







Discovery and Harmony Activity Calendar

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 International Joke Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Active or Table Games 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 Joke's & Laughter Videos	2 Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>All about July & Trivia/ Bean Bag Toss Games</u> D 11:40 Noodle Exercises H 11:40 Chair Zumba 12:00 Lunch and Social Hour 12:45 <u>4th of July Celebration w/ Mary & Jen!</u>	3 National Watermelon Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Artistic Expression w/ Jess H 11:00 Music Memories 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Ukulele Strummers Perform</u>		5 National Blueberry Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Behind the Artist: Barbara S. H 11:00 Bean Bag Cup Toss 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Reminisce 4th of July & Patriotic Sing along</u>	
8 Monday Movement 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Active Game H 11:00 Self Expression Art 11:40 Sittercises 12:00 Lunch and Social Hour D 12:45 We go together Trivia Game H 12:45 Putt Putt Golf Challenge	9 Mini Horse Visit 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Mini Horse Visit: Romeo</u> 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour D 12:45 Instrument Music Circle H 12:45 Active Game	10 National Blueberry Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Sweet Treats w/ Jess</u> 11:00 Tribute to Leslie Caron w/ Kayla 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D 12:45 Name That Tune H 12:45 Hollywood Guess Who	11 Move & Groove Thursday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Core Class w/ Jess & Word Game H 11:00 Bean Bag Cup Toss 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>50's & 60' sing & Dance</u>	12 Friday Funday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Corn Hole Bean Bag Toss 11:00 <u>Creative Crew w/Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour D 12:45 Unlikely Animal Friendships H 12:45 National Parks Videos	
15 French Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>French 101 & Bingo</u> H 11:00 <u>French Bakery w/ Jo</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Arm Chair Travel to France</u>	16 Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Art w/ Jess 11:00 Word Game & Trivia 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D 12:45 Smarty Pants Game H 12:45 Virtual Trip: New York	17 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Active or Table Games 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour D 12:45 International Music Circle H 12:45 Dominos Game	18 Music Thursday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Nursery Rhymes Game H 11:00 Slot ball Challenge 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>David Kramer's Musical Experience</u> 12:45 Alternate Activity to be determined	19 National Ice Cream Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Music Memories 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Outdoor Ice Cream Trolley</u>	
22 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Guide to The Netherlands</u> 12:45 Alternate Activity to be determined	23 National Vanilla Ice Cream & Sprinkles Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Core Class w/ Jess H 11:00 Trivia Tuesday: Ice Cream 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Ice Cream Social w/ Kayla</u>	24 Cowboy Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Art w/ Jess & Active Game w/ V H 11:00 Self Care Activity 11:45 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Rodeo Round Up Party</u>	25 National Watermelon Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Unlikely Animal Friendships H 11:00 Beach Ball Game & Trivia 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hou 12:45 <u>Watermelon Social on the Patio</u>	26 Happy Friday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Behind the Artist: Frank Sinatra H 11:00 Paris Olympic Opening 11:40 Fitness Friday 12:00 Lunch and Social Hour D 12:45 Celebrity Picture Bingo H 12:45 Active Game	
29 Monday Movement 10:00 Coffee Klatch 10:30 News & Discussion 11:15 <u>Chair Yoga w/ Beth</u> 11:00 Active Game & Sittercises 12:00 Lunch and Social Hour 12:45 <u>Sip & Paint w/ Jo</u> 12:45 International Music Circle	30 International Friendship Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:15 <u>Chair Yoga w/ Beth</u> H 11:00 Chair Zumba Lesson 12:00 Lunch and Social Hour D 12:45 Unlikely Animal Friendships H 12:45 Animal Trivia & Video	31 Hawaii Flag Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Hawaiian Hula Hoop Game H 11:00 Hawaiian Arts & Crafts 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Arm Chair Travel to Hawaii</u> 12:45 Alt Activity: Hawaiian Bingo	<p>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups.</p>	 <p>7/11 Fudge F. 7/14 Alta S.</p>	