

2024

July

Memory Care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:15 AM Coffee and Conversation 10:30 AM Drumbeat Cardio Class 11:00 AM Today in History 1:15 PM Manicures and Massages 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Smoothies with Eva (2nd Floor) 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	2 10:15 AM Coffee and Conversations 10:30 AM Brain Fitness Trivia 11:00 AM Yoga with Heather 1:15 PM Balloon Tennis and Hydration 2:15 PM Mocktails & Hors D'oeuvres (2nd FL) 3:00 PM Music Therapy Sing-A-Long 3:30 PM Decades Story Telling 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	3 10:00 AM Coffee and Conversation 10:30 AM Courtyard Walking Club (1st Floor) 11:00 AM Brain Fitness Trivia 1:15 PM Canvas Painting 2:15 PM Mocktails and Hors D'oeuvres (1st FL) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Life Long Learning: Mix & Match 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	4 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Wordscapes Trivia 1:15 PM Latin Cardio with Paul Eugene 2:30 PM No Bake Baking Club (1st Floor) 3:45 PM Life Long Learning: Name that Tune 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	5 9:30 AM Coffee and Conversation 10:00 Chair Aerobics with Improved Health 10:30 AM Brain Fitness Trivia 11:00 AM Musical Sound Bath with Marcia 1:15 PM Life Long Learning: Jewelry Class 2:00 PM Happy Hour and Entertainment 3:45 PM Table Top Bowling 4:15 PM Sunset Stretch and Meditation	6 10:15 AM Coffee and Conversations 10:30 AM Exercise with Kattia 11:00 AM Brain Fitness Trivia 1:15 PM Kickball Circle 2:15 PM Mocktails & Hors D'oeuvres 3:00 PM Spiritual Sing A Long 3:30 PM Life Long Learning: Dominoes 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
7 10:15 AM Coffee and Conversations 10:30 AM Spiritual Sing A Long 11:00 AM Brain Fitness Trivia 1:15 PM Life Long Learning: Bingo 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Cornhole and Ring Toss 6:00 PM Resident Choice Movie	8 10:15 AM Coffee and Conversation 10:30 AM Drumbeat Cardio Class 11:00 AM Today in History 1:15 PM Manicures and Massages 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Ice Cream Party (1st Floor) 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	9 10:15 AM Coffee and Conversations 10:30 AM Brain Fitness Trivia 11:00 AM Yoga with Heather 1:15 PM Balloon Tennis and Hydration 2:15 PM Mocktails & Hors D'oeuvres (2nd FL) 3:00 PM Music Therapy Sing-A-Long 3:30 PM Decades Story Telling 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	10 10:00 AM Coffee and Conversation 10:30 AM Courtyard Walking Club (1st Floor) 11:00 AM Brain Fitness Trivia 11:30 AM Brews, Blues and BBQ (1st FL) 1:15 PM Sand Art Project 2:15 PM Mocktails and Hors D'oeuvres 3:00 PM Life Long Learning: Mix & Match 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	11 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Wordscapes Trivia 1:15 PM OUTING: Ocean Front Park 2:45 PM Life Long Learning: Name that Tune 3:45 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	12 9:30 AM Coffee and Conversation 10:00 Chair Aerobics with Improved Health 10:30 AM Jemimah the Comfort Dog 11:00 AM Musical Sound Bath With Marcia 1:15 PM Life Long Learning: Jewelry Class 2:30 PM Happy Hour and Entertainment 3:45 PM Table Top Bowling 4:15 PM Sunset Stretch and Meditation	13 10:15 AM Coffee and Conversations 10:30 AM Exercise with Kattia 11:00 AM Brain Fitness Trivia 1:15 PM Kickball Circle 2:15 PM Mocktails & Hors D'oeuvres 3:00 PM Spiritual Sing A Long 3:30 PM Life Long Learning: Dominoes 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
14 10:15 AM Coffee and Conversations 10:30 AM Spiritual Sing A Long 11:00 AM Brain Fitness Trivia 1:15 PM Life Long Learning: Bingo 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Cornhole and Ring Toss 6:00 PM Resident Choice Movie	15 10:15 AM Coffee and Conversation 10:30 AM Drumbeat Cardio Class 11:00 AM Today in History 1:15 PM Manicures and Massages 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Pina Colada Mixers (1st Floor) 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	16 10:15 AM Coffee and Conversations 10:30 AM Brain Fitness Trivia 11:00 AM Yoga with Heather 1:15 PM Balloon Tennis and Hydration 2:15 PM Mocktails & Hors D'oeuvres (2nd FL) 3:00 PM Music Therapy Sing-A-Long 3:30 PM