

**Life Enrichment Activities  
Park Terrace Health Campus**

# JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>GG</b> 10:00 Communion <b>V</b> 10:00 Meditation Movement <b>K</b> 10:15 World News & Coffee <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>MM</b> 1:30 Tickle Your Senses <b>M</b> 2:00 IN2L Sing Along	<b>2</b> <b>I</b> 10:00 Morning Motivations <b>MM</b> 10:15 Themed Baskets <b>K</b> 10:45 Refreshments in the Garden <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games <b>K</b> 6:00 Gathering of Friends	<b>3</b> <b>MM</b> 10:00 Musical Movements <b>S</b> 10:30 Spelling Bee <b>V</b> 1:30 Joint Efforts <b>K</b> 2:00 Bingo <b>L</b> 3:30 Lifelong Learning/July Events in History	<b>4 Independence Day</b> <b>GG</b> 10:00 Communion w/Gil <b>MM</b> 10:00 Yoga Breathing and Movement <b>A</b> 10:30 Art with a Heart /Hand Made Cards <b>G</b> 12:30 Forth of July Celebration <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games	<b>5</b> <b>MR</b> 10:00 Grab Bag <b>V</b> 10:15 Moving to Music <b>S</b> 10:30 Brainfit <b>K</b> 10:30 Coffee, Tea and Trivia <b>K</b> 2:00 Bingo <b>S</b> 3:00 Inspired Living Committee <b>G</b> 6:00 Gathering of Friends/Movie Night	<b>6</b> <b>MM</b> 10:00 Aromatherapy/Hand Massage <b>V</b> 10:30 Yoga in the Garden <b>K</b> 10:45 Daily Chronicles <b>A</b> 1:30 Jewelry Making <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Tina Turner	<b>7</b> <b>MM</b> 10:00 Musical Movements <b>V</b> 10:30 IN2L Vitality <b>K</b> 1:00 Media Cart <b>K</b> 2:30 Yahtzee
<b>8</b> <b>GG</b> 10:00 Communion <b>V</b> 10:00 Meditation Movement <b>K</b> 10:15 World News & Coffee <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>MM</b> 1:30 Tickle Your Senses <b>M</b> 2:00 IN2L Sing Along	<b>9</b> <b>I</b> 10:00 Morning Motivations <b>MM</b> 10:15 Themed Baskets <b>K</b> 10:45 Refreshments in the Garden <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games <b>K</b> 6:00 Gathering of Friends	<b>10</b> <b>MM</b> 10:00 Musical Movements <b>S</b> 10:30 Chef's Circle <b>V</b> 1:30 Tai Chi Meditation <b>K</b> 2:00 Bingo <b>L</b> 3:30 Lifelong Learning/Did You Know American History	<b>11</b> <b>K</b> 10:00 Darned Old Sevens with Amelda <b>GG</b> 10:00 Communion w/Gil <b>MM</b> 10:00 Yoga Breathing and Movement <b>A</b> 10:30 Art with a Heart /Kindness Rocks <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games	<b>12</b> <b>MR</b> 10:00 Grab Bag <b>V</b> 10:15 Moving to Music <b>K</b> 10:30 Coffee, Tea and Trivia <b>S</b> 10:30 Brainfit <b>K</b> 2:00 Bingo <b>G</b> 6:00 Gathering of Friends/Movie Night	<b>13</b> <b>MM</b> 10:00 Aromatherapy/Hand Massage <b>V</b> 10:30 Yoga in the Garden <b>K</b> 10:45 Daily Chronicles <b>A</b> 1:30 Make your own Terrarium <b>M</b> 3:00 Happy Hour 1st Floor Cafe With Dave Hunt	<b>14</b> <b>MM</b> 10:00 Musical Movements <b>V</b> 10:30 IN2L Vitality <b>K</b> 1:00 Media Cart <b>I</b> 1:15 Ministry with Susan <b>K</b> 2:30 Game Time
