

REFLECTIONS - JULY 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:30 Resistance Band Training
10:00 Spa Session
10:30 Word Extraction
1:00 Open Art Studio
3:00 Sip and Laugh
4:00 Reflective Moments
6:00 Guided Meditation

2
9:30 Morning Affirmations
11:00 Melodic Chorus
1:00 Floral Arranging Workshop
2:00 Yoga Flow
2:30 Smoothie Social
4:00 Travel & Discuss
6:00 Talent Finders

3
9:30 Zumba Class
10:00 Aromatherapy Session
10:45 Music Therapy
11:00 Exploring States
1:15 Stained Glass Workshop
2:00 Bone Builders
2:30 Bowling Club
3:30 Mindful Meditation
6:00 Rosary & Prayers

4 Independence Day
9:30 A Touch of Bliss-Spa Hour
10:15 Baking Group
11:00 Barre & Balance
1:00 Abstract Concepts
1:00 Independence Day Party
1:30 Cardio Drumming
4:00 Anagrams
6:00 Music Listening Hour

5
9:30 Weight Training
10:00 Meditation
11:00 Intellectual Puzzles
1:00 Art Expression-Acrylics
2:00 Tai Chi for Arthritis
3:30 Guided Meditation
4:30 Laugh Therapy
6:00 Bingo Challenge

6
9:30 Cardio Walk
10:00 Nail Spa
10:30 Bowling Club
11:00 Landscape Paintings
2:00 Low Intensity Cardio
2:30 Ice Cream Sunday
3:30 Mindful Meditation
6:00 Vocal Fusion-Karaoke

7
9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Anagrams
1:30 Book Club
2:00 Tai Chi for Arthritis
2:30 Cocktail Hour
3:30 Aromatherapy Session
6:00 Bingo Challenge

8
9:30 Resistance Band Training
10:00 Spa Session
10:30 Word Extraction
1:00 Open Art Studio
3:00 Ice Cream Social
4:00 Reflective Moments
6:00 Guided Meditation

9
9:30 Morning Affirmations
11:00 Melodic Chorus
1:00 Floral Arranging Workshop
2:00 Yoga Flow
2:30 Smoothie Social
4:00 Travel & Discuss
6:00 Talent Finders

10
9:30 Zumba Class
10:00 Aromatherapy Session
11:00 Exploring States
1:15 Craft Workshop
2:00 Bone Builders
2:30 Bowling Club
3:30 Mindful Meditation
6:00 Rosary & Prayers

11 Lorraine Birthday
9:30 A Touch of Bliss-Spa Hour
10:15 Baking Group
11:00 Barre & Balance
1:00 Abstract Concepts
1:30 Cardio Drumming
4:00 Anagrams
6:00 Music Listening Hour

12 Elizabeth Birthday
9:30 Weight Training
11:00 Intellectual Puzzles
1:00 Art Expression-Acrylics
1:00 Pianist-Richard Wang
2:00 Tai Chi for Arthritis
3:30 Guided Meditation
4:30 Laugh Therapy
6:00 Bingo Challenge

13
9:30 Cardio Walk
10:00 Nail Spa
10:30 Bowling Club
11:00 Landscape Paintings
2:00 Low Intensity Cardio
2:30 Happy Hour
3:30 Mindful Meditation
6:00 Vocal Fusion-Karaoke

14
9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Anagrams
1:30 Watercolor Basics
2:00 Tai Chi for Arthritis
2:30 Cocktail Hour
3:30 Aromatherapy Session
6:00 Bingo Challenge

15
9:30 Resistance Band Training
10:00 Spa Session
10:30 Word Extraction
1:00 Open Art Studio
3:00 Happy Hour
4:00 Reflective Moments
6:00 Guided Meditation

16
9:30 Morning Affirmations
11:00 Melodic Chorus
1:00 Floral Arranging Workshop
2:00 Yoga Flow
2:30 Smoothie Social
4:00 Travel & Discuss
6:00 Talent Finders

