


REFLECTIONS - JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
 <p>1</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Scenic Ride 11:00 Walking Club 11:30 Crossword Puzzle 1:00 Music Memories 2:00 Bowling 3:00 Reflections Cafe 4:00 Who am I? 6:00 Residents Choice 	<p>2</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tai Chi 11:00 Current News 11:30 Morning Prayer 2:00 Chair Fitness 3:00 Reflections Cafe 4:00 Trivia 6:00 Comedy Night 	<p>3</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tone and Stretch 11:00 Morning News 11:30 Travelogue 1:15 Creative Corner 2:15 Toss n Talk 3:00 Reflections Cafe 4:00 Who am I? 6:00 Residents Choice 	<p>4</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tai Chi 11:30 News Review 1:15 Creative Corner 2:30 Corn Hole 3:00 Reflections Cafe 4:30 Famous Slogans 6:00 Comedy Night 	<p>5</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 11:00 Word in Word 11:30 Travelogue 11:30 Chair Fitness 1:00 Zumba 1:45 Outing 2:00 Finish the Phrase 3:00 Reflections Cafe 6:00 Musical Classics 	<p>6</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Light and Lively Exercise 11:00 Current News 11:30 Helpful hints 1:00 Bean Bag Toss 1:30 Reading Series 2:00 Walking Club 2:30 Famous Person 3:00 Reflections Cafe 6:00 Film Night 	<p>7</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Morning Fitness 11:30 Morning Prayer 1:00 Bean Bag Toss 1:30 Name Game 2:30 Walking Club 3:00 Chocolate Sundae Bar 4:30 Who am I? 6:00 Musical Classics 	<p>8</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Scenic Ride 11:00 Walking Club 11:30 Crossword Puzzle 1:00 Music Memories 2:00 Bowling 3:00 Reflections Cafe 4:00 Who am I? 6:00 Residents Choice 	<p>9</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tai Chi 11:00 Current News 11:30 Morning Prayer 2:00 Chair Fitness 3:00 Reflections Cafe 4:00 Trivia 6:00 Comedy Night 	<p>10</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tone and Stretch 11:00 Morning News 11:30 Travelogue 1:15 Creative Corner 2:00 Toss n Talk 3:00 Reflections Cafe 4:00 Who am I? 6:00 Residents Choice 	<p>11</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Tai Chi 11:30 News Review 1:15 Creative Corner 2:30 Corn Hole 3:00 Reflections Cafe 4:30 Famous Slogans 6:00 Comedy Night 	<p>12</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 11:00 Word in Word 11:30 Chair Fitness 11:30 Travel National Parks 1:00 Zumba 1:45 Outing 2:00 Finish the Phrase 3:00 Reflections Cafe 6:00 Musical Classics 	<p>13</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Light and Lively Exercise 11:00 Current News 11:30 Helpful hints 1:00 Bean Bag Toss 1:30 Reading Series 2:00 Walking Club 2:30 Famous Person 3:00 Reflections Cafe 6:00 Film Night 	<p>14</p> <ul style="list-style-type: none"> 10:00 Meet and Greet 10:30 Morning Fitness 11:30 Morning Prayer 1:00 Bean Bag Toss 1:30 Name Game 2:30 Walking Club 3:00 Reflections Cafe 4:30 Who am I? 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Reflections Neighborhood

July we will celebrate Independence Day on the 4th. This is the month of National Parks and Picnics. As we enjoy celebration of community and friends. Enjoy July!

"America is a tune. It must be sung together." – Gerald Stanley Lee

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social

LCB Senior Living strengthens its programming through collaborations with notable health care leaders, including McLean Hospital, Harvard Medical School and Brigham and Women's Hospital.

