

Monday	Tuesday	Wednesday	Thursday	Friday
		10:00 am Daily Chronicle 10:30 am Monthly Gazette 12:30 pm Gentle Chair Exercises 2:00 pm A Semi quincennial Journey Trivia 3:00 pm Ping Pong Toss 4:00 pm Giggle Pot Joke Circle INTERNATIONAL JOKE DAY	2 10:00 am Daily Chronicle 10:30 am Zumba w/Kathleen 12:30 pm RED, WHITE, BLUE SPLASH DAY 2:00 pm ACC OT Students 3:00 pm Movie & Popcorn 4:00 pm Games w/ Friends NATIONAL MADE IN THE USA DAY	3 THRIVE CLOSED HAPPY FOURTH OF JULY 
6 10:00 am Daily Chronicle 10:30 am Who am I? July Bdays 12:30 pm Whole Health Exercise 2:00 pm EZ Does It Trivia 3:00 pm Bowling 4:00 pm Balloon Man NATIONAL FRIED CHICKEN DAY	7 10:00 am Daily Chronicle 10:30 am Rocking Oldies Seated Workout 12:30 pm Drum Your Stress Away 2:00 pm ACC OT Students 3:00 pm Name the Tune 4:00 pm Coloring w/Friends NATIONAL DAY OF ROCK 'N' ROLL	8 10:00 am Daily Chronicle 10:30 am Arts & Crafts 12:30 pm Resistance Bands exercises 2:00 pm Bingo & Iced Tea 3:00 pm Bean Bag Toss 4:00 pm Cranium Crunches NATIONAL RASPBERRY DAY	9 10:00 am Daily Chronicle 10:30 am Nifty Nails 12:30 pm Zumba w/Kathleen 2:00 pm ACC OT Students 3:00 pm Table Hockey 4:00 pm Karaoke Sing Along NATIONAL SUGAR COOKIE DAY	10 10:00 am Daily Chronicle 10:30 am Yoga w/Shannon 12:30 pm Musical Chair Toss 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm UNO NATIONAL KITTEN DAY
13 10:00 am Daily Chronicle 10:30 am GREEN THUMBS CLUB 12:30 pm Seated Cardio Jam Workout 2:00 pm Punk Rock Art 3:00 pm Seated Soccer 4:00 pm Jeopardy (Gems) NATIONAL ROCK DAY	14 10:00 am Daily Chronicle 10:30 am Sit, (Stand) Dance, Sweat! 12:30 pm Shark Trivia 2:00 pm ACC OT Students 3:00 pm Seated Volleyball 4:00 pm Animal Track Challenge SHARK AWARENESS DAY	15 10:00 am Daily Chronicle 10:30 am Latin Chair Dance Workout 12:30 pm Science & Magic; Franken' Worms 2:00 pm Bingo 3:00 pm Blackout Bingo 4:00 pm Common Bonds Quiz NATIONAL GUMMY WORM DAY	16 10:00 am Daily Chronicle 10:30 am Music Therapy 12:30 pm Zumba w/Kathleen 2:00 pm ACC OT Students 3:00 pm When Am I? 4:00 pm Get to Know You game NATIONAL CHERRY DAY	17 10:00 am Daily Chronicle 10:30 am YOGA 12:30 pm Strange & Mysterious chat 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Games w/Friends NATIONAL LOTTERY DAY
20 10:00 am Daily Chronicle 10:30 am Mystery Box 12:30 pm Whole Health Exercise 2:00 pm In Happened in July 3:00 pm Bowling 4:00 pm Jeopardy (MOON) NATIONAL MOON DAY	21 10:00 am Daily Chronicle 10:30 am Power Chair Fitness 12:30 pm Junk Food ABCs 2:00 pm ACC OT Students 3:00 pm Watercolors 4:00 pm Word Search NATIONAL JUNK FOOD DAY	22 10:00 am Daily Chronicle 10:30 am Scarf Exercises 12:30 pm Modern Jeopardy Trivia 2:00 pm Bingo Singo 3:00 pm Arts & Crafts 4:00 pm Table Hockey NATIONAL MANGO DAY	23 10:00 am Daily Chronicle 10:30 am What Am I? 12:30 pm Zumba w/Kathleen 2:00 pm ACC OT Students 3:00 pm Bean Bag Toss 4:00 pm Karaoke Sing Along NATIONAL GORGEOUS GRANDMA DAY	24 10:00 am Daily Chronicle 10:30 am YOGA 12:30 pm Margarita Mocktails 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Puzzles w/Friends NATIONAL TEQUILA DAY
27 10:00 am Daily Chronicle 10:30 am GREEN THUMBS CLUB 12:30 pm Chair Cardio walk 2:00 pm Love is Kind craft 3:00 pm July Jeopardy Trivia 4:00 pm Bean Bag Toss NATIONAL LOVE IS KIND DAY	28 10:00 am Daily Chronicle 10:30 am Arts & Crafts 12:30 pm Music w/Bones 2:00 pm ACC OT Students 3:00 pm Seated Volleyball 4:00 pm UNO NATIONAL MILK CHOCOLATE DAY	29 10:00 am Daily Chronicle 10:30 am Chair Cardio Workout to 60's 12:30 pm Who Am I? 2:00 pm Bingo 3:00 pm Ping Pong Toss 4:00 pm Parachute NATIONAL CHICKEN WING DAY	30 10:00 am Daily Chronicle 10:30 am Couch Talk 12:30 pm Zumba w/Kathleen 2:00 pm ACC OT Students 3:00 pm Table Hockey 4:00 pm Jewelry Making NATIONAL CHEESECAKE DAY	31 10:00 am Daily Chronicle 10:30 am YOGA 12:30 pm Guess the Dog Breed? 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Coloring w/Friends NATIONAL MUTT DAY

ALL ACTIVITIES ARE SUBJECT TO CHANGE. Daily Activities: 7 AM Coffee, Art, & Chat. Breakfast 9:30 AM. Lunch 11:30 am. Snack 1:30 pm