17
9:30 Zumba Class
10:00 Aromatherapy Session
10:45 Music Therapy
11:00 Exploring States
1:15 Craft Workshop
2:00 Bone Builders
2:30 Bowling Club
3:30 Mindful Meditation
6:00 Rosary & Prayers

18
9:30 A Touch of Bliss-Spa Hour
10:15 Baking Group
11:00 Barre & Balance
1:00 Abstract Concepts
1:30 Cardio Drumming
4:00 Anagrams
6:00 Music Listening Hour

19
9:30 Weight Training
10:00 Sound Bowl Meditation
11:00 Intellectual Puzzles
1:00 Art Expression-Acrylics
2:00 Tai Chi for Arthritis
3:30 Guided Meditation
4:30 Laugh Therapy
6:00 Bingo Challenge

20 Theresa Birthday
9:30 Cardio Walk
10:00 Nail Spa
10:30 Bowling Club
11:00 Landscape Paintings
2:00 Low Intensity Cardio
2:30 Happy Hour
3:30 Mindful Meditation
6:00 Vocal Fusion-Karaoke

21
9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Anagrams
1:30 Watercolor Basics
2:00 Tai Chi for Arthritis
2:30 Cocktail Hour
3:30 Aromatherapy Session
6:00 Bingo Challenge

22
9:30 Resistance Band Training
10:00 Spa Session
10:30 Word Extraction
1:00 Open Art Studio
3:00 Happy Hour
4:00 Reflective Moments
6:00 Guided Meditation

23
9:30 Morning Affirmations
11:00 Melodic Chorus
1:00 Floral Arranging Workshop
2:00 Yoga Flow
2:30 Smoothie Social
4:00 Travel & Discuss
6:00 Talent Finders

24
9:30 Zumba Class
10:00 Aromatherapy Session
11:00 Exploring States
1:15 Craft Workshop
2:00 Bone Builders
2:30 Bowling Club
3:30 Mindful Meditation
6:00 Rosary & Prayers

25 Charlotte Birthday
9:30 A Touch of Bliss-Spa Hour
10:15 Walk around Ferry Park
11:00 Barre & Balance
1:00 Abstract Concepts
1:30 Cardio Drumming
4:00 Anagrams
6:00 Music Listening Hour

26
9:30 Weight Training
10:00 Sound Bowl Meditation
11:00 Intellectual Puzzles
1:00 Art Expression-Acrylics
1:00 Pianist-Richard Wang
2:00 Tai Chi for Arthritis
3:30 Guided Meditation
4:30 Laugh Therapy
6:00 Bingo Challenge

27
9:30 Cardio Walk
10:00 Nail Spa
10:30 Bowling Club
11:00 Landscape Paintings
2:00 Low Intensity Cardio
2:30 Happy Hour
3:30 Mindful Meditation
6:00 Vocal Fusion-Karaoke

28
9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Anagrams
1:30 Watercolor Basics
2:00 Tai Chi for Arthritis
2:30 Cocktail Hour
3:30 Aromatherapy Session
6:00 Bingo Challenge

29
9:30 Resistance Band Training
10:00 Spa Session
10:30 Word Extraction
1:00 Open Art Studio
3:00 Happy Hour
4:00 Reflective Moments
6:00 Guided Meditation

30
9:30 Morning Affirmations
11:00 Melodic Chorus
1:00 Floral Arranging Workshop
2:00 Yoga Flow
2:30 Smoothie Social
4:00 Travel & Discuss
6:00 Talent Finders

31
9:30 Zumba Class
10:00 Aromatherapy Session
10:45 Music Therapy
11:00 Exploring States
1:15 Craft Workshop
2:00 Bone Builders
2:30 Bowling Club
3:30 Mindful Meditation
6:00 Rosary & Prayers



July Happenings

Independence Day Party
7/4/2024
1PM-2PM

Support Group
7/18/2024
4PM
RSVP BY
7/15/2024

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care