<b>15</b> <b>GG</b> 10:00 Communion <b>V</b> 10:00 Meditation Movement <b>K</b> 10:15 World News & Coffee <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>MM</b> 1:30 Tickle Your Senses <b>M</b> 2:00 IN2L Sing Along	<b>16</b> <b>I</b> 10:00 Morning Motivations <b>MM</b> 10:15 Themed Baskets <b>K</b> 10:45 Refreshments in the Garden <b>O</b> 2:00 Scenic Drive <b>L</b> 4:00 Lifelong Learning/Presidential History <b>K</b> 6:00 Gathering of Friends	<b>17</b> <b>MM</b> 10:00 Musical Movements <b>S</b> 10:30 Just the Guys with Don <b>V</b> 1:30 Joint Efforts <b>K</b> 2:00 Bingo <b>M</b> 3:30 Tom Cunningham Performs <b>S</b> 3:40 Resident Council Meeting	<b>18</b> <b>GG</b> 10:00 Communion w/Gil <b>MM</b> 10:00 Yoga Breathing and Movement <b>A</b> 10:30 Art with a Heart /Hand Made Cards <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games	<b>19</b> <b>MR</b> 10:00 Grab Bag <b>V</b> 10:15 Moving to Music <b>K</b> 10:30 Gratitude Circle <b>S</b> 10:30 Brainfit <b>O</b> 12:00 Taste of Town <b>K</b> 2:00 Bingo <b>G</b> 6:00 Gathering of Friends/Movie Night	<b>20</b> <b>MM</b> 10:00 Aromatherapy/Hand Massage <b>V</b> 10:30 Yoga in the Garden <b>K</b> 10:45 Daily Chronicles <b>A</b> 1:30 Jewelry Making <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Elvis <b>CC</b> 3:00 50's Party/Happy Hour	<b>21</b> <b>MM</b> 10:00 Musical Movements <b>V</b> 10:30 IN2L Vitality <b>K</b> 1:00 Media Cart <b>K</b> 2:30 Game Time
<b>22</b> <b>GG</b> 10:00 Communion <b>V</b> 10:00 Meditation Movement <b>K</b> 10:15 World News & Coffee <b>I</b> 10:30 Mass of the Air on ABC <b>S</b> 11:00 Sunday Brunch- 1st floor Cafeteria <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>MM</b> 1:30 Tickle Your Senses	<b>23</b> <b>I</b> 10:00 Morning Motivations <b>MM</b> 10:15 Themed Baskets <b>K</b> 10:45 Smoothies in the Garden <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games <b>K</b> 6:00 Gathering of Friends	<b>24</b> <b>MM</b> 10:00 Musical Movements <b>S</b> 10:30 Chef's Circle <b>V</b> 1:30 Tai Chi Meditation <b>K</b> 2:00 Bingo <b>L</b> 3:30 Lifelong Learning/Amelia Earhart Celebration	<b>25</b> <b>GG</b> 10:00 Communion w/Gil <b>MM</b> 10:00 Yoga Breathing and Movement <b>A</b> 10:30 Art with a Heart /Kindness Rocks <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games	<b>26</b> <b>MR</b> 10:00 Grab Bag <b>V</b> 10:15 Moving to Music <b>K</b> 10:30 Coffee, Tea and Trivia <b>S</b> 10:30 Brainfit <b>K</b> 2:00 Bingo <b>G</b> 6:00 Gathering of Friends/Movie Night	<b>27</b> <b>MM</b> 10:00 Aromatherapy/Hand Massage <b>V</b> 10:30 Yoga in the Garden <b>K</b> 10:45 Daily Chronicles <b>A</b> 1:30 Decor for the Garden <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Doug Pinson	<b>28</b> <b>MM</b> 10:00 Musical Movements <b>V</b> 10:30 IN2L Vitality <b>K</b> 1:00 Media Cart <b>K</b> 2:30 Game Time
