

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Let's Get Moving! Daily Chronicle July Themed Hangman	Move to the Music Daily Chronicle Red, White, & Blue Trivia	Wake Up and Work Out Manicures WU: Let's Talk Paris & the Olympic Games	Happy 4th of July! Move Your Body! BBQ Lunch Fresh Air & Drinks	Seated Fitness Daily Chronicle WU: Music & the Benefits of Massage with Tiffany	Saturday Morning Exercise Daily Chronicle Dance to the Music
Morning Workout Daily Chronicle Relax & Unwind with Meditation Sounds Evening Movie	Let's Get Moving! Daily Chronicle WU: French Culture & Dessert	Move to the Music Daily Chronicle Reset with Refreshments & Reminiscing	Wake Up and Work Out Daily Chronicle Manicures Corn Hole Evening Movie	Move Your Body! Daily Chronicle WU: Reading Group- The Making of the Eiffel Tower	Seated Fitness Daily Chronicle Favorite Vacation Memories	Saturday Morning Exercise Daily Chronicle Sing Along
Morning Workout Daily Chronicle Relax & Unwind with Meditation Sounds Evening Movie	Let's Get Moving! Daily Chronicle Sing to the Music of the Good Old Days!	Move to the Music Daily Chronicle WU: Learning the Language- French! Taste testing Macarons	Wake Up and Work Out Daily Chronicle WU: Making the Olympic Rings & Learning the History	Move Your Body! Daily Chronicle Hangman Manicures	Seated Fitness Daily Chronicle Sister Angel- Entertainment	Saturday Morning Exercise Daily Chronicle Finish the Thought
Morning Workout Daily Chronicle Relax & Unwind with Meditation Sounds Evening Movie	Let's Get Moving! Daily Chronicle WU: Making French Themed Centerpieces	Move to the Music Daily Chronicle Act It Out! Figure Out the Puzzle	Wake Up and Work Out Daily Chronicle Manicures Evening Movie	Move Your Body! Daily Chronicle Corn Hole Thirsty Thursday	Seated Fitness Daily Chronicle French Themed Happy Hour on the Patio	Saturday Morning Exercise Daily Chronicle Adult Coloring to Relax
Morning Workout Daily Chronicle Relax & Unwind with Meditation Sounds Evening Movie	Let's Get Moving! Daily Chronicle WU: The Health Benefits of Hand Massages	Move to the Music Daily Chronicle Olympic Ring Toss on the Patio Shooting Hoops	Wake Up and Work Out Daily Chronicle Manicures Evening Movie	Calendar Subject to Change		

JULY 2024

Pathways

ACTIVITY LOCATOR KEY

**All activities
take place in the
common areas**