N	FB *Find Balance  MC *Maintain Connections  SK *Seek Knowledge	Location Keys	·	8:00 ₩ Breakfast 10:00 ₩ Walking club [DR]
11:30 Church Gathering and Worship with Myron [AR] 12:00 Lunch 2:00 Puzzle Club [AR] 3:00 Food for your brain [AC] 5:00 Dinner 6:00 Movie of the night: "Residents Choice" [AR]	[AR]  11:30 MC Circle Social! [AR]  12:00 Lunch  2:00 Exercise Your Brain  3:00 Uno [AR]  5:00 Dinner  6:00 Movie of the night: "Residents Choice" [AR]	Fountain Square of Lompoc Assisted Living & Memory Care	SS *Stay Strong  ○ Intellectual  ■ Meal  Physical  Social Spiritual	Activities Corner AC Activities Room AR Assisted Living AL Dining Room DR		12:00 Lunch 2:00 Meaningful Meditation [AL] 3:00 K Food for your brain [AC] 5:00 Dinner 6:00 Movie of the night: "Residents Choice" [AR]
8:00 ¶ Breakfast 10:00 Walking club [DR] 11:30 Church Gathering and Worship with Myron [AR] 12:00 ¶ Lunch 2:00 B Puzzle Club [AR] 3:00 K Food for your brain [AC] 5:00 ¶ Dinner 6:00 Movie of the night: "Residents Choice" [AR]	12:00 Lunch 2:00 Exercise Your Brain 3:00 Uno [AR]	Independence Day  8:00 ¶ Breakfast  10:30 SS Movin' and Groovin' Exercise Class [AR]  11:00 ¶ Hydration Break/ Daily Chronicle [AR]  11:30 MC Circle Social! [AR]  12:00 ¶ Lunch  2:30 Prize Bingo [DR]  4:00 Popping Popcorn [DR]  5:00 ¶ Dinner  6:00 Movie of the night: "Residents Choice" [AR]	8:00 M Breakfast 10:00 M Resident Council! [AL] 10:30 M Movin' and Groovin' Exercise Class [AR] 11:00 M Hydration Break/ Daily Chronicle [AR] 11:30 Circle Social! [AR] 12:00 Lunch 2:00 Exercise Your Brain 5:00 M Dinner 6:00 M Movie of the night: "Residents Choice" [AR]	8:00 M Breakfast 10:30 SS Movin' and Groovin' Exercise Class [AR] 11:00 M Hydration Break/ Daily Chronicle [AR] 11:30 M Circle Social! [AR] 12:00 Lunch 2:30 Prize Bingo [DR] 4:00 Popping Popcorn [DR] 5:00 M Dinner 6:00 Movie of the night: "Residents Choice" [AR]	8:00	8:00
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