

**Dominoes with Arlene**  
M-W-F in the Blue Room



**The Month of America!**

Tuesdays at 1:00

This month, we celebrate our own country and explore our different states in honor of Independence Day!



**Special Events**

**July Birthday Celebration**  
Wednesday, July 26 at 2:30



**Special Events & More**

Check the calendar for our performers, parties, and other special events to look out for, **highlighted in bold** on the calendar!

\*Italics notes activities running concurrently.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>10:00-Fun Canadian Trivia 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-Independence Day Trivia</p>	<p><b>4</b></p> <p><b>CENTER CLOSED IN OBSERVANCE OF INDEPENDENCE DAY HOLIDAY</b></p>	<p><b>5</b></p> <p>10:00-Fourth of July Trivia Q &amp; A 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Fourth on the Fifth 2:45-Sports Clichés &amp; Trivia</p>	<p><b>6</b></p> <p>10:00-Chocolate Trivia Q &amp; A 10:30-Balance /Strength Training Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Floor Games</p>	<p><b>7</b></p> <p>10:00-Blueberry History 10:30-Naam Yoga - Thea 11:30-Daily Chronicle <b>1:30-Music &amp; Mental Fitness - Bob</b> 2:45-Brain Games</p>
<p><b>10</b></p> <p>10:00-Cookie Trivia &amp; Fun Facts 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-American Patriotic Songs Facts</p>	<p><b>11</b></p> <p>10:00-Pancake Breakfast - Eva  10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Around the World - Rachel <b>2:00-Entertainer Ron Morrissey</b></p>	<p><b>12</b></p> <p>10:00-Pecan Trivia and Facts 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Nina &amp; Friends Performance</b> 2:45-This Was the Year...1982</p>	<p><b>13</b></p> <p>10:00-Country Music Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Music Therapy - Irby</b> 2:45-Hand Massage / Manicure <i>Puzzles &amp; Ponderings - Tamie</i></p>	<p><b>14</b></p> <p>10:00-French Revolution Trivia 10:30-Naam Yoga - Thea 11:30-Daily Chronicle <b>1:30-Live Piano Music - Miles</b> <b>2:00-Musician Singer Peter &amp; Friend</b> 3:00-Brain Games</p>
<p><b>17</b></p> <p>10:00-Ice Cream Trivia 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-American History Q &amp; A</p>	<p><b>18</b></p> <p>10:00-Sports &amp; Games Trivia 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Guggerheimer Game</p>	<p><b>19</b></p> <p>10:00-July Current Events Trivia 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-July in History</p>	<p><b>20</b></p> <p>10:00-Candy Trivia Q &amp; A 10:30-Balance /Strength Training 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Music Therapy - Irby</b> 2:45-Hand Massage / Manicure <i>Puzzles &amp; Ponderings - Tamie</i></p>	<p><b>21</b></p> <p>10:00-Baseball Trivia 10:30-Naam Yoga - Thea 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Music &amp; Mental Fitness - Bob</b> 2:45-Brain Games</p>
<p><b>24</b></p> <p>10:00-American Food Trivia Q &amp; A 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-Bulletin Board Trivia</p>	<p><b>25</b></p> <p>10:00-This Was the Year...1996 10:30-Balance /Strength Training - Don 11:45-Daily Chronicle 1:00-Cranium Crunches 1:30-Around the World - Rachel 2:45-Word-Within-a-Word</p>	<p><b>26</b></p> <p>10:00-Hobbies Trivia 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches <b>1:30-Nina &amp; Friends Performance</b> 2:30-July Birthday Celebration 2:45-July Birthday Facts</p>	<p><b>27</b></p> <p>10:00-Gardening Trivia Q &amp; A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Pet Therapy Len-a-Paw - Lisa 2:45-Floor Games</p>	<p><b>28</b></p> <p>10:00-Sport Facts 10:30-Naam Yoga - Thea 11:30-Daily Chronicle <b>1:30 Live Piano Music - Miles</b> <b>2:00-Musician Singer Peter &amp; Friend</b> 3:00-Brain Games</p>
<p><b>31</b></p> <p>10:00-July Trivia 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-Person, Place, or Thing Facts</p>		<p><b>Ongoing Daily Activities:</b> 9:00-9:30-Current Events &amp; Conversation 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation <i>Cranium Crunches</i> 4:00-6:00-Break-out Groups: Board games, puzzles, ongoing socialization</p>	<p><b>Note:</b> <b>Activities subject to change without notice</b></p>	<p><b>Lunch: 12:00-1:00 pm</b> <b>Afternoon snack: 2:30</b></p>

Spanish Calendar see back

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
<b>3</b>  <b>Nota:</b> Las actividades sujetas a cambios sin previo aviso	<b>4</b> CENTRO CERRADO DIA FESTIVO DIA DE LA INDEPENDANCIA	<b>5</b>	<b>6</b>	<b>7</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Historia de la Independencia de los Estados Unidos 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Jugar pelota
<b>10</b>  Almuerzo: 12:00-1:00 pm	<b>11</b> 10:00-Desayuno de panqueques  10:30-Ejercicios con Eva 11:30-Origen del mes de julio 1:30-Juego domino 2:30-Aperitivo / bocadillo 2:45-Masaje en las manos	<b>12</b>	<b>13</b>	<b>14</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Deletrear palabras 1:30-Juego de lotería con premios 2:30-Aperitivo / bocadillo 2:45-Datos curiosos del deporte
<b>17</b>	<b>18</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Biografía de Vicente Fernández 1:30-Proyecto de arte 2:30-Aperitivo / bocadillo 2:45-Juego de rompecabezas	<b>19</b>	<b>20</b>	<b>21</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Formar palabras 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Ejercicios de matemáticas
<b>24</b>	<b>25</b> 10:00-La crónica cotidiana 10:30-Ejercicios con Eva 11:30-Complete los refranes 1:30-Juego de bingo con premios 2:30-Aperitivo / bocadillo 2:45-Cantar canciones del ayer	<b>26</b>	<b>27</b>	<b>28</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Recordando el verano y vacaciones 1:30-Juego de boliche 2:30-Aperitivo / bocadillo 2:45-Juego de crucigrama
<b>31</b>				

