July 2021 MS monthly

EMPOWERED LIVING EVENTS

MS monthly	LIVII	VVLINLI			VLINIO	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Keys Arts and Crafts Room A&C In Room IR Savor Restaurant SR	 Mentally Stimulating Nourish Mind & Body Physically Active Purpose & Meaning in Life Social Engagement 	"Strive not to be a success, but rather to be of value." — Albert Einstein	10:30 Fit and Fun with Robin [A&C] 11:00 Yahtzee 11:00 Beadminton 2:45 words in words game with refreshments [A&C] 3:00 Hallway golf [A&C] 4:30 Aroma therapy, Lets set the tables for dinner. [SR] 5:30 Segame show and pop corn [IR] 6:30 Virtual family visits [IR]	10:00 ↔ Walking Club [A&C] 11:00 los Spa Dayl Lets do our naisle [A&C] 2:45 • words in words game with refreshments [A&C] 4:30 los Aroma therapy, Lets set the tables for dinner, [SR] 5:45 ≈ Knock knock jokes [A&C] 6:00	9:00 s Stroll with your Family and Jen [A&C] 10:00 s Stroll with your family's and Jen. [A&C] 11:00 s Stroll with your family's and Jen. [A&C] 11:00 s SingFit Music Class [A&C] 2:45 s words in words game with refreshments [A&C] 4:30 o Aroma therapy, Lets set the tables for dinner. [SR] 5:30 s game show and pop corn [IR] 6:30 virtual family visits [IR]
Independence Day Independence Day Independence Day 9:00 + Stretch with staff 9:30 + yoga with staff 11:00 * Happy hour USA quiz 11:00 + badminton 11:00 * smoothie sundays 2:00 * Independence Day sing along [A&C] 2:45 * words in words game with refreshments [A&C] 4:30 * Aroma therapy, Lets set the tables for dinner. [SR] 5:30 * game show and pop corn [IR] 6:30 * Virtual family visits [IR]	1:00 * art 10:00 + Walking Club [A&C] 10:30 + yoga 10:30 + yobwing 2:45 * words in words game with refreshments [A&C] 4:30 * Aroma therapy, Lets set the tables for dinner. [SR] 6:00 * Classic movie nights with popcorn. [IR] 6:30 * Virtual family visits [IR]	10:00 ++ Morning physical fitness [A&C] 11:00 ++ badminton 1:00 \$\times\$ Happy hour [A&C] 2:45 * words in words game with refreshments [A&C] 4:00 \$\times\$ bingo [A&C] 4:30 \$\times\$ Aroma therapy, Lets set the tables for dinner. [SR] 5:30 \$\times\$ game show and pop corn [IR] 6:30 \$\times\$ Virtual family visits [IR]	10:00 ↔ Walking Club [A&C] 11:15 ™ Happy hour and chocolate 1:00 ↔ mini golf 2:45 * words in words game with refreshments [A&C] 4:30 ‰ Aroma therapy, Lets set the tables for dinner. [SR] 6:00 & Classic movie nights with popcorn. [IR] 6:30 & Virtual family visits [IR]	10:30 ++ Fit and Fun with Robin [A&C] 11:00 + Vahtzee 11:00 ++ badminton 2:45 + words in words game with refreshments [A&C] 3:00 ++ Hallway golf [A&C] 4:30 Aroma therapy, Lets set the tables for dinner. [SR] 5:30 game show and pop corn [IR] 6:30 Virtual family visits [IR]	9:00 * Morning greetings 10:00 + Walking Club [A&C] 11:00 to Spa Dayl Lets do our nails! [A&C] 2:45 * words in words game with refreshments [A&C] 4:00 * Mens club [A&C] 4:30 to Aroma therapy, Lets set the tables for dinner. [SR] 6:00 * Classic movie nights with popcorn. [IR] 6:30 * Virtual family visits [IR]	9:00 Stroll with your Family and Jen [A&C] 10:00 Stroll with your family's and Jen. [A&C] 2:30 SingFit Music Class [A&C] 2:45 Words in words game with refreshments [A&C] 4:30 Aroma therapy, Lets set the tables for dinner. [SR] 5:30 SingFit Music Class [A&C] 4:30 Virtual family visits [IR]
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