Decades Story Telling 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	17 10:00 AM Coffee and Conversation 10:30 AM Courtyard Walking Club (1st Floor) 11:00 AM Brain Fitness Trivia 1:15 PM Ink Art Project 2:15 PM Mocktails and Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Life Long Learning: Mix & Match 4:15 PM Sunset Stretch and Meditation	18 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Wordscapes Trivia 1:15 PM Latin Cardio with Paul Eugene 2:30 PM Cooking with Carlinz 3:45 PM Life Long Learning: Name that Tune 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	19 9:30 AM Coffee and Conversation 10:00 Chair Aerobics with Improved Health 11:00 AM Brain Fitness Trivia 1:15 PM Life Long Learning: Jewelry Class 2:00 PM Happy Hour and Entertainment 3:45 PM Table Top Bowling 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	20 10:15 AM Coffee and Conversations 10:30 AM Exercise with Kattia 11:00 AM Brain Fitness Trivia 1:15 PM Kickball Circle 2:15 PM Mocktails & Hors D'oeuvres 3:00 PM Spiritual Sing A Long 3:30 PM Life Long Learning: Dominoes 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
21 10:15 AM Coffee and Conversations 10:30 AM Spiritual Sing A Long 11:00 AM Brain Fitness Trivia 1:15 PM Life Long Learning: Bingo 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Cornhole and Ring Toss 6:00 PM Resident Choice Movie	22 10:15 AM Coffee and Conversation 10:30 AM Exercise with Eva 11:00 AM Brain Fitness Trivia 1:15 PM Manicures and Massages 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Parfait Party (1st Floor) 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	23 10:15 AM Coffee and Conversations 10:30 AM Brain Fitness Trivia 11:00 AM Yoga with Heather 1:15 PM Balloon Tennis and Hydration 2:15 PM Mocktails & Hors D'oeuvres (2nd FL) 3:00 PM Music Therapy Sing-A-Long 3:30 PM Decades Story Telling 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	24 10:00 AM Coffee and Conversation 10:30 AM Courtyard Walking Club (1st Floor) 11:00 AM Brain Fitness Trivia 11:30 AM Brews, Blues and BBQ (1st FL) 1:15 PM Create with Clay 2:15 PM Mocktails and Hors D'oeuvres 3:00 PM Life Long Learning: Mix & Match 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	25 10:15 AM Coffee and Conversation 10:30 AM Silver Sneakers Motown Hits with Metro PT 11:00 AM Wordscapes Trivia 11:30 AM THEME LUNCH: United Kingdom 1:15 PM Latin Cardio with Paul Eugene 2:30 PM No Bake Baking Club 3:00 PM Life Long Learning: Name that Tune 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	26 9:30 AM Coffee and Conversation 10:00 Chair Aerobics with Improved Health 10:30 AM Jemimah the Comfort Dog 11:00 AM Musical Sound Bath with Marcia 1:15 PM Life Long Learning: Jewelry Class 2:30 PM Happy Hour and Entertainment July Birthday Celebration 3:45 PM Table Top Bowling 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	27 10:15 AM Coffee and Conversations 10:30 AM Exercise with Kattia 11:00 AM Brain Fitness Trivia 1:15 PM Kickball Circle 2:15 PM Mocktails & Hors D'oeuvres 3:00 PM Spiritual Sing A Long 3:30 PM Life Long Learning: Dominoes 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie
28 10:15 AM Coffee and Conversations 10:30 AM Spiritual Sing A Long 11:00 AM Brain Fitness Trivia 1:15 PM Life Long Learning: Bingo 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Cornhole and Ring Toss 6:00 PM Resident Choice Movie	29 10:15 AM Coffee and Conversation 10:30 AM Exercise with Eva 11:00 AM Brain Fitness Trivia 1:15 PM Manicures and Massages 2:15 PM Mocktails & Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Mixology 101: Daquiri (1st Floor) 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	30 10:15 AM Coffee and Conversations 10:30 AM Brain Fitness Trivia 11:00 AM Yoga with Heather 1:15 PM Balloon Tennis and Hydration 2:15 PM Mocktails & Hors D'oeuvres (2nd FL) 3:00 PM Music Therapy Sing-A-Long 3:30 PM Decades Story Telling 4:00 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	31 10:00 AM Coffee and Conversation 10:30 AM Courtyard Walking Club (1st Floor) 11:00 AM Brain Fitness Trivia 1:15 PM Canvas Painting 2:15 PM Mocktails and Hors D'oeuvres (1st Floor) 2:30 PM Live Entertainment (1st Floor) 3:45 PM Life Long Learning: Mix & Match 4:15 PM Sunset Stretch and Meditation 6:00 PM Resident Choice Movie	* All activities are subject to change.		