


CONNECTIONS



JULY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Exercise Class 10:00 News of the Day 10:45 Hydration 11:00 Watermelon Salad 12:00 Lunch 1:00 Brain Teasers 2:30 Walks / Trail 3:30 Friends Social 5:00 Dinner 6:00 Face Time Calls 7:00 Evening Wind Down	2 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Stretch Bend & Twist 10:00 Daily Updates 10:45 Hydration 11:00 Nail Care 12:00 Lunch 1:00 Flower Arranging 2:30 4th of July Word Searches 3:30 Corn Hole 5:00 Dinner 6:00 Movie Time 7:00 Evening Wind Down	3 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Balance & Tone 10:00 4th of July Fun Facts 10:45 Hydration 11:00 Travel to Washington DC 12:00 Lunch 1:00 Bingo 2:30 Happy Hour & Snacks 3:30 Walking Club 5:00 Dinner 6:00 Games Shows 7:00 Evening Wind Down	4 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Physical Wellness 10:00 Court Yard Walks 10:45 Hydration 11:00 4th of July Word Searches 12:00 Lunch 1:00 Face Time Chats & Puzzles 2:30 Popsicles & Friends 3:30 4th of July TV Events 5:00 Dinner 6:00 Lawrence Welk Show 7:00 Evening Wind Down Independence Day
5 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Sacred Hymns 10:00 Yoga & Meditation 10:45 Hydration 11:00 Communion 12:00 Lunch 1:00 Face Time Chats 2:30 Corn Hole 3:30 Ice Tea Social & Walks 5:00 Dinner 6:00 News & Discussion 7:00 Evening Wind Down	6 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Sacred Hymns & Sermons 10:00 News of the Day 10:45 Hydration 11:00 Time Slips & Discussion 12:00 Lunch 1:00 Jingo 2:30 Animal Kingdom 3:30 Travel to the Beach 5:00 Dinner 6:00 Court Yard Walks / TV Time 7:00 Evening Wind Down	7 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Stretch & Bend 10:00 News & Clues 10:45 Hydration 11:00 Brain Fitness 12:00 Lunch 1:00 Country Ride 2:30 Travel America 3:30 Sing Along Suzie Q 5:00 Dinner 6:00 Game Shows 7:00 Evening Wind Down	8 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Weights & Stretching 10:00 News of the Day 10:45 Hydration 11:00 Orange Cream Slush 12:00 Lunch 1:00 Balloon Toss 2:30 Brain Facts 3:30 Friends Social 5:00 Dinner 6:00 Today's News 7:00 Evening Wind Down	9 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Ball Toss & Balance 10:00 Facts of the Day 10:45 Hydration 11:00 Nail Care & Hand Massages 12:00 Lunch 1:00 Flower Arranging 2:30 Wedding Slide shows 3:30 ladder Ball 5:00 Dinner 6:00 Puzzles & Cross Words 7:00 Evening Wind Down	10 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Stretch Bands 10:00 Friday / Day In History 10:45 Hydration 11:00 Brain Teasers 12:00 Lunch 1:00 Bingo 2:30 Happy Hour & Snacks 3:30 Face Time Calls 5:00 Dinner 6:00 Friday Night Movie 7:00 Evening Wind Down	11 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Physical Fitness 10:00 Court Yard Walks 10:45 Hydration 11:00 Travel USA 12:00 Lunch 1:00 Ring Toss 2:30 Color & Create 3:30 Music Memories 5:00 Dinner 6:00 Lawrence Welk Show 7:00 Evening Wind Down

