

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2022

						8:00AM Breakfast 9:00am CHIT CHAT 10:00AM SEATED YOGA 12:00PM Lunch 1:00pm Rest and Relax 2:00PM Snack 2:00PM OUTSIDE STROLL 5:00PM Dinner Canada Day	8:00am Breakfast 10:00-11:30AM PAMPER DAY 12:00pm Lunch 1:00pm Rest and Relax 3:30PM HAPPY HOUR WITH STUEY 5:00pm Dinner
9:00AM CHURCH SERVICE ON YOUTUBE OR IN PERSON	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM TABLE ACTIVITES 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 3:30PM WATERCOLOR PAINT 5:00PM Dinner Independence Day (US)	8:00AM Breakfast 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 1:00pm Rest and Relax 2:00PM Snack 3:30PM BALL TOSS 5:00PM Dinner	8:00AM Breakfast 9:15AM BEAUTY/BARBER DAY 10:00AM SEATED STRETCH 12:00PM Lunch 2:00PM Snack 1:00pm Rest and Relax 2:00PM Snack 2:00PM SENSORY BOARD- LOCKS 5:00PM Dinner	8:00AM Breakfast 9:00AM SERVICE WITH PASTOR ANDY IN DINING HALL 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 3:30PM BEATS IN THE BACKYARD 5:00PM Dinner	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM TABLE ACTIVITIES 12:00PM Lunch 1:00pm Rest and Relax 2:00PM Snack 2:00PM OUTSIDE STROLL 5:00PM Dinner	8:00am Breakfast 10:00-11:30AM PAMPER DAY 12:00pm Lunch 1:00pm Rest and Relax 3:30PM HAPPY HOUR WITH FRANCIS DEO Y LIBERTAD 5:00pm Dinner	
9:00AM CHURCH SERVICE ON YOUTUBE OR IN PERSON	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM PUZZLED 12:00PM Lunch 2:00PM Snack 3:30PM GAMES IN THE GAZEBO 5:00PM Dinner	8:00AM Breakfast 10:00AM SEATED STRETCH 12:00PM Lunch 2:00PM Snack 1:00pm Rest & Relax 2:00PM Snack 2:00PM SMELL SENSORY THERAPY 5:00PM Dinner	8:00AM Breakfast 10:00AM TABLE ACTIVITES/ SEATED FITNESS 12:00PM Lunch 2:00PM Snack 1:00pm Rest and Relax 2:00PM BALL TOSS- MUSIC 5:00PM Dinner	8:00AM Breakfast 9:00AM SERVICE WITH PASTOR ANDY IN DINING HALL 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 3:30PM TABLE ACTIVITES 5:00PM Dinner	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM Rest & Relax 12:00PM Lunch 1:00PM PET THERAPY - JEMIMAH FROM ST PAUL LUTHERAN CHURCH 2:00PM Snack 5:00pm Dinner	8:00AM Breakfast 10:00-11:30AM PAMPER DAY 12:00PM Lunch 1:00PM Rest and Relax 3:30PM HAPPY HOUR WITH JON ROBERTS 5:00PM Dinner	
9:00AM CHURCH SERVICE ON YOUTUBE OR IN PERSON	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM TABLE ACTIVITES 11:00AM Mindful Monday 12:00PM Lunch 2:00PM Snack 3:30PM WATERCOLOR PAINT 5:00PM Dinner	8:00AM Breakfast 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 1:00pm Rest and Relax 2:00PM Snack 3:30PM BALL TOSS 5:00PM Dinner	8:00AM Breakfast 9:00AM CHIT CHAT 10:00AM TABLE ACTIVITES /SEATED FITNESS 12:00PM Lunch 2:00PM Snack 2:00PM BIRTHDAY FIESTA WITH STUEY 5:00PM Dinner	8:00AM Breakfast 9:00AM SERVICE WITH PASTOR ANDY IN DINING HALL 10:00AM SEATED STRETCH 12:00PM Lunch 2:00PM Snack 3:30PM BEATS IN THE BACKYARD 5:00PM Dinner	8:00AM Breakfast 10:00AM TABLE ACTIVITIES 12:00PM Lunch 1:00PM MOSAIC ART 2:00PM Snack 3:00PM Rest & Relax / OUTSIDE STROLL 5:00PM Dinner	8:00AM Breakfast 10:00-11:30AM PAMPER DAY 12:00PM Lunch 1:00PM Rest and Relax 3:30PM HAPPY HOUR WITH SALLY SUTTON 5:00PM Dinner	
9:00AM CHURCH SERVICE ON YOUTUBE OR IN PERSON	8:00AM Breakfast 9:00am CHIT CHAT 10:00AM PUZZLED 12:00PM Lunch 2:00PM Snack 3:30PM GAMES IN THE GAZEBO 5:00PM Dinner	8:00AM Breakfast 10:00AM SEATED STRETCH 12:00PM Lunch 1:00pm Rest and Relax 2:00PM PET THERAPY- SWEETHEART 2:00PM Snack 5:00PM Dinner	8:00AM Breakfast 9:00am CHIT CHAT 12:00PM Lunch 1:00pm Rest and Relax 2:00PM Snack 2:00PM OUTSIDE STROLL 5:00PM Dinner	8:00AM Breakfast 9:00AM SERVICE WITH PASTOR ANDY IN DINING HALL 10:00AM SEATED FITNESS 12:00PM Lunch 2:00PM Snack 3:30PM TABLE ACTIVITES 5:00PM Dinner	8:00AM Breakfast 9:00am CHIT CHAT 12:00PM Lunch 1:00pm Rest and Relax 2:00PM Snack 2:00PM MOVIE DAY 5:00PM Dinner	8:00AM Breakfast 10:00-11:30AM PAMPER DAY 12:00PM Lunch 1:00PM Rest and Relax 3:30PM HAPPY HOUR WITH KAREN CABARET 5:00PM Dinner	
9:00AM CHURCH SERVICE ON YOUTUBE OR IN PERSON	PINK = INTELLECTUAL/COGNITIVE BLUE = FITNESS GREEN = SPIRITUAL RED = EMOTIONAL ORANGE = SOCIAL GRAY = PURPOSEFUL						

ASSISTED LIVING