

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 AM Exercise and Brain Fitness (MSCR) <b>1</b> 1:00 PM Afternoon Walk (MDR) 2:30 PM Jewelry With Rita (MSD) 3:30 PM Quarter Bingo/Snacks (MDR) 5:30 PM Netflix and Relax (staff choice) (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>2</b> 1:00 PM Fancy Nails (MSCR) 2:00 PM Chair Yoga (ACR) 3:00 PM Old Fashion Malts (MDR) 4:00 PM Table Bowling (MSCR)	10:30 AM Chair Yoga (MSCR) <b>3</b> 1:00 PM July 4th Cookie Decorating (ACR) 3:00 PM Lemonade & Watermelon (MDR) 4:00 PM Crossword Puzzles & Word Searches (ACR) 4:00 PM Trivia/Games IN2L (MSD)	10:30 AM July 4th Fun w/ IN2L (MSCR) <b>4</b> 1:00 PM Entertainment w/ Monte (MDR) 2:30 PM Quarter Bingo (MSCR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>5</b> 1:00 PM Outing to Safeway (OUT) 3:00 PM Happy Hour w/ Skip Moore (MDR) 5:30 PM Movie Night & Popcorn (MSD) 5:30 PM Friday Night Movie & Popcorn (ACR)	10:00 AM Church w/ Tyler (MSCR) <b>6</b> 2:00 PM Entertainment-Don Moon Theodore Roosevelt presentation (ACR) 3:30 PM Quarter Bingo (ACR) 4:00 PM IN2L Game Fun (MSD)
9:30 AM Gospel Hymns (MSD) <b>7</b> 10:30 AM Church Service televised (MSCR) 1:00 PM Entertainment w/ Guitar Steve (MSCR) 2:30 PM Afternoon Movie and Popcorn (ACR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>8</b> 1:00 PM Afternoon Walk (MDR) 2:00 PM Entertainment w/ Monte (MDR) 3:30 PM Quarter Bingo/Snacks (MDR) 5:30 PM Netflix and Relax (staff choice) (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>9</b> 1:00 PM Fancy Nails (MSCR) 2:00 PM Chair Yoga (ACR) 2:00 PM Entertainment-Jeff von Klock (MDR) 3:00 PM Smoothies in the Bistro (MDR) 4:00 PM Flyswatter Volleybal (MSCR)	10:00 AM Outing Penrose Heritage Museum @ Broadmoor-picnic lunch (OUT) <b>10</b> 2:00 PM Freestyle Painting-resident's choice (MSCR) 3:00 PM Ice Cream Socia (MDR) 4:00 PM Crossword Puzzles & Word Searches (ACR) 4:00 PM Trivia/Games IN2L (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>11</b> 1:00 PM Flower Arranging (MSCR) 2:00 PM Entertainment-David B Flying W Ranch (MDR) 3:30 PM Quarter Bingo (MSCR) 4:00 PM Essential Oils Hand Massages (MSCR)	10:30 AM Chair Yoga (MSCR) <b>12</b> 12:30 PM Bus Outing- Drive to Manitou Springs (OUT) 3:00 PM Happy Hour (ACR) 5:30 PM Movie Night & Popcorn (MSD) 5:30 PM Friday Night Movie & Popcorn (ACR)	10:30 AM Flyswatter Volleyball (MSCR) <b>13</b> 11:00 AM IN2L Trivia Brain Games (MSCR) 1:30 PM Painting w/ Chrissy (MSCR) 3:00 PM Quarter Bingo (ACR) 4:00 PM IN2L Game Fun (MSD)
9:30 AM Gospel Hymns (MSD) <b>14</b> 10:30 AM Church Service televised (MSCR) 1:00 PM Entertainment-David Pianist (MSD) 2:30 PM Afternoon Movie and Popcorn (ACR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>15</b> 1:00 PM Afternoon Walk (MDR) 3:30 PM Quarter Bingo/Snacks (MDR) 5:30 PM Netflix and Relax (staff choice) (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>16</b> 1:00 PM Fancy Nails (MSCR) 2:00 PM Chair Yoga (ACR) 3:00 PM Foods from Italy (sampling) (MDR) 4:00 PM Table Bowling (MSCR)	10:30 AM Trip to Farmer's