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Sacred Hymns & Sermons 10:00 Bend & Stretch Exercises 10:45 Hydration 11:00 Communion 12:00 Lunch 1:00 Face Time Chats & Family 2:30 Walks & Word Searches 3:30 Music & Songs 5:00 Dinner 6:00 News of the Day 7:00 Evening Wind Down	13 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Morning Stretches 10:00 On This Day / Fun Facts 10:45 Hydration 11:00 Art & Stencils 12:00 Lunch 1:00 Corn Hole 2:30 Light Social 3:30 Bingo 5:00 Dinner 6:00 News & Discussion 7:00 Evening Wind Down	14 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Leg Exercises 10:00 News of the Day 10:45 Hydration 11:00 Happy Neuron 12:00 Lunch 1:00 Country Ride 2:30 Name 10 of... 3:30 Slide Shows 5:00 Dinner 6:00 Music Melodies 7:00 Evening Wind Down	15 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Morning Stretching 10:00 On This Day 10:45 Hydration 11:00 Chocolate Strawberry's 12:00 Lunch 1:00 Past Times Videos 2:30 Chocolate Friends Social 3:30 Court Yard Walks & Conversation 5:00 Dinner 6:00 Animal Kingdom 7:00 Evening Wind Down	16 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Morning Exercise 10:00 On this Day 10:45 Hydration 11:00 Flower Arranging 12:00 Lunch 1:00 Price Is Right 2:30 Ladder Ball 3:30 Trivia & Clues 5:00 Dinner 6:00 Crossword Puzzles 7:00 Evening Wind Down	17 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Friday Wake Up Stretches 10:00 Fun Facts Today 10:45 Hydration 11:00 Name That Price 12:00 Lunch 1:00 Bingo 2:30 Happy Hour & Music 3:30 Court Yard Walks 5:00 Dinner 6:00 I Love Lucy Show 7:00 Evening Wind Down	18 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Exercise with Suzie 10:00 News Today 10:45 Hydration 11:00 Travel Around the World 12:00 Lunch 1:00 Brain Teasers 2:30 Bob Ross Painting 3:30 Ring Toss 5:00 Dinner 6:00 Classic Movie Time 7:00 Evening Wind Down
19 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Sacred Hymns & Sermons 10:00 Exercises & Stretch Bands 10:45 Hydration 11:00 Communion 12:00 Lunch 1:00 Face Time Chats & Family 2:30 Sunday Google Earth 3:30 Stencils & Conversation 5:00 Dinner 6:00 News & Discussion 7:00 Evening Wind Down	20 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Physical Exercises 10:00 News of the Day & Fun Facts 10:45 Hydration 11:00 Brain Teasers 12:00 Lunch 1:00 Golfing 2:30 Friends Gathering Social 3:30 Bingo 5:00 Dinner 6:00 Court Yard Walks 7:00 Evening Wind Down	21 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Weights & Stretches 10:00 Fun Facts Today 10:45 Hydration 11:00 Word Trivia 12:00 Lunch 1:00 Country Ride 2:30 Presidents Trivia 3:30 Paint Therapy 5:00 Dinner 6:00 Name That Tune 7:00 Evening Wind Down	22 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Chair Exercises 10:00 Fun Facts 10:45 Hydration 11:00 Baking Cookies 12:00 Lunch 1:00 Word Searches 2:30 Frozen Popsicles Social 3:30 Corn Hole 5:00 Dinner 6:00 Gardening Slide Shows 7:00 Evening Wind Down	23 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Balance & Tone 10:00 Daily Briefing 10:45 Hydration 11:00 Flower Arranging 12:00 Lunch 1:00 Millionaire 2:30 Puzzles & Word Searches 3:30 Balloon Toss 5:00 Dinner 6:00 Evening News 7:00 Evening Wind Down	25 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Swing Twist & Bend 10:00 Saturday Updates 10:45 Hydration 11:00 How Much Did it Cost 12:00 Lunch 1:00 Paint Therapy 2:30 Face Time Calls 3:30 News & Clues 5:00 Dinner 6:00 Saturday Night Movie 7:00 Evening Wind Down	
26 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Sacred Hymns & Sermons 10:00 Balance & Tone 10:45 Hydration 11:00 Communion 12:00 Lunch 1:00 Face Time Chats & Family 2:30 Sing Along with Susie Q 3:30 Word Searches 5:00 Dinner 6:00 Sunday News in Review 7:00 Evening Wind Down	27 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Physical Well Being 10:00 News Today 10:45 Hydration 11:00 Transportation Slide Shows 12:00 Lunch 1:00 Puzzles 2:30 Root Beer Social 3:30 Bingo 5:00 Dinner 6:00 Game Shows 7:00 Evening Wind Down	28 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Balance & Tone 10:00 Good News 10:45 Hydration 11:00 Parachute 12:00 Lunch 1:00 Country Ride 2:30 Games & Puzzles 3:30 Brain Neurons 5:00 Dinner 6:00 Games & Laughter 7:00 Evening Wind Down	29 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Stretch Bands & Tone 10:00 In the News 10:45 Hydration 11:00 Apple Pie 12:00 Lunch 1:00 Court Yard Walks 2:30 Puzzles 3:30 Brain Trivia 5:00 Dinner 6:00 Music Memories 7:00 Evening Wind Down	30 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Swing Twist & Bend 10:00 Todays Daily Update 10:45 Hydration 11:00 Flower Arranging 12:00 Lunch 1:00 Animal Video / Birds 2:30 Animal Trivia 3:30 Games 5:00 Dinner 6:00 Nature Video 7:00 Evening Wind Down	31 7:00 Activities of Daily Living 8:00 Breakfast 9:00 Chair Exercises 10:00 Daily Updates 10:45 Hydration 11:00 Random Trivia 12:00 Lunch 1:00 Bingo 2:30 Happy Hour & Music 3:30 Walking Club 5:00 Dinner 6:00 Favorite Game Shows 7:00 Evening Wind Down	<p style="text-align: center;">CONNECTIONS</p>  <p style="text-align: center;">JULY 2020</p>