

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 am SOLLC Worship</p> <p>Link on You Tube</p>	<p>1</p> <p>Perk & Morning Coffee Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p> <p>Canada Day</p>	<p>2</p> <p>Perk & Morning Coffee 10:00 Maxine's Creative Movement 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 1:00 Worship 1:45 Coffee & Snacks 3:45 -Trivia Made in the USA 4:30 Dinner 5:30 - 1on1 W/Tamera Evening Activity/Craft with RA</p> <p>Made in the US! Day5</p>	<p>3</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Afternoon Coffee & Snacks 3:45 Fun Filled Fire Crackers Craft 4:30 Dinner 5:30 - 1on1 W/Tamera</p> <p>Chocolate Wafer Day</p>	<p>4</p> <p>HAPPY 4th of JULY</p> <p>Independence Day (US)</p>	<p>5</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Tamera 11:30 Lunch 12:15-1:00 Polka Spot Light Ch6 2:00 Afternoon Social 3:45 Activity 4:30 Dinner 5:00 - 1on1 W/Tamera Evening Activity with RA's</p> <p>National Graham Cracker Day</p>	<p>6</p> <p>Perk & Morning Coffee 10:30 Balloon Toss 11:30 Lunch 12:15- 12:45 Polka Spot Light Ch6 12:45 Yoga W/Tamera 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>
<p>7</p> <p>9:00 am SOLLC Worship</p> <p>Link on You Tube</p>	<p>8</p> <p>Perk & Morning Coffee 10:00 Marilyn's TWOcean Bikes 10:45 Exercise W/Missy 11:30 Lunch 12:15-1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>	<p>9</p> <p>Perk & Morning Coffee 10:00 - Pet Visit Joy/Carol 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 1:00 Worship 1:45 Coffee & Snacks 3:45 List or Leave It Game 4:30 Dinner 5:30 -1on1 W/Tamera Evening Activity/Craft with RA</p> <p>National Sugar Cookie Day</p>	<p>10</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy & SOLLC KIDS 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Afternoon Coffee & Snacks 3:45 Rock Painting 4:30 Dinner 5:30 - 1on1 W/Tamera Evening 1:1 Activity with RA's</p> <p>Teddy Bear Picnic Day</p>	<p>11</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 3:45 Court Yard Walk 4:30 Dinner 5:30 - 1on1 W/Tamera Evening Activity/Craft with RA</p> <p>National Blueberry Muffin Day</p>	<p>12</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Tamera 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Afternoon Social 3:45 Activity 5:00 - 1on1 W/Tamera Evening Activity with RA'</p>	<p>13</p> <p>Perk & Morning Coffee 10:30- Coloring Sheets 11:30 Lunch 12:15-12:45 Polka Spot Light Ch6 12:45 Yoga W/Tamera 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>
<p>14</p> <p>9:00 am SOLLC Worship</p> <p>Link on You Tube</p>	<p>15</p> <p>Perk & Morning Coffee 10:45 Exercise W/Missy 11:30 Lunch 12:15-1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>	<p>16</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 1:00 Worship 1:45 Coffee & Snacks 3:45 -Disc Golf 4:30 Dinner 5:30 - 1on1 W/Tamera Evening Activity/Craft with RA</p> <p>National Cherry Day</p>	<p>17</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy & SOLLC KIDS 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 1:00 Gideon Comfort Dog 2:00 Afternoon Coffee & Snacks 3:45 Court Yard Craft 4:30 Dinner 5:30 - 1on1 W/Tamera Evening 1:1 Activity with RA's</p>	<p>18</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 2:00 Coffee & Snacks 3:45 Candy Testing 4:30 Dinner 5:30 - 1on1 W/Tamera Evening Activity/Craft with RA</p> <p>Sour Candy Day</p>	<p>19</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Tamera 11:30 Lunch 12:15-1:00 Polka Spot Light Ch6 2:00 Afternoon Social - Cafe 3:45 Activity 4:30 Dinner 5:00 - 1on1 W/Tamera Evening Activity with RA</p>	<p>20</p> <p>Perk & Morning Coffee 10:30 - Morning Walk 11:30 Lunch 12:5-12:45 Polka Spot Light Ch6 12:45 Yoga W/Tamera 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>
<p>21</p> <p>9:00 am SOLLC Worship</p> <p>Link on You Tube</p>	<p>22</p> <p>Perk & Morning Coffee 10:45 Exercise W Missy 11:30 Lunch 12:15-1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>	<p>23</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 1:00 Worship 1:45 Coffee & Snacks 3:45 -Disc Golf 4:30 Dinner 5:30 1on1 W/Tamera Evening Activity/Craft with RA</p> <p>Peanut Butter & Chocolate Day</p>	<p>24</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 -1:00 Polka Spot Light Ch 6 2:00 Afternoon Coffee & Snack 3:45 Courtyard Bubbles & jokes 4:30 Dinner 5:30 - 1on1 W/Tamera Evening 1:1 Activity with RA's</p> <p>Tell An Old Joke Day</p>	<p>25</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 3:45 Craft Plastic Straw Coasters 4:30 Dinner 5:30 - 1on1 W/Tamera Evening Activity/Craft with RA'</p>	<p>26</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Tamera 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 2:00 Afternoon Social - Cafe 3:45 Activity 4:30 Dinner 5:00 - 1on1 W/Tamera Evening Activity with RA'</p>	<p>27</p> <p>Perk & Morning Coffee 10:30 -Dminos 11:30 Lunch 12:15-12:45 Polka Spot Light 12:45 -Yoga W/Tamera 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>
<p>28</p> <p>9:00 am SOLLC Worship</p> <p>Link on You Tube</p>	<p>29</p> <p>Perk & Morning Coffee 10:00 Marilyn's TWOcean Bikes 10:45 Exercise W Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch6 2:00 Coffee & Snack 4:30 Dinner Evening Activity/Craft with RA's</p>	<p>30</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise with Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 1:00 Worship 1:45 Coffee & Snacks 3:45 Courtyard walk 4:30 Dinner 5:30 1on1 W/Tamera</p> <p>Share A Hug Day</p>	<p>31</p> <p>Perk & Morning Coffee 10:15 - 1on1 with Tamera 10:45 Exercise W/Missy 11:30 Lunch 12:15 - 1:00 Polka Spot Light Ch 6 2:00 Afternoon Coffee & Snack 3:45 Roll A Topic Game 4:30 Dinner 5:30 1on1 w/Tamera Evening 1:1 Activity with RA's</p> <p>Jump For Jelly Bean Day</p>	<p>AR- Arbor 1st Floor AR-Activity Room, 2nd Floor Cafe, 1st Floor CL-Club lounge, 1st Floor</p> <p>CR-Community Room 1st Floor HR-Hearth, 4th Floor TH-Theater, Lower Level WC-Wellness Center, Lower Level</p> <h1>July 2024</h1> <p>ARBOR MCKENNA CROSSING</p>		