

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:15 Destress & Stretch 10:30 Morning Movie 12:00 Lunch outside! 3:00 Refreshments 4:00 Sing Along Canada Day	2 9:15 Whole Body Strengthening 10:30 Scarves in motion! 1:30 Afternoon TV Shows 3:00 Happy Hour 4:00 Musical Bingo	3 9:15 Destress & Stretch 10:00 Trivia! 1:00 Afternoon Movie 3:00 Refreshments 4:00 Noodle Ball!!!!	4 9:15 Whole Body Strengthening 9:30 Hand Massages 10:00 Morning Movie 2:45 Refreshments and fact or fiction Independence Day (U.S.)
5 9:15 Sunday Morning Exercises 9:30 White Board Activity 10:00 Worship Online 1:00 Sing Along Hymns outdoors 3:00 Refreshments LE 1:1 Room visits as needed throughout day.	6 9:15 Destress & Stretch 9:30 White Board Trivia 10:00 Classic Morning TV Shows 1:30 Creative Coloring 2:30 Refreshments 3:00 ACE Bingo!!!	7 9:15 Whole Body Strengthening 9:35 Walking Club 10:00 Shasta & Karma-Pet therapy 3:00 Happy Hour 4:00 Noodle Ball	8 9:15 Destress & Stretch 10:30 Morning Movie 1:00 "Hairspray" Imagine Outing 3:00 Refreshments 4:00 Sing Along	9 9:15 Whole Body Strengthening 10:30 Scarves in motion! 1:30 Afternoon TV Shows 3:00 Happy Hour 4:00 Musical Bingo	10 9:15 Destress & Stretch 10:00 Trivia/Dave and Apollo Visit-pet therapy 1:00 Afternoon Movie 3:00 Refreshments 4:00 Noodle Ball!!!!	11 9:15 Whole Body Strengthening 9:30 Hand Massages 10:00 Morning Movie 2:45 Refreshments and fact or fiction
12 9:15 Sunday Morning Exercises 9:30 White Board Activity 10:00 Worship Online 1:00 Sing Along Hymns outdoors 3:00 Refreshments LE 1:1 Room visits as needed throughout day.	13 9:15 Destress & Stretch 9:30 Kerry Westfall performing 10:00 Classic Morning TV Shows 1:30 Creative Coloring 2:30 Refreshments 3:00 ACE Bingo!!!	14 9:15 Whole Body Strengthening 9:35 Walking Club 10:00 Shasta & Karma-Pet therapy 3:00 Happy Hour 4:00 Noodle Ball Bastille Day	15 9:15 Destress & Stretch 10:30 Morning Movie 12:00 Lunch outside! 1:00 Craft & Connect Firework Painting 3:00 Refreshments 4:00 Sing Along	16 9:15 Whole Body Strengthening 10:30 Scarves in motion! 1:30 Afternoon TV Shows 3:00 Happy Hour 4:00 Musical Bingo	17 9:15 Destress & Stretch 10:00 Trivia! 1:00 Afternoon Movie 3:00 Refreshments 4:00 Noodle Ball!!!!	18 9:15 Whole Body Strengthening 9:30 Hand Massages 10:00 Morning Movie 2:45 Refreshments and fact or fiction
19 9:15 Sunday Morning Exercises 9:30 White Board Activity 10:00 Worship Online 1:00 Sing Along Hymns outdoors 3:00 Refreshments LE 1:1 Room visits as needed throughout day.	20 9:15 Destress & Stretch 9:30 White Board Trivia 10:00 Classic Morning TV Shows 1:30 Creative Coloring 2:30 Refreshments 3:00 ACE Bingo!!!	21 9:15 Whole Body Strengthening 9:35 Walking Club 10:00 "Head Bandz" 3:00 Happy Hour 4:00 Noodle Ball	22 9:15 Destress & Stretch 10:00 Spa Hour! 1:30 Afternoon Movie 3:00 Refreshments 4:00 Sing Along	23 9:15 Whole Body Strengthening 10:30 Scarves in motion! 2:30 "Out and about" 4:00 Musical Bingo	24 9:15 Destress & Stretch 10:00 Trivia! 1:00 Afternoon Movie 3:00 Refreshments 4:00 Noodle Ball!!!!	25 9:15 Whole Body Strengthening 9:30 Hand Massages 10:00 Morning Movie 2:45 Refreshments and fact or fiction
26 9:15 Sunday Morning Exercises 9:30 White Board Activity 10:00 Worship Online 1:00 Sing Along Hymns outdoors 3:00 Refreshments LE 1:1 Room visits as needed throughout day.	27 9:15 Destress & Stretch 9:30 White Board Trivia 10:00 Classic Morning TV Shows 1:30 Creative Coloring 2:30 Refreshments 3:00 ACE Bingo!!!	28 9:15 Whole Body Strengthening 9:35 Walking Club 10:00 "Head Bandz" 3:00 Happy Hour 4:00 Noodle Ball	29 9:15 Destress & Stretch 10:30 Morning Movie 12:00 Lunch outside! 1:00 Culinary Creation "Summertime Trail Mix" 3:00 Refreshments 4:00 Sing Along	30 9:15 Whole Body Strengthening 10:30 Scarves in motion! 1:30 Afternoon TV Shows 3:00 Happy Hour 4:00 Musical Bingo	31 9:15 Destress & Stretch 10:00 Trivia! 1:00 Afternoon Movie 3:00 Refreshments 4:00 Noodle Ball!!!!	 "True independence and freedom can only exist in doing what's right!" -Brigham Young