




# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Exercise & Meditation <b>1</b> 10:30 July 4th Art 1:00 Boggle 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art or Discussion	9:30 Exercise <b>2</b> 10:30 Bingo 1:00 Movement and Dance 2:00 Afternoon Stretch 2:45 Coffee & Snack 3:00 Art/ Discussion	9:30 Exercise & Karaoke <b>3</b> 10:30 July 4th Art Continued 1:00 Teri's Yoga 2:00 Celebrate 4th of July 2:45 Coffee Klatch 3:00 Nory's Escapades		9:30 Exercise & Yoga Breath <b>5</b> 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 July 4th Trivia Movie 2:00 PM Stretch 2:45 Coffee Social 3:00 Movie/ Games
9:30 Exercise & Meditation <b>8</b> 10:30 Animals & Sounds- Eng/Sp. 1:00 Word Scramble 2:00 PM Stretch 2:45 Café 3:00 Art/Discussion	9:30 Exercise 10:30 Bingo 1:00 Dance Party 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art or Discussion	9:30 Chair Boxing 10:30 Let's Reminisce 1:00 Hurricanes & Seasons 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Nory's Escapades	9:30 Exercise & Meditation 10:45 Luis's Class 1:00 Basketball 2:00 Vivian's Class 2:45 Coffee and Snack 3:00 Sam's Stretch & Escapades	9:30 Exercise & Positive Affirmation 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Shel Silverstein Movie 2:00 PM Stretch 2:45 Coffee Klatch 3:00 Movie/ Games
9:30 Exercise & Meditation <b>15</b> 10:30 Weekly/ Monthly Trivia- Eng./Span 1:00 Boggle 2:00 Yoga Stretch 2:45 Coffee Social 3:00 Art/Discussion	9:30 Exercise 10:30 Bingo 1:00 Karaoke/Dance 2:00 PM Stretch Class 2:45 Coffee & Snack 3:00 Art/Discussion	9:30 Exercise & Karaoke 10:30 Trivia 1:00 Teri's Yoga 2:00 Sing Along / Stories 2:45 Coffee Klatch 3:00 Nory's Escapades	9:30 Exercise & Guided Meditation 10:45 Luis's Class 1:00 Bowling 2:00 Vivian's Class 2:45 Coffee & Snack 3:00 Sam's Stretch & Escapades	9:30 Exercise & Positive Thoughts 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Poems, Love Stories Movie 2:00 Afternoon Stretch 2:45 Coffee Social 3:00 Movie/Games
9:30 Exercise & Meditation <b>22</b> 10:30 Fruits/ Vegetbles Eng./Spanish 1:00 Word Jumble 2:00 PM Stretch Class 2:45 Coffee Klatch 3:00 Art/Discussion	9:30 Exercise 10:30 Bingo 1:00 Music Fun 2:00 Stretch and Balance 2:45 Coffee & Snack 3:00 Art/Discussion	9:30 Chair Boxing 10:30 Our Careers 1:00 Meals- Spanish and English 2:00 Afternoon Stretch 2:45 Coffee Social 3:00 Nory's Escapades	9:30 Exercise and Meditation 10:45 Luis's Class 1:00 Basketball 2:00 Vivian's Class 2:45 Coffee Klatch 3:00 Sam's Stretch & Escapades	9:30 Exercise & Positivity 10:30 Shabbat Entertainment 11:30 <b>Shabbat</b> 1:00 Riddles & Puns Movie 2:00 PM Exercise 2:45 Coffee & Snack 3:00 Movie/ Games
9:30 Exercise & Meditation <b>29</b> 10:30 Math Fun- Eng and Spanish 1:00 Word Categories 2:00 Stretch class 2:45 Coffee Social 3:00 Art/Discussion	9:30 Exercise <b>30</b> 10:30 Bingo 1:00 Dance and Movement 2:00 Chair Yoga 2:45 Coffee Klatch 3:00 Art/Discussion	9:30 Exercise & Karaoke <b>31</b> 10:30 Trivia 1:00 Body Parts in English & Span. 2:00 Yoga Stretch 2:45 Coffee & Snack 3:00 Nory's Escapades	<p><i>Therapy Dog visits &amp; daily garden time.</i></p> 	<p><i>Caregivers Support Group 7/9 &amp; 7/23</i></p> 



**Kurt & Alice Walter Adult Daycare and Alzheimer's Pavilion**  
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