

MC July 2023

· MONDAY ·

9:30
Fitness is Golden
10:15
This Day in History
10:30
Music: Sing A Long
1:15
Walking Club
2:00
Dice Game
3:00
Snack/ Hydration &
Color Therapy

· TUESDAY ·

9:30
Fitness is Golden
10:15
This Day in History
10:30
Word Games
1:15
Walking Club
2:00
Craft
3:00
Snack/Hydration &
Hand Massages

· WEDNESDAY ·

9:30
Fitness is Golden
10:15
This Day in History
10:30
Baking w/ Friends
1:15
Walking Club
2:00
Bingo
3:00
Snack/Hydration &
Color Therapy

· THURSDAY ·

9:30
Fitness is Golden
10:15
This Day in History
10:30
Trivia/ Short Stories
1:15
Walking Club
2:00
Nifty Nails
3:00
Snack/Hydration &
Card Games

· FRIDAY ·

9:30
Fitness is Golden
10:15
This Day in History
10:30
Music: Sing A Long
1:15
Walking Club
2:00
Horse Races/Bowling
3:00
Snack/Hydration
Color Therapy

****ALL ACTIVITIES
ARE SUBJECT TO
CHANGE****