



July 2025

Resident AL & Healthcare

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BETTY MATTHEWS!	2 <u>POOL NOODLE DAY</u>	3	4 <u>INDEPENDENCE DAY!</u>	5
		10:30 Upper Body Workout Resistance 11:30 Let's Go Out: Scavenger Hunt Scenic Drive 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Bible Study w/Mike (AL) 11:30 Pool Noodle Drumming Workout 2:30 Pool Noodle Bingo! (AL) 4:30 Daily Chronicle (AL)	10:30 Strong Body Weight Workouts 11:30 "What's in a Word" Brain Game 2:30 Create It: Fireworks Painting 4:30 Daily Chronicle (AL)	10:30 Sitting Barre Workout 11:30 Giant Group Crossword Puzzle 4:30 Daily Chronicle (AL)	10:30 Courtyard Walk & Talk (Resident-Led)
6	7 <u>HAWAIIN DAY</u>	8	9	10	11 <u>BLUEBERRY DAY</u>	12
10:30 Sunday Stroll & Roll (Resident-Led) 11:00 First Baptist Church Service (CH.9) 5:00 Worship Service w/Chaplain Mike	10:30 Workout Fun: Hula "Dancing" 11:30 Junk Drawer Detective 3:30 Luau Happy Hour (AL) 4:30 Daily Chronicle (AL)	10:30 Upper Body Workout Resistance 11:30 Trivia Tuesday: Jeopardy 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Bible Study w/Mike (AL) 11:30 Heart Healthy Cardio Drumming 2:30 Afternoon Bingo w/Friends (AL) 4:30 Daily Chronicle (AL)	10:30 Town Hall 10:30 Strong Body Weight Workouts 11:30 "What's in a Word" Brain Game 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Sitting Barre Workout 11:30 Giant Group Crossword Puzzle 3:30 Create It: Blueberry Muffin Bird Feeders 4:30 Daily Chronicle (AL)	10:30 Courtyard Walk & Talk (Resident-Led)
13	14 <u>SHARK AWARENESS DAY</u>	15 <u>HALF WAY TO CHRISTMAS!</u>	16	17	18 AL JORDAN!	19
10:30 Sunday Stroll & Roll (Resident-Led) 11:00 First Baptist Church Service (CH.9) 5:00 Worship Service w/Chaplain Mike	10:30 Let's Go Out: Shark Sightings @ Riverbanks Aquarium 2:30 Manicures & Hand Massage (AL) 4:30 Daily Chronicle (AL)	10:30 Upper Body Workout Resistance 11:30 Christmas in July Celebration 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Bible Study w/Mike (AL) 11:30 Heart Healthy Cardio Drumming 2:30 Afternoon Bingo w/Friends (AL) 4:30 Daily Chronicle (AL)	10:30 Strong Body Weight Workouts 11:30 "What's in a Word" Brain Game 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Sitting Barre Workout 11:30 Giant Group Crossword Puzzle 3:30 July Birthday Celebration! (AL) 4:30 Daily Chronicle (AL)	10:30 Courtyard Walk & Talk (Resident-Led)
20	21	22	23 <u>LIGHTHOUSE DAY</u>	24	25 <u>WINE & CHEESE DAY</u>	26
10:30 Sunday Stroll & Roll (Resident-Led) 11:00 First Baptist Church Service (CH.9) 5:00 Worship Service w/Chaplain Mike	10:30 Morning Stretch & Balance 11:30 Junk Drawer Detective 2:30 Manicures & Hand Massage (AL) 4:30 Daily Chronicle (AL)	10:30 Upper Body Workout Resistance 11:30 Trivia Tuesday: Jeopardy 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Bible Study w/Mike (AL) 11:30 Heart Healthy Cardio Drumming 2:30 Create It: Lighthouse Painting w/ Anne Abel (AL) 4:30 Daily Chronicle (AL)	10:30 Strong Body Weight Workouts 11:30 "What's in a Word" Brain Game 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Sitting Barre Workout 11:00 Giant Group Crossword Puzzle 11:45 Let's Go Out: Wine and Cheese Pairings @ Total Wine 3:30 Wine & Cheese Day Happy Hour (AL) 4:30 Daily Chronicle (AL)	10:30 Courtyard Walk & Talk (Resident-Led)
27	28	29	30	31 <u>MT. FUJI DAY</u>	Lindsey Boncorddo Life Enrichment Coordinator Health Care	
10:30 Sunday Stroll & Roll (Resident-Led) 11:00 First Baptist Church Service (CH.9) 5:00 Worship Service w/Chaplain Mike	10:30 Morning Stretch & Balance 11:30 Junk Drawer Detective 12:00 Cook It Up: Magic Chocolate Milk 2:30 Manicures & Hand Massage (AL) 4:30 Daily Chronicle (AL)	10:30 Upper Body Workout Resistance 10:45 Let's Go Out: Morning at the Museum 2:30 DIY Cranium Crunches 4:30 Daily Chronicle (AL)	10:30 Bible Study w/Mike (AL) 11:30 Heart Healthy Cardio Drumming 2:30 Afternoon Bingo w/Friends (AL) 4:30 Daily Chronicle (AL)	10:30 Strong Body Weight Workouts 11:30 "What's in a Word" Brain Game 2:30 Nature Lessons: Mount Fuji 4:30 Daily Chronicle (AL)		

All Items Subject To Change