

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Note: Activities in bold denote special programs such as : live music, religious services, & Watermark University courses.</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Book Club: Timothy of the Cay 1:00 - WU: U.S. History: The Revolution 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Nature Reflection on Patio 3:00 - Sorting 4:00 - Music Hour: The Beatles 6:00 - Game Night: Checkers</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: Ice Cream 11:00 - Discussion: Fireworks 1:30 - Country Duo Performs 2:30 - Afternoon Stroll 3:15 - Community Decorating for 4th of July 4:00 - Music Hour: Marvin Gaye 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:00 - Volleyball 1:30 - WU: Sensory Adventure: Herbs 2:00 - Stacking/Building 3:00 - WU: Reminisce: Drinking Water Anyone? 4:00 - Music Hour: Ray Charles 6:00 - Scenic Relaxation</p>	<p>Independence Day! 9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Bird Watching on Patio 1:30 - WU: Biographies: George Washington 2:00 - Patriotic Sing Along 2:30 - Cheer Exercises 3:00 - Corn Hole 4:00 - Music Hour: Bob Dylan 6:00 - Aqua Painting</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Discussion: Independence 1:30 - Catholic Mass w/Father Wayne in Activity Room 2:00 - Afternoon Walk 2:30 - Karma the Dog Visits 3:15 - Hoop Toss w/Aides 4:00 - Music Hour: The Who 6:00 - Comedy Club: Reba</p>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Airport</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - WU: Poetry Corner: Summer Fun w/Aides 4:00 - Music Hour: The Shirelles 6:00 - Volleyball</p>	
	<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Noodle Ball 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Led Zeppelin 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Book Club: Timothy of the Cay 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Nature Reflection on Patio 3:00 - Sorting 4:00 - Music Hour: The Supremes 6:00 - Game Night: Matching</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Patriotic Sing Along 1:30 - Therapeutic Horse Visit 2:00 - Afternoon Stretch 3:15 - WU: Reminisce: Cutting Hay 4:00 - Music Hour: Wilson Pickett 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:00 - Volleyball 1:30 - Dave Colucci Performs 2:00 - Felt Art 3:00 - Busy Bees: Household Task 4:00 - Music Hour: Smokey Robinson 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:00 - WU: Engage VR 1:30 - Bird Watching on Patio 2:00 - WU: Biographies: Vivian Vance 2:30 - Cheer Exercises 3:00 - Community Craft: Stone Caterpillar 4:00 - Music Hour: Sam Cooke 6:00 - Memory Triggers</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 11:00 - Discussion: Fun Adventures 1:30 - Coldstone Ice Cream w/Emily 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Objects BINGO w/Aides 4:00 - Music Hour: The Kinks 6:00 - Comedy Club: Reba</p>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>It Could Happen to You</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Discussion: Helpful Insects 4:00 - Music Hour: The Doors 6:00 - Volleyball</p>
	<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Noodle Ball 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Dion 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Book Club: Timothy of the Cay 1:00 - Jigsaw Puzzles 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Nature Reflection on Patio 3:00 - Sorting 4:00 - Music Hour: Aretha Franklin 6:00 - Game Night: Checkers</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: Lemonade 11:00 - All About Lemonade 1:30 - Afternoon Stroll 2:00 - Chopped Champions 3:00 - Word Game: Wordsmiths 3:30 - Moon Landing Anniversary 4:00 - Music Hour: James Brown 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:00 - Volleyball 1:30 - Group Craft: Tissue Paper Stained Glass 2:00 - Stacking/Building 3:00 - Busy Bees: Household Task 4:00 - Music Hour: Four Seasons 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:00 - WU: Engage VR 1:30 - Wet T-Shirt Contest on Patio 2:00 - WU: Biographies: Catharine Stocker Vickery 2:30 - Cheer Exercises 3:15 - Pitch & Putt Golf w/Aides 4:00 - Music Hour: Otis Redding 6:00 - Aqua Painting</p>	<p>9:45 - Flexibility Exercise 10:30 - Noodle Ball 11:00 - Discussion: Gardening 1:30 - Disco Dance Party 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Watercolor Painting w/Aide 4:00 - Music Hour: Roy Orbison 6:00 - Comedy Club: Reba</p>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Poms</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Target Toss 4:00 - Music Hour: The Drifters 6:00 - Volleyball</p>
