



Senior "Dignity" & Honor

Everyday Activities
9:00—Coffee Chit Chat
9:30 —Current Events
10:00—Sittercise
10:30—Activities
12:00—Lunch
1:00—Rest and Relax
1:30—Activities/ PM Exercise
2:15—Snack

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>HAPPY BIRTHDAY LINDA D. 07/12 HAROLD M. 07/18 LEONARD S. 07/26</p>		<p>1 10:30a- Calendar Re-view 11a– Audrey’s Angel 1:30p– Star Toss/ Four Color Map Challenge 3:05p– Magazine Scavenger Hunt & Collage 3:30p-</p>	<p>2 10:30a- Declaration of Independence/ July IQ 11:00a– 4th of July Craft w/ Linda/ 4th of July crossword 12p– Backyard 4th of July BBQ. 1:30p-BBQ BINGO 3:05p-Cooking w/ Phyllis</p>	<p>3 Closed 4th of July</p>
<p>6 11– Participants Council/ Safety 1p– GOSPEL JEWEL 2:45p- Dear Abby 3:35p– Radio Play/ Computer Hour/ Discussion</p>	<p>7 11a- National bug-insect week/All about bugs/ ANTics 1:30p– <u>Hedy & Hot Peppers</u> 3:05p– Frame Games 3:35p– Shake up the Memory</p>	<p>8 10a– Free Art 11a– Sing, Dance Reminiscence/ ASK THE NURSE 1:30p-Bean Bag Toss/Wii 3:35p– What’s in your bag? <u>Native American Scottsdale Outing-1130</u></p>	<p>9 10:30a– Group crossword puzzles 11a– Ball Catch/ Brain teasers 1:30p– <u>FSL Bible Study</u> 3:05p– Cooking ANTics w/ Phyllis 3:35p– Lotions & Potions</p>	<p>10 10:30a– Kings in the corner 11a-Who am i?/Puzzles 1:30p– <u>Yankee Doodle Movie</u> 3:05p– Dear Abby 3:35p– famous places STARBUCKS COFFEE-6</p>
<p>13 11a– Remembering the 30’s/ I remember the 30’s worksheet 1:30p– <u>Jeopardy game/ Drawing & Painting</u> 3:05p-Scavenger Hunt 3:35p-famous faces</p>	<p>14 10:30a- 30’s reminiscence 11a-Guggenheimer/ Reminiscence 1:30p– Horseshoes/Finger painting 3:0 5p-Cooking w/ Phyllis 3:35p– Scramble ORDER IN PIZZA- \$5</p>	<p>15 10a Crafts w/ Lois & Dr. Hagelson 11a– Can you Clerihew?/ Clerihew drawing 1:30p– Basketball/ Table Board Games 3:05p– Clip Coupons 3:35p– Shake up memory</p>	<p>16 10:30a- Participant Council 1130a– Wordability/ Balloon volley <u>1:30p– JOHN & UNCLE DAVE</u> 3:05p- Margie Mania 3:45p- Dear Abby</p>	<p>17 10:30a- Cards Concentration 11a- Daily Dose/ Parachute games <u>1:30p– BINGO/ Ice Cream Social</u> 3:05p– States quiz 3:35p– Sentence scramble</p>
<p>20 10:30a– Article 11a– Fruits discussion/ Fruit water painting 1:30p– Croquet/ Balloon Bounce 3:05p-Potions & Lotions 3:30p- Open Trivia</p>	<p>21 10:30a– Exercise 11a– Free art/ Famous Singer Showcase 1:30p– Soccer Kick/ Water coloring drafting 3:05p– Puzzles 3:45p– Board games</p>	<p>22 10:30a– Music Appreciation 11a– Word hangman/ Concentration 1:30p– Golf/ Discussion 3:05p-Lifestories board game 3:45p-Quarter games</p>	<p>23 10:30a– Senior Sez 11a-Big ball bowling/ Table games 1:30p-Ask the Social worker/ Hangman 3:05p-Concentration 3:30p– Fruit mural picture painting CASINO- \$20</p>	<p>24 10:30a– Article of choice 11a- Wordability/ Card games 1:30p– Wii/ table boards games/discussion 3:05p– Cooking w/ Phyllis 3:30p– Spelling Bee 4p-Up 2 U</p>
<p>27 10:30a- This day this month? 11a– Who am I? Table tic-tac-toe 1:30p-Hot Ball/ Quarter toss 3:05p– Name that tune 3:45p– Dear Abby questions & responses</p>	<p>28 10:30a– Pokeno 11a-Guggenheimer/ Pokeno 1:30p– <u>GOSPEL JEWEL</u> 3:05p– July Social w/ conversation 3:30p– Radio play 4p– Life talk</p>	<p>29 10:30a– Group discussion 11a– Famous faces 1:30p– kick ball/ Card games 3:05p– Cooking w/ Phyllis 3:30p– Pokeno TACO BELL- \$5</p>	<p>30 10:30a- Fitness dice 11a– Wordability/Elder Trivia 1:30p– The Nutcracker Play/ Kings in the corner 3:05p– Old maid DEER VALLEY -\$15</p>	<p>31 10:30a– Kings in the Corner 11a– I hear memories/ What’s missing? <u>1:30p– Adaptive Bingo</u> 3:05p– Dear Abby 3:30p– Relaxation tactics</p>