



June 29th – July 5th

Monday June 29th

Gratitude Circle
Flag Art
Exercise Class
Coloring Club

Tuesday, July 30th

Current Events
Let’s Play Bingo
Smiles and Sunshine
Puzzle Corner

Wednesday, July 1st

Morning Affirmations
Morning Blessings
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 2nd

Gratitude Circle
Let’s Play Bingo
Snack and Smiles
Calm Music

Friday, July 3rd

Current Events
Card Club
Slushies and Sunshine
Read Along

Saturday July 4th /Sunday July 5th

Mindful Breathing	Morning Stretch
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring	Tea and Togetherness

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



June 29th – July 5th

Monday June 29th

Gratitude Circle
Flower Art
Exercise Class
Coloring Club

Tuesday, July 30th

Current Events
Let’s Play Bingo
Smiles and Sunshine
Puzzle Corner

Wednesday, July 1st

Morning Affirmations
Devotions on the Patio
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 2nd

Gratitude Circle
Let’s Play Bingo
Snack and Smiles
Calm Music

Friday, July 3rd

Current Events
Handprint Flag Art
Slushies and Sunsets
Read Along

Saturday, July 4th /Sunday, July 5th

Mindful Breathing	Gratitude Circle
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring	Aromatherapy

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



July 6th – July 12th

Monday, July 6th

Gratitude Circle
Firework Painting Crew
Exercise Class
Coloring Club

Tuesday, July 7th

Current Events
Let’s Play Bingo
Sunshine and Smiles
Puzzle Corner

Wednesday, July 8th

Morning Affirmations
Blessings Circle
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 9th

Gratitude Circle
Let’s Play Bingo
Sunshine and Smiles
Calm Music

Friday, July 10th

Current Events
Dice Playing Club
Lemonade and Laughs
Read Along

Saturday July 11th /Sunday July 1^{2th}

Mindful Breathing	Table setting Together
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring	Warm Blanket and Tea

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



July 13th – July 19th

Monday July 13th

Gratitude Circle
Freedom Paper Chains
Exercise Class
Coloring Club

Tuesday, July 14th

Current Events
Let’s Play Bingo
Sunshine and Smiles
Puzzle Corner

Wednesday, July 15th

Morning Affirmations
Morning Movement
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 16th

Gratitude Circle
Let’s Play Bingo
Exercise Class
Calming Music

Friday, July 17th

Current Events
Chair Yoga
Popsicles on the Patio
Read Along

Saturday July 18th /Sunday July 19th

Mindful Breathing	Church Stream
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring	Tea and Togetherness

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



July 20th – July 26th

Monday, July 20th

Gratitude Circle
Sponge-Painted Stars
Exercise Class
Coloring Club

Tuesday, July 21st

Current Events
Let’s Play Bingo
Sunshine and Smiles
Puzzle Corner

Wednesday, July 22nd

Morning Affirmations
Dice and delight
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 23rd

Gratitude Circle
Let’s Play Bingo
Exercise Class Game it
Calm Music

Friday, July 25th

Current Events
Morning Blessings
Lemonade and Laughs
Read Along

Saturday, July 25th/Sunday, July 26th

Mindful Breathing	Table setting Together
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring Circle	Tea and Chats

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*



July 27th – August 2nd

Monday, July 27th

Gratitude Circle
Sunflower Décor Club
Exercise Class
Coloring Club

Tuesday, July 28th

Current Events
Let’s Play Bingo
Sunshine and Smiles
Puzzle Corner

Wednesday, July 29th

Morning Affirmations
Dice and Delight
Exercise Class
Hand Massages Relax and Unwind

Thursday, July 30th

Gratitude Circle
Let’s Play Bingo
Exercise Class Game it
Calming Music

Friday, July 31st

Current Events
Devotions and Daily Affirmations
Lemonade and Laughs
Read Along

Saturday, August 1st/ Sunday, August 2nd

Mindful Breathing	Gratitude Circle
Music and Movement	Movie Time
Sunshine And Smiles	Walk and talk
Coloring Circle	Hand Massage and Relax

- Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*
- Midday Pulse Focus: *Energy, creativity, and social engagement.*
- Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*
- Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*