

| Sunday                                                                                                                                                                                                                   | Monday                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                               | Thursday                                                                                                                                                                                                                                                                                      | Friday                                                                                                                                                                                                                                                    | Saturday                                                                                                                                                                                                                                                              |
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|                                                                                                                                         |                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                         | 8-9:30 Breakfast Bunch 1<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Yoga<br>11:45 Lunch with Friends<br>2:00 Bingo<br>3:45 Vase Walking<br>4:45 Supper Club<br>6:00 Bubble Painting<br>Canada Day                                 | Wear your RED WHITE and BLUE 2<br>8-9:30 Breakfast Bunch<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Strength Training<br>11:45 Lunch with Friends<br>1:15 Parade Prep!<br>2:15 Patriotic Songs and Parade<br>3:45 Picture Frame Craft<br>6:00 Color Match Roll | 8-9:30 Breakfast Bunch 3<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>1:00 Walkabout<br>2:00 Fan Decorating<br>4:00 Chapel Visit<br>6:00 This or That                           | 8-9:30 Breakfast Bunch 4<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass on TV<br>11:15 Seated Zumba<br>11:45 Lunch with Friends<br>1:00 Walkabout<br>2:00 Saturday Matinee<br>4:00 Musical Memories<br>Independence Day (U.S.)                      |
| 8-9:30 Breakfast Bunch 5<br>10:00 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>2:00 Hand Spa and Manicures<br>3:30 Sing Along<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games  | 8-9:30 Breakfast Bunch 6<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Gentle Stretch<br>11:45 Lunch with Friends<br>2:00 Entertainment with Heather Ralston<br>3:30 Rosary<br>6:00 Living Room Leisure and Tabletop Games | 8-9:30 Breakfast Bunch 7<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Chair Dance<br>1:15 Bible Study<br>2:00 Resident Meeting and Social<br>3:45 Strawberry Craft<br>6:00 Service Project: Baking for Wednesdays Refreshments<br>6:45 Getting to Know You | 8-9:30 Breakfast Bunch 8<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Yoga<br>11:45 Lunch with Friends<br>2:00 Categories Word Game<br>3:45 Sticky Dart Game<br>4:45 Supper Club<br>6:00 Bubble Wrap Flower Craft<br>6:45 Reminisce | 8-9:30 Breakfast Bunch 9<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Strength Training<br>2:00 Card Games<br>3:30 Chaplet of the Divine Mercy<br>4:15 Fifteen-Minute Yoga<br>4:45 Supper Club<br>6:00 Sand Art<br>6:45 Friendly Visits                          | 8-9:30 Breakfast Bunch 10<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Cardio<br>1:00 Walkabout<br>2:00 Golf/Shu eboard<br>3:45 Kitten Craft<br>4:45 Supper Club<br>6:00 Watercolors                                  | 8-9:30 Breakfast Bunch 11<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass on TV<br>11:15 "Using Your Noodle" Stretch<br>11:45 Lunch with Friends<br>1:00 Walkabout<br>2:00 Music and Movement with Robin<br>3:30 Chapel Visits<br>4:45 Supper Club   |