Market (MSCR) <b>17</b> 1:30 PM Dog Therapy w/ Go Dogs (MSCR) 3:00 PM Homemade peach ice cream Day (MDR) 3:30 PM Entertainment w/ Gus Meza (MDR) 4:00 PM Trivia/Games IN2L (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>18</b> 1:00 PM Activity Planning for August (ACR) 2:00 PM Board Games (ACR) 3:00 PM Quarter Bingo (MSCR) 5:30 PM Carol Burnett (MSCR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>19</b> 1:00 PM Painting and Crafts w/ Chrissy (MSCR) 3:00 PM Happy Hour w/ Skip Moore (MDR) 5:30 PM Movie Night & Popcorn (MSD) 5:30 PM Friday Night Movie & Popcorn (ACR)	10:00 AM Church w/ Tyler (MSCR) <b>20</b> 1:00 PM Crafts with Chrissy (MSCR) 2:00 PM Entertainment w/ Monte (Lollipop day) (MDR) 3:30 PM Quarter Bingo (ACR) 4:00 PM IN2L Game Fun (MSD)
9:30 AM Gospel Hymns (MSD) <b>21</b> 10:30 AM Church Service televised (MSCR) 1:00 PM Entertainment w/ Guitar Steve (MSCR) 2:30 PM Afternoon Movie and Popcorn (ACR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>22</b> 11:00 AM Entertainment w/ David pianist (MSD) 1:30 PM Quarter Bingo (MDR) 3:00 PM Entertainment w/ George Whitesell (MDR) 5:30 PM Netflix and Relax (staff choice) (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>23</b> 11:30 AM MENS LUNCH PIZZA PARTY (ACR) 1:00 PM Fancy Nails (MSCR) 2:00 PM Chair Yoga (ACR) 3:00 PM Smoothies in the Bistro (MDR) 4:00 PM Flyswatter Volleybal (MSCR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>24</b> 11:00 AM Lunch outing to Culvers (OUT) 1:30 PM Emelia Earhardt Day-Documentary (MSD) 3:00 PM Ice Cream Socia (MDR) 4:00 PM Trivia/Games IN2L (MSD)	10:30 AM Exercise and Brain Fitness (MSCR) <b>25</b> 11:30 AM WOMEN'S LUNCH GOURMET SANDWICHES (ACR) 1:30 PM Quarter Bingo (MSCR) 3:00 PM Mini Horses w/ Sherry (MSCR) 4:00 PM IN2L Family Feud (MSCR)	10:30 AM Exercise and Brain Fitness (MSCR) <b>26</b> 1:00 PM IN2L Family Feud (MSCR) 2:00 PM Early Happy Hour w/ George Sisneros (MDR) 5:30 PM Movie Night & Popcorn (MSD) 5:30 PM Friday Night Movie & Popcorn (ACR)	10:30 AM Flyswatter Volleyball (MSCR) <b>27</b> 11:00 AM Brain Fitness/IN2L Trivia (MSCR) 1:00 PM Painting w/ Chrissy (MSCR) 2:00 PM Entertainment-Rick B-Frank Sinatra impersonator (MDR) 3:30 PM Quarter Bingo (ACR)



9:30 AM Gospel Hymns (MSD) **28**  
 10:30 AM Church Service televised (MSCR)  
 1:00 PM Entertainment w/ David pianist (MDR)  
 2:30 PM Afternoon Movie and Popcorn (ACR)

10:30 AM Exercise and Brain Fitness (MSCR) **29**  
 1:00 PM Afternoon Walk (MDR)  
 3:30 PM Quarter Bingo/Snacks (MDR)  
 5:30 PM Netflix and Relax (staff choice) (MSD)

10:30 AM Exercise and Brain Fitness (MSCR) **30**  
 1:00 PM Fancy Nails (MSCR)  
 2:00 PM Chair Yoga (ACR)  
 3:00 PM National Cheese Cake Day (sampling) (MDR)  
 4:00 PM Table Bowling (MSCR)

10:30 AM Outing to Hurts Donuts (MSCR) **31**  
 1:30 PM Walk to the Park (OUT)  
 3:00 PM Ice Cream Socia (MDR)  
 3:00 PM Entertainment w/ Gus Meza (MDR)  
 4:00 PM Crossword Puzzles & Word Searches (ACR)  
 4:00 PM Trivia/Games IN2L (MSD)

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