


# July 2024



## Living Room 954-900-2564

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Game Hour</p>	<p>2</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Chair Yoga</p> <p>10:15- 11:20 Conveva sponsoring Liza Michael</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Word Game</p>	<p>3</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:40 Yoga &amp; Meditation</p> <p>10:40- 11:20 Chair Sports</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Art with Jasmine</p>	<p>4</p> <p></p>	<p>5</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Sit &amp; Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Visit with Viv &amp; Mens Group With Mark</p>
<p>8</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Game Hour</p>	<p>9</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Chair Yoga</p> <p>10:15- 11:20 Word Game</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Word Game</p>	<p>10</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:40 Yoga &amp; Meditation</p> <p>10:40- 11:20 Chair Sports</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Art with Jasmine</p>	<p>11</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Chair Exercise</p> <p>10:15- 11:20 Chicken Soup</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Memory Magic</p>	<p>12</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Sit &amp; Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Visit with Viv</p>
<p>15</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Movin' and Groovin'</p> <p>10:30- 11:20 Brain Games With Shelly</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Game Hour</p>	<p>16</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Chair Yoga</p> <p>10:15- 11:20 Tender Care Sponsoring Jamie Danger</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Word Game</p>	<p>17</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:40 Yoga &amp; Meditation</p> <p>10:40- 11:20 Chair Sports</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Art with Jasmine</p>	<p>18</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Chair Exercise</p> <p>10:15- 11:20 Chicken Soup</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Memory Magic</p>	<p>19</p> <p>9:00 – 9:45 Coffee &amp; Chit Chat</p> <p>9:45- 10:15 Sit &amp; Be Fit</p> <p>10:15- 11:30 Shabbat/ Entertainment</p> <p>11:30- 12:15 Lunch</p> <p>12:15- 1:30 Visit with Viv &amp; Mens Group With Mark</p>

<p style="text-align: right;">22</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Movin' and Groovin'  <b>10:30- 11:20</b> Brain Games With Shelly  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Game Hour</p>	<p style="text-align: right;">23</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Chair Yoga  <b>10:15- 11:20</b> Guitarist J Zucker  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Word Game</p>	<p style="text-align: right;">24</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:40</b> Yoga &amp; Meditation  <b>10:40- 11:20</b> Chair Sports  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Art with Jasmine</p>	<p style="text-align: right;">25</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Chair Exercise  <b>10:15- 11:20</b> Chicken Soup  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Memory Magic</p>	<p style="text-align: right;">26</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Sit &amp; Be Fit  <b>10:15- 11:30</b> Shabbat/ Entertainment  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Visit with Viv</p>
<p style="text-align: right;">29</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Movin' and Groovin'  <b>10:30- 11:20</b> Brain Games With Shelly  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Game Hour</p>	<p style="text-align: right;">30</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:15</b> Chair Yoga  <b>10:15- 11:20</b> Karaoke with Jamie  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Word Game</p>	<p style="text-align: right;">31</p> <p><b>9:00 – 9:45</b> Coffee &amp; Chit Chat  <b>9:45- 10:40</b> Yoga &amp; Meditation  <b>10:40- 11:20</b> Chair Sports  <b>11:30- 12:15</b> Lunch  <b>12:15- 1:30</b> Art with Jasmine</p>	