

Monday

Tuesday

Wednesday





Thursday

Friday



July 2021

Seasons Adult Day Health Services

	<p>5 C: Remembering Camping P: Noodle Exercise or Dance Aerobics C: Twister Trivia or Musical Wheel of Fortune <i>LUNCH</i> C: Shake Awake Your Taste or Down Memory Lane P: Volleyball or Choices C: iPad Games or Finish the Phrase C: Pastimes</p>	<p>6 C: Fascinating Facts P: Lower Body Stretch or Ball Exercises A: Storylines or Musical Connections <i>LUNCH</i> A: Music and Dancing with Paul Wilkinson P: Disc Golf or Battle Ball C: ABC Word Challenge or Tribond C: Yesterdays Photos</p>	<p>7 C: July EZ Does it Trivia P: Resistance Bands or Arm Aerobics C: Hat Chat or Shake Awake Your Taste <i>LUNCH</i> A: Country Western Hits or Ripley's Believe it or Not P: Baseball or Healthy Bodies C: Blur or Finish the Phrase C: Choices</p>	<p>8 C: Memory Chain P: Arm Aerobics or Healthy Bodies C: Six Words or Recipe Recall <i>LUNCH</i> A: Birthday Party w/ Dave and Sally P: Basketball Toss or Bean Bag Toss C: Table Talk or Music Player P: Balloon Tap</p>
<p>C: iPad Chatoms P: Pecan Pie or Healthy Bodies E: Spirituality-Pastor Schneider or Discover America <i>LUNCH</i> C: Golf Bingo or Name That Memory P: Original Ring Toss or Hits of the 50's A: Art Appreciation or Finish the Phrase C: Toss 'n Talk Ball</p>	<p>12 C: Memories & Musings P: Can Weights or Dance Aerobics C: Name That TV Theme Song or Word Tree <i>LUNCH</i> A: Sentimental Strings Performance P: Ladder Golf or Hoop Toss C: You Be The Judge or Table Talk C: Reading Roundtable</p>	<p>13 C: Elder Trivia P: Dance Aerobics or Bean Bag Exercise C: Did it HapPEN to you? or Name Ten <i>LUNCH</i> C: Brain Drain or Yesterdays Photos P: Soccer or iPad: Fun Facts A: Musical Bingo or Reminiscing with Walking Songs P: Broom Ball</p>	<p>14 C: Drive-In Movie Theater Trivia O: Movie Theater Popcorn Mix or Name Ten-Movies P: Upper Body Stretch or Healthy Bodies <i>LUNCH</i> C: Drive In-Movie Presentation or Downtime P: Popcorn Ball Toss or Bowling C: Reminiscing about Movies C: Finish the Phrase</p> 	<p>15 C: Sock It To Me P: Octaband or Ball Exercises C: Can You Picture This? or Seasons Choral <i>LUNCH</i> C: Sharpen Your Senses or Family Memory Lane P: Texas Horseshoes or Noodle Ball C: Country Trivia or Memory Chain C: Mind Joggers</p>
<p>19 C: Ice Cream Hangman P: Ball Exercise or Can Weights E: Spirituality with Pastor Paul or Reminisce Through the Decades <i>LUNCH- Ice Cream Social</i> C: History of Ice Cream or Tribond P: Bean Bag Toss or Choices C: Ice Cream Trivia or Name That State A: Musical Connections</p>	<p>20 C: Remembering Apollo 11 O: Moon Pies or Moon Exercises C: Moon Trivia or Moon Songs <i>LUNCH</i> C: Moon Landing or Memories and Musings P: Moon Toss or Battle Ball C: Space Hangman or Courtyard Choral C: Pastimes</p>	<p>21 C: Famous Folks Trivia P: Resistance Bands or Arm Aerobics C: Word Tree or Shake Awake Your Taste <i>LUNCH</i> A: Music and Dancing with Paul Wilkinson P: Washer Toss or Badminton C: Musical Wheel of Fortune or Create-A-Word C: Choices</p>	<p>22 C: Shake Loose a Memory O: Strawberries-and-Cream Squares or What Do You See? P: Me Moves Exercise or Healthy Bodies <i>LUNCH</i> A: Native Flutes or Six Words P: Original Ring Toss or Table Ball C: Jumbo Crossword or Hits of the 60's A: Art Expression</p>	<p>23 C: Random Trivia P: Healthy Bodies or Movement and Music C: Finish the Song Lyrics or Hat Chat <i>LUNCH- Picnic</i> E: Outing to Cottage Creamery or Sharpen Your Senses P: Cow Pie Toss or Musical Toss C: Fact or Fiction or Sing Along with Susie Q C: Choices</p>
<p>26 C: Rockin' with the Blues P: Lower Body Stretch or Ball Exercises E: Spirituality with Pastor Paul or Jeopardy <i>LUNCH</i> C: Do You Hear What I Hear? or What's That Occupation? P: Disc Golf or Battle Ball C: All Things Blue! or Family Talk C: Yesterdays Photos</p>	<p>27 C: Name Ten- Dog Theme P: Dog Treats or What Do You See? C: Low Body Exercise or Healthy Bodies <i>LUNCH</i> E: Pet Therapy or Down Memory Lane P: Bone Toss or Choices C: Summer Reminiscing or Finish the Phrase C: Cards and Games</p>	<p>28 C: Dog Days of Summer O: Puppy Chow or Dog Songs P: Noodle Exercise or Healthy Bodies <i>LUNCH</i> E: Pet Therapy or Recipe Recall P: Go Fetch! or Celebrity Ages C: Dog Bingo or Courtyard Choral P: Balloon Tap</p> 	<p>29 C: I Hear Memories C: Famous Faces or Celebrity Ages P: Me Moves Exercise or Healthy Bodies <i>LUNCH</i> A: Storylines or Mind Joggers P: Jumbo Ring Toss or Table Ball C: Name it! or Hits of the 50's A: Art Expression</p> 	<p>30 C: Quizmania P: Resistance Bands or Healthy Bodies C: Biopoem or Everything I Need To Know <i>LUNCH</i> C: Guinness Book of World Records or Hits of the 40s P: Target Darts or Table Ball C: Advice Columns or Musical Toss A: Courtyard Choral</p>

Program Key: P- Physical, A- Creative Arts/Music, C- Cognitive, E- Environmental/Sensory, O- Occupational/Life Skills
Program Schedule: 9:00AM, 10:00 AM, 11:00AM, 1:00PM, 2:00PM, 3:00PM, 4:00PM

Birthdays: Kelsey- 2nd, Moses M- 4th, Dan S.- 7th, Mary K- 8th, Jean M- 9th, Brandi- 10th

