|  |                 |   |   |   |   |   | The second secon |
|--|-----------------|---|---|---|---|---|--|
| Sunda  | ay              | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
| All Activiti   |                 | 9:30 Daily Chronicle  10:00 Protestant Communion Service 10:45 Seated Stretch           | 9:30 Daily Chronicle 2 10:00 Music with Angela 10:45 Seated Stretch   | 9:30 Daily Chronicle 10:00 Chaplain Chat 10:45 Exercises                | <ul><li>3 9:30 Daily Chronicle</li><li>4 10:00 Coffee &amp; Crosswords 11:00 Chair Yoga</li></ul> | 9:30 Daily Chronicle 5 10:00 Manicures 10:45 Chair Yoga | 9:30 Daily Chronicle 6  10:00 EWTN Mass 10:45 Exercises 1:00 Rosary  |
| Please see<br>White Boa<br>Daily Acti                              | rds for         | 1:00 Rosary 2:30 Happy Hour 3:00 Piano Bar  Canada Day                                  | 1:00 Rosary  1:30-2:15 Patriotic Music With Bev & Angela  | 1:00 Rosary<br>2:00-3:00 Bingo  | 1:00 Celebrate 4 <sup>th</sup> of July with Root Beer Floats                                      | 1:00 Rosary 2:00-3:00 Craft with Christine              | 2:00-3:00 Music with Angela  |
| 9:30 Daily Chro  | nicle <b>7</b>  | 9:30 Daily Chronicle  | <b>8</b> 9:30 Daily Chronicle <b>9</b>  | 9:30 Daily Chronicle  | 10 :30 Daily Chronicle 11   | 9:30 Daily Chronicle 12                                 | 9:30 Daily Chronicle 13  |
| 10:00 Trivia  1:00 Rosary  |                 | 10:00 Protestant<br>Communion Service   | 10:00 Music with Angela<br>10:45 Seated Stretch<br>1:00 Rosary  | 10:00 Hymn Sing<br>11:00 Exercises                                      | 10:00 Coffee & Crosswords<br>11:00 Chair Yoga   | 10:00 Manicures<br>10:45 Chair Yoga                     | 10:00 Mass /Chapel  1:00 Rosary  |
| 2:00-3:00 Bingo  | )               | 10:45 Seated Stretch  1:00 Rosary  2:30 Happy Hour  3:00 Piano Bar                      | 2:00-3:00 Celebrate July Birthdays on the Floor 5:45 Yahtzee with Bev   | 1:00 Rosary<br>2:00-3:00 Bingo  | 1:00 Rosary 2:00-3:00 Jazz Trio /Chapel   | 1:00 Rosary 2:00-3:00 Cookies & Lemonade Outside        | 2:00-3:00 Sweep Six  |
| 9:30 Daily Chror   | nicle 14        | 9:30 Daily Chronicle 1  | 5 9:30 Daily Chronicle 16   | 9:30 Daily Chronicle  | 17 :30 Daily Chronicle 18   | 9:30 Daily Chronicle 19                                 | 9:30 Daily Chronicle <b>20</b>   |
| 10:00 Trivia  1:00 Rosary  |                 | 10:00 Protestant Service Chapel 11:00 Seated Stretch                                    | 10:00 Adoration<br>11:00 Music with Angela<br>1:00 Rosary   | 10:00 Crossword<br>10:45 Exercises                                      | 10:00 Coffee & Conversation 11:00-3:00 Outing "Bear Boating"                                      | 10:00 Manicures 10:45 Chair Yoga  1:00 Rosary           | 10:00 Mass /Chapel 1:00 Rosary   |
| 2:00-3:00 Bingo  | )               | 1:00 Mass /Chapel<br>2:30 Happy Hour<br>3:00 Piano Bar                                  | 2:00-3:00 Capital City Wind<br>Ensemble /Chapel<br>5:45 Yahtzee with Bev  | 1:00 Mass /Chapel<br>2:00-3:00 Bingo                                    | 1:00 Rosary 2:00-3:00 Resident Council  | 2:00-3:00 Craft with<br>Christine                       | 2:00-3:00 Music with Angela  |
| 9:30 Daily Chror   | nicle <b>21</b> | 9:30 Daily Chronicle <b>2</b>   | 2 9:30 Daily Chronicle 23   | 9:30 Daily Chronicle  | <b>24</b> :30 Daily Chronicle <b>25</b>   | 9:30 Daily Chronicle <b>26</b>                          | 9:30 Daily Chronicle <b>27</b>   |
| 10:00 Trivia  1:00 Rosary  |                 | 10:00 Protestant Service Chapel 11:00 Seated Stretch                                    | 10:00 Music with Angela<br>10:45 Seated Stretch<br>1:00 Rosary  | 10:00 Hymn Sing<br>11:00 Stretching                                     | 10:00 Coffee & Crosswords<br>11:00 Chair Yoga   | 10:00 Manicures<br>10:45 Chair Yoga                     | 10:00 Mass /Chapel  1:00 Rosary  |
| 2:00-3:00 Bingo  | )               | 1:00 Mass /Chapel<br>2:30 Happy Hour<br>3:00 Piano Bar                                  | 2:00 Taste of Home 5:45 Yahtzee with Bev  | 1:00 Mass /Chapel<br>2:00-3:00 Bingo                                    | 1:00 Rosary 2:00-3:00 Ricky Yurkovich Polka in Chapel   | 1:00 Rosary 2:00-3:00 Bean Bag Toss Outside             | 2:00-3:00 Sweep Six  |
| 9:30 Daily Chror<br>10:00 Trivia<br>1:00 Rosary<br>2:00-3:00 Bingo |                 | 10:00 Protestant Service Chapel 11:00 Seated Stretch  1:00 Mass /Chapel 2:30 Happy Hour | 10:00 Adoration 10:45 Seated Stretch 1:00 Rosary 2:00-3:00 "Minute to Win it" 4th Floor Activity Staff verses 5th Floor Activity Staff! Parkview Room | 9:30 Daily Chronicle 10:00 Crossword 10:45 Exercises  1:00 Mass /Chapel |   | ly 20   |  |
|  |                 | 3:00 Piano Bar  | 5:45 Yahtzee with Bev   | 2:00-3:00 Bingo   | 4 <sup>th</sup> Flo   | or Activity C   | alendar  |