

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>July Birthdays:</u> 2- Joan D. 11- MK 15-Sally L. 23- Rebecca Z.		¹ 10:00- Strength Training-B 10:30- Pet Therapy-B & EC 11:00- Heritage House Calls 1:15- Communion & Rosary 2:00- Flower Arranging-AR 3:45- History of USPS-AR	² 9:30- Devotions & Coffee-B 10:00- Morning Stretch-B 10:30- Patio Games- 1 st Fl 1:00- Wildland Firefighters 2:00- Bingo in the Bistro 3:30- Trivia-B	³ 10:00- Stretch It Out-AR 10:30- Coffee Social-B 1:00- Firework Painting-AR 2:30- Music w/ Gemini 4:00- Positive Affirmation Jar Crafting-AR	⁴ 10:00- Strength Training 10:30- Trivia Challenge-B 1:00- Parade Decorating-AR 2:30- Patriotic Parade & Party-B 4:00- Heritage House Calls Independence Day	⁵ 10:00- Morning Stretch-B 10:30- Devotions & Coffee-B 1:00- Armchair Travel: Hawaii 2:00- Bingo in the Bistro 3:30- Beach Ball Bash
⁶ 10:00- Resident Led Exercises 10:30- Coffee Social-B 1:00- Activity Packet Pick Up 2:00- Patio Time 3:00- Resident Led Games	⁷ 10:00- Strength Training-B 10:30- Manicure Monday-B 1:00- Heritage House Calls 1:30- Scenic Bus Ride 3:45- History of Rock 'n Roll-AR	⁸ 10:00- Morning Stretch-B 11:00- SingFit-EC 1:00- Flower Arranging 2:00- Resident Council 3:30- Freezer Pop Social-1 st Fl	⁹ 9:30- Devotions & Coffee-B 10:00- Bus to Metro Market 1:00- Heritage Hikers 2:00- Bingo in the Bistro 3:30- Puppy Chow Creations-AR	¹⁰ 10:00- Strength Training-AR 10:30- Pina Colada Social-B 1:00- Seashell Crafting-AR 2:30- Music w/ Casey & Greg in IL DR on 1st Fl 4:00- Luau Party-B	¹¹ 10:00- Morning Stretch-B 11:00- Blueberry Muffin Baking-AR 1:00- Coloring Club-B 2:30- Happy Hour: Trivia 3:30- Mexican Train Dominoes-AR	¹² 10:00- Movement & Music 10:30- Devotions & Coffee 1:00- All About Jell-O-AR 2:00- Bingo in the Bistro 3:30- SingFit- EC
¹³ 10:00- Strength Training-B 10:30- Coffee Social- B 1:30- Midday Matinee- TH 2:00- Porch and Iced Tea Social- 2nd Fl, and EC patio 3:00- Word Game Fun, Finish the Phrase- B	¹⁴ 10:00-Morning Stretch- B 10:30- Manicure Monday-B 1:30- Camp Heritage Opening Ceremony- B 3:00- Macaroni Art- AR	¹⁵ 10:00- Strength Training-B 10:30- Ring Toss-B 11:00- Pet Therapy-EC 1:15- Communion & Rosary 2:00- Flower Arranging-AR 3:45- Beach Ball Bash- B	¹⁶ 9:30- Devotions & Coffee-B 10:00- Movement & Music-B 10:30- Trivia-B 1:00- Bracelet Making-AR 2:00- Bingo in the Bistro 3:30- Campfire Stories-B	¹⁷ 10:00- Strength Training-AR 10:30- Coffee Social-B 1:00- Brews 'n Tattoos- AR/EC 2:30- Music w/ Patricia Stone 3:45- Heritage House Calls	¹⁸ 10:00- Chair Volleyball-B 10:30- Art on the Patio 1:00- Camp Songs- AR/ EC 2:30- Happy Hour: Camp Fun 3:30- Camp Heritage Closing Ceremony	¹⁹ 10:00- Morning Stretch-B 10:30- Devotions & Coffee-B 1:00- Trivia-B 2:00- Bingo in the Bistro 3:30- Mexican Train Dominoes-AR
²⁰ 10:00- Strength Training-B 10:30- Coffee Social-B 11:00- Heritage Hikers 1:30- Midday Matinee-TH 2:00- Armchair Travel: Pennsylvania-B 3:30- Resident Led Games-AR	²¹ 10:00- Stretch It Out-B 10:30- Manicure Monday-B 1:00- Heritage House Calls 1:30- Scenic Bus Ride 3:45- Lemonade & Trivia-B	²² 10:00- Strength Training-B 10:30- Mango Tasting-AR 11:00 – SingFit- EC 1:00- Nature Documentary-TH 2:00- Flower Arranging-AR 4:00- Heritage House Calls	²³ 9:30- Devotions & Coffee-B 10:00- Morning Stretch 11:00- Gorgeous Grandparent Photos-B 1:00- Picture Frame Crafting-AR 2:00- Bingo in the Bistro 3:30- Coloring Club-B	²⁴ 10:00- Strength Training-AR 10:30- Coffee Social-B 1:00-Walker 'n Wheels Wash- 1st Fl Patio 2:30- Music w/ Davis Beck 4:00- All About Amelia Earhart	²⁵ 10:00- Movement & Music-B 11:00- Trivia in Bistro 1:00- Heritage Hikers 2:30- Happy Hour: July Birthday Party-B 4:00- Heritage House Calls	²⁶ 10:00- Morning Stretch-B 10:30- Devotions & Coffee-B 1:00- Cowboy Day Fun-B 2:00- Bingo in the Bistro 3:30- SingFit- EC 3:30- Resident Led Games-AR
²⁷ 10:00- Strength Training-B 10:30- Coffee Social-B 1:00- Finish the Saying-AR 2:00- Armchair Travel: New Jersey-B 3:30- Art with Kristie-AR	²⁸ 10:00- Morning Stretch-B 10:30- Manicure Monday-B 1:00- Scrabble- AR 2:00- Bubble Art-B 3:45- Lemonade & Trivia-B	²⁹ 10:00- Strength Training-B 10:30- Balloon Volley-B 11:00- Pet Therapy-B & EC 1:00- History of Lipstick- TH 2:00- Flower Arranging-AR 3:30- Heritage House Calls	³⁰ 9:30- Devotions & Coffee-B 10:00- Bus to Walmart 12:00- Brain Health Chat- RSVP 1:00- Coloring Club- AR 2:00- Bingo in the Bistro 3:30- Mountain Exploration- AR	³¹ 10:00- Strength Training-AR 10:30- Coffee Social 1:00- Watermelon & Trivia 2:30- Karaoke Party 4:00- Heritage House Calls	Activity Location Key: B- Bistro on 1 st Floor TH- Theater on 2 nd Floor AR- Activity Room on 2 nd Floor IL DR- Independent Living Dining Room on 1 st Floor	