

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Birthdays</u> 7/3 - Lillian J. 7/3 - Shelly Valdiserri 7/12 - Betty Russell 7/13 - Mary Ann Ramage 7/18 - Carlene G. 7/26 - Mona S. 7/27 - Dean Bright 7/29 - Nancy Phillips	<u>Birthdays</u> 7/29 - David Hydock 7/31 - Karmeisha Williams	1 WE 9:15 Walking club-Resident lead PU 10:00 Watering the flowers EM 11:15 Circle of Friends -AR WE 1:30 Chair Zumba - ML PU 2:30 Hangman-ML SO 2:30 Yahtzee-AR WE 3:30 Music and Manicures - ML SO 6:00 Movie and Popcorn-AR	2 WE 9:15 Walking club-Resident lead WE 10:00 Drum Fit - ML EM 11:15 Lobby Stop! Tulsa City Library. -ML PU 1:30 Music Trivia - ML SO 2:30 Candy Bingo - DR SP 4:00 Bible Study - PDR	3 WE 9:15 Walking club-Resident lead WE 10:30 Exercise: Lower Body - ML EM 11:15 Circle of Friends - AR SO 2:00 4th of July Celebration SO 3:30 Jerry on the Guitar - ML SO 7:30 Star Spangled Salute - Sand Springs	4 Independence Day WE 9:15 Walking club-Resident lead PU 10:00 Watering the flowers WE 1:30 Exercise: Upper Body - ML SO 2:30 Candy Bingo - DR SO 4:00 Table games - ML	5 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML PU 11:30 Finish the word - ML SO 1:30 Movie and Popcorn - AR SO 3:30 Table games -ML
6 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML EM 11:30 Music Trivia - Assisted Living - AR SP 2:00 Church Services - ML SO 3:00 Ice Cream Social - Assisted Living - AR	7 SO 8:30 Ladies Breakfast outing WE 9:15 Walking club-Resident lead WE 10:30 Exercise with Empower Me - ML PU 11:15 Mati with Complete hospice-AR CR 11:30 Timeless Clay Class SO 2:30 Candy Bingo - DR SO 4:00 Yahtzee	8 WE 9:15 Walking club-Resident lead WE 10:30 Chair Zumba - ML SO 11:00 Lunch Bunch outing WE 2:00 Corn hole -ML SO 2:00 Dominos- AR WE 3:30 Music and Manicures - ML SO 6:00 Movie night- AR	9 WE 9:15 Walking club-Resident lead WE 10:00 Drum Fit - ML PU 1:30 Music Trivia - ML SO 2:30 Candy Bingo - DR SP 4:00 Bible Study - PDR	10 WE 9:15 Walking club-Resident lead WE 10:30 Exercise: Lower Body - ML EM 11:15 Circle of Friends - AR SO 2:00 Summer photo Booth with Luminos Hospice- ML WE 3:00 Bowling- ML SO 3:00 Yahtzee - AR	11 WE 9:15 Walking club-Resident lead PU 10:00 Watering the flowers EM 11:00 Songs by heart. WE 1:30 Exercise: Upper Body - ML SO 2:30 Candy Bingo - DR SO 4:00 Table games - ML	12 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML PU 11:30 Finish the word - ML SO 1:30 Movie and Popcorn - AR SO 3:30 Table games -ML
13 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML EM 11:30 Music Trivia - Assisted Living - AR SP 2:00 Church Services - ML SO 3:00 Ice Cream Social - Assisted Living - AR	14 SO 8:30 Romeo's Breakfast WE 9:15 Walking club-Resident lead WE 10:30 Exercise with Empower Me - ML PU 1:30 Trivia SO 2:30 Candy Bingo - DR CR 4:00 Crafty Corner - AR	15 WE 9:15 Walking club-Resident lead WE 10:30 Chair Zumba - ML SO 11:15 Trivia with Brittney from SunCrest-ML PU 1:30 Hangman with Gage from Refuge Hospice - AR WE 3:30 Music and Manicures - ML SO 6:00 Movie night-AR	16 WE 9:15 Walking club-Resident lead WE 10:00 Drum Fit - ML EM 1:30 Menu Chat - PDR SO 2:30 Candy Bingo - DR SP 4:00 Bible Study - PDR	17 WE 9:15 Walking club-Resident lead WE 10:30 Exercise: Lower Body - ML EM 11:15 Circle of Friends - AR PU 1:30 Hangman- ML PU 2:30 Music Trivia - ML WE 3:00 Cornhole- ML 4:00 Dinner-DR PU 6:30 Music Trivia Night -ML	18 WE 9:15 Walking club-Resident lead PU 10:00 Watering the flowers SO 11:00 Songs by Heart - ML WE 1:30 Exercise: Upper Body - ML PU 1:30 Trivia- ML SO 2:30 Candy Bingo - DR SO 3:30 Braum's Outing	19 WE 9:15 Walking club-Resident lead SP 10:00 Light house church WE 11:30 Exercise - ML SO 1:30 Movie and Popcorn - AR SO 3:30 Table games -ML

All Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML EM 11:30 Music Trivia - Assisted Living - AR SP 2:00 Church Services - ML SO 3:00 Ice Cream Social - Assisted Living - AR	21 WE 8:00 Fishing Trip outing WE 9:15 Walking club-Resident lead WE 10:30 Exercise with Empower Me - ML PU 1:30 Mati with complete hospice- AR SO 2:30 Candy Bingo with Amy from Season's Hospices - DR	22 WE 9:15 Walking club-Resident lead SO 10:00 Good Will Outing! WE 1:30 Chair Zumba - ML WE 2:00 Corn hole -ML SO 2:00 Yahtzee- AR WE 3:30 Music and Manicures SO 6:00 Movie Night- AR (We are watching Seabiscuit)	23 WE 9:15 Walking club-Resident lead WE 10:00 Drum Fit - ML PU 1:30 Resident Council - AR SO 2:30 Candy Bingo - DR SP 4:00 Bible Study - PDR	24 WE 9:15 Walking club-Resident lead WE 10:30 Exercise: Lower Body - ML EM 11:15 Circle of Friends - AR SO 1:30 Dominos - AR PU 1:30 Hangman- ML PU 3:00 John Southern	25 WE 9:15 Walking club-Resident lead PU 10:00 Walmart Outing PU 10:00 Watering the flowers- Resident lead WE 1:30 Exercise: Upper Body - ML SO 2:30 Candy Bingo - DR SO 3:30 Monthly Birthday Party	26 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML PU 11:30 Finish the word - ML SO 1:30 Movie and Popcorn - AR SO 3:30 Table games -ML
27 WE 9:15 Walking club-Resident lead WE 11:00 Exercise - ML EM 11:30 Music Trivia - Assisted Living - AR SP 2:00 Church Services - ML SO 3:00 Ice Cream Social - Assisted Living - AR	28 WE 9:15 Walking club-Resident lead WE 10:30 Exercise with Empower Me - ML CR 11:30 Timeless Clay Class SO 2:30 Candy Bingo - DR CR 4:00 Crafty Corner - AR	29 SO 8:30 Romeo's Breakfast WE 9:15 Walking club-Resident lead WE 1:15 Chair Zumba - ML SO 2:00 Spotlight on Opera WE 3:30 Music and Manicures - ML SO 3:30 Dominos- AR SO 6:00 Movie Night-AR	30 WE 9:15 Walking club-Resident lead WE 10:00 Drum Fit - ML PU 1:30 Music Trivia - ML SO 2:30 Candy Bingo - DR SP 4:00 Bible Study - PDR	31 WE 9:15 Walking club-Resident lead WE 10:30 Exercise: Lower Body - ML EM 11:15 Circle of Friends - AR PU 1:30 Hangman- ML PU 2:30 Music Trivia - ML WE 3:30 Bowling- ML SO 3:30 Dominos- AR	AR- Activity Room ML- Main Lobby DR- Dining Room PDR- Private Dining Room	

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