| 8-9:30 Breakfast Bunch 12<br>10:00 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>2:00 Hand Spa and Manicures<br>3:30 Sing Along<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games | 8-9:30 Breakfast Bunch 13<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Gentle Stretch<br>2:00 Bingo<br>3:30 Rosary<br>4:15 Fifteen Minute Yoga<br>4:45 Supper Club<br>6:30 Concert in the Courtyard                       | 8-9:30 Breakfast Bunch 14<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Chair Dance<br>11:45 Lunch with Friends<br>1:15 Bible Study<br>2:15 "Afternoon on the Riviera"<br>3:45 Connect Four<br>6:00 Watercolors<br>6:45 Library Visit<br>Bastille Day       | 8-9:30 Breakfast Bunch 15<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Yoga<br>11:45 Lunch with Friends<br>2:00 Card Games<br>3:30 Musical Memories<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games              | 8-9:30 Breakfast Bunch 16<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Strength Training<br>11:45 Lunch with Friends<br>1:00 Walkabout<br>2:15 Chaplet of the Divine Mercy<br>3:30Newspaper Racing<br>6:00 Door Hanger Craft<br>6:45 Friendly Visits             | 8-9:30 Breakfast Bunch 17<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Cardio<br>1:00 Walkabout<br>2:00 Water Pistol Art!<br>3:45 Categories Word Game<br>6:00 Hat Attack                                             | 8-9:30 Breakfast Bunch 18<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass on TV<br>11:15 Seated Zumba<br>11:45 Lunch with Friends<br>2:00 Lollipop Bouquets<br>3:45 Chapel Visits<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games |
| 8-9:30 Breakfast Bunch 19<br>10:00 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>2:00 Hand Spa and Manicures<br>3:30 Sing Along<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games | 8-9:30 Breakfast Bunch 20<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Gentle Stretch<br>11:45 Lunch with Friends<br>2:00 Music & Movement with Robin<br>3:30 Rosary<br>6:00 Living Room Leisure and Tabletop Games       | 8-9:30 Breakfast Bunch 21<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Chair Dance<br>11:45 Lunch with Friends<br>1:15 Bible Study<br>2:00 Jolly Jills Chorus Performs<br>3:45 Name Five<br>6:00 Walkabout<br>6:30 Junk Food Craft                         | 8-9:30 Breakfast Bunch 22<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Yoga<br>11:45 Lunch with Friends<br>2:00 Categories Word Game<br>3:30 Walking Group<br>6:00 Painting                                                         | 8-9:30 Breakfast Bunch 23<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Strength Training<br>1:00 Walkabout<br>2:00"Silent Book Club"<br>2:15 Scrabble<br>3:30 Ping Pong<br>6:00 Pinecone Bird Feeder Craft                                                       | 9:30 Good News Gathering & Brain Games 24<br>10:30 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>1:00 Walkabout<br>2:00 Lifelong Learning: Colonial Williamsburg<br>3:45 Ring Toss & Jokes<br>4:45 Supper Club<br>6:00 Hand Massage | 8-9:30 Breakfast Bunch 25<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass on TV<br>11:15 "Using Your Noodle" Stretch<br>11:45 Lunch with Friends<br>1:00 Patio Time<br>2:00 Bingo<br>3:45 Chapel Visits<br>4:15 Walkabout                            |
| 8-9:30 Breakfast Bunch 26<br>10:00 Catholic Mass<br>11:15 Seated Cardio<br>11:45 Lunch with Friends<br>2:00 Hand Spa and Manicures<br>3:30 Sing Along<br>4:45 Supper Club<br>6:00 Living Room Leisure and Tabletop Games | 8-9:30 Breakfast Bunch 27<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Gentle Stretch<br>2:00 Music & Movement with Robin<br>3:30 Rosary<br>6:00 Living Room Leisure and Tabletop Games                                   | 8-9:30 Breakfast Bunch 28<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Chair Dance<br>1:15 Bible Study<br>2:15 Sheryl Faye Presents Eleanor Roosevelt<br>3:45 Question Ball<br>6:00 Hot Chocolate Coloring & Facts<br>6:45 Friendly Visits                 | 8-9:30 Breakfast Bunch 29<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Yoga<br>11:45 Lunch with Friends<br>2:00 Bingo<br>3:45 Bowling<br>6:00 Decorate Lipstick<br>6:45 Individual Visits                                           | 8-9:30 Breakfast Bunch 30<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Strength Training<br>1:00 Walkabout<br>2:00 Welcome Tea for New Residents, Traditional<br>2:15 Rainbow Craft<br>3:45 Parachute<br>6:00 Sort it Out                                        | 8-9:30 Breakfast Bunch 31<br>9:30 Good News Gathering & Brain Games<br>10:30 Catholic Mass<br>11:15 Seated Cardio<br>1:45 Birthday Party with Traditional<br>3:45 Chapel Visits<br>4:45 Supper Club<br>6:00 Color Treat Bags                              |                                                                                                                                                                                  |

\*\*\*\*\*Walking Groups, Individual Visits, and Person-Centered Activities happen at varying times throughout the day\*\*\*\*\*