	<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:00 - Piano Entertainment 1:30 - Volleyball 2:00 - Grace Church Service 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: Jefferson Airplane 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - Discussion: Olympians I Remember w/Aides 1:00 - Jigsaw Puzzles 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Nature Reflection on Patio 3:00 - Sorting 4:00 - Music Hour: Jimi Hendrix 6:00 - Game Night: Matching</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Patriotic Sing Along 1:30 - Red & Yellow Perform for Monthly Birthday Party 2:00 - Afternoon Stretch 3:15 - WU: Reminisce: I Remember Donuts w/Aides 4:00 - Music Hour: Rolling Stones 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social in Cafe 11:00 - Daily Chronicle 1:00 - Aroma Therapy 1:00 - Volleyball 1:30 - Karaoke 2:15 - Ice Cream Social 3:00 - Busy Bees: Household Task 4:00 - Music Hour: Stevie Wonder 6:00 - Scenic Relaxation</p>	<p>9:45 - Conductorcise 10:30 - Table Top Bowling 1:30 - Bird Watching on Patio 2:00 - WU: Biographies: Cantinflas w/Aides 2:30 - Cheer Exercises 3:00 - Water color Painting 4:00 - Music Hour: The Byrds 6-7 - Champagne Ball/Family Night in Main Dining Room</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! w/Aides 1:30 - Discussion: Olympic Events 2:00 - Mid-Day Cardio 2:30 - Karma the Dog Visits 3:15 - Hoop Toss w/Aides 4:00 - Music Hour: The Impressions 7:30 - Summer Olympics 2024 Opening Ceremony</p>	<p>9:45 - Musical Meditation 10:30 - Chair Zumba 1:30 - Saturday Matinee: <i>Wonder</i> 2:30 - Refreshments 3:00 - Afternoon Stretch 3:30 - Reminisce: Fire Escape Slide 4:00 - Music Hour: The Four Tops 6:00 - Volleyball</p>
	<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Noodle Ball 2:00 - Outdoor Relaxation 2:30 - Refreshments 3:00 - Ball Toss 4:00 - Music Hour: The Mamas & The Papas 6:00 - Aqua Painting</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Book Club: Timothy of the Cay 1:00 - Jigsaw Puzzles 1:00 - Communion 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 2:00 - Nature Reflection on Patio 3:00 - Sorting 4:00 - Music Hour: Temptations 6:00 - Game Night: Checkers</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club: No Bake Cheesecake 11:00 - Discussion: National Cheesecake Day 1:30 - Tara's Drum Circle 2:00 - Afternoon Stretch 3:00 - Target Practice 4:00 - Music Hour: Elvis Presley 6:00 - Artistic Expression</p>	<p>9:45 - Morning Exercise 10:30 - Bird Watching on Patio 11:00 - Lunch Out/Summer House 1:00 - Aroma Therapy 1:00 - Volleyball 1:30 - Dance Party 2:00 - Felt Art 3:00 - Busy Bees: Household Task 4:00 - Music Hour: Beach Boys 6:00 - Scenic Relaxation</p>	<p>Transportation/ Medical Appointments: Appointments can be made on Tuesdays and Thursdays, 9-3 only, through Judy Gagnon. For Memory Care residents, a family member or staff person must accompany them.</p>	<p>Engage VR - Virtual Reality If you are interested in travelling, exploring under the sea or adventuring into outer space without leaving the comfort of home, sign up with the Activity Staff to experience the Oculus Headset.</p>	<p>Pet Therapy Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with our visiting dog Karma.</p>
			ACTIVITY LOCATOR KEY		Happy Birthday!	Dates to Remember	Dates to Remember
				<p>7th Joe Hoover 12th Helga Justin 12th Joe Campbell 19th Kathy Szmania 22nd Carlton Craft 25th Al Riberdy 26th Joanne Farrell 27th Sue Peterson 29th Debbie Omer</p>	<p>2nd Country Duo Perform 4th Independence Day 5th Catholic Mass w/ Fr Wayne 9th Whispering Horse Visit 10th Dave Colucci Performs 19th Disco Dance Party 20th Family Sip & Fun Event 21st Piano Entertainment 21st Grace Church Service</p>	<p>23rd Red & Yellow Duo 24th Ice Cream Social 25th Champagne Ball/ Family Night 30th Tara's Drum Circle</p>	

*Schedule Subject to Change