<b>29</b> <b>GG</b> 10:00 Communion <b>V</b> 10:00 Meditation Movement <b>K</b> 10:15 World News & Coffee <b>I</b> 10:30 Mass of the Air on ABC <b>I</b> 11:00 Southeast Christian Church on TV on NBC <b>MM</b> 1:30 Tickle Your Senses <b>M</b> 2:00 IN2L Sing Along	<b>30</b> <b>I</b> 10:00 Morning Motivations <b>MM</b> 10:15 Themed Baskets <b>K</b> 10:45 Refreshments in the Garden <b>O</b> 2:00 Scenic Drive <b>K</b> 4:00 IN2L Games <b>K</b> 6:00 Gathering of Friends	<b>31</b> <b>MM</b> 10:00 Musical Movements <b>S</b> 10:30 Just the Guys with Don <b>V</b> 1:30 Joint Efforts <b>K</b> 2:00 Bingo <b>L</b> 3:30 Lifelong Learning/Tour of Washington DC	<b>A</b> - Artisans <b>CC</b> - Community Connections <b>G</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out & About <b>S</b> - Signature Events	Birthdays Faye D. 7-22 Harold M. 7-26	We can complain that rose bushes have thorns, or we can rejoice that thorn bushes have roses. Abraham Lincoln	Happy 4th of July!  Join us for our 50's Party/Happy Hour July 20th 3:00 1st flr. Cafe

**Park Terrace Legacy Lane  
Daily Rhythms**

# JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>V</b> 9:00 Mindful Movements <b>K</b> 9:30 Penny Ante <b>CC</b> 10:45 Broccoli Salad Supreme <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Personal Portfolio <b>M</b> 3:30 Gospel Traditions <b>GG</b> 4:00 Velcro Catch <b>4:30</b> Healthy Hands <b>I</b> 6:00 Evening Inspirations</p>	<p><b>2</b></p> <p><b>V</b> 9:00 Bubble Stomp <b>K</b> 9:30 Create a Caption <b>CC</b> 10:45 Raspberry Peach Delight <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Painting and Drawing to Music <b>M</b> 3:30 My Bonnie <b>GG</b> 4:00 Grocery Game</p>	<p><b>3</b></p> <p><b>V</b> 9:00 A Walk On The Beach <b>K</b> 9:30 Create a Word <b>CC</b> 10:45 Buttons and Bows <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Favorite Things Collage <b>M</b> 3:30 Big Band Beats <b>GG</b> 4:00 Bowling <b>4:30</b> Healthy Hands <b>6:00</b> Life Share Games</p>	<p><b>4 Independence Day</b></p> <p><b>V</b> 9:00 Robot Dance <b>K</b> 9:30 American Symbols <b>CC</b> 10:45 Independence Day Red Velvet Cupcakes <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Inspired American Flag <b>M</b> 3:30 Yankee Doodle Dandy <b>GG</b> 4:00 Matching Scents <b>4:30</b> Healthy Hands</p>	<p><b>5</b></p> <p><b>V</b> 9:00 Seated Soccer <b>K</b> 9:30 Message in a Bottle <b>CC</b> 10:45 Chocolate Strawberry Trifle <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Homemade Hydrengas <b>M</b> 3:30 Don't Fence Me In <b>GG</b> 4:00 Water Balloon Toss <b>4:30</b> Healthy Hands</p>	<p><b>6</b></p> <p><b>V</b> 9:00 Imaginary Fishing Trip <b>K</b> 9:30 Take a Trip <b>CC</b> 10:45 Banana Nut Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Painting with Scissors <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Tina Turner <b>3:30</b> Margaritaville Happy Hour</p>	<p><b>7</b></p> <p><b>V</b> 9:00 Bocce Ball <b>K</b> 9:30 Picture Puzzles <b>CC</b> 10:45 Roast Beef Pinwheels <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Bubble Wrap Printmaking <b>M</b> 3:30 Take Me Out to the Ballgame <b>GG</b> 4:00 Ladderball</p>
<p><b>8</b></p> <p><b>V</b> 9:00 Mindful Movements <b>K</b> 9:30 Penny Ante <b>CC</b> 10:45 Peanut Butter Cookies <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Color Collage <b>M</b> 3:30 Gospel Traditions <b>GG</b> 4:00 Velcro Catch <b>4:30</b> Healthy Hands <b>I</b> 6:00 Evening Inspirations</p>	<p><b>9</b></p> <p><b>V</b> 9:00 Bubble Stomp <b>K</b> 9:30 Create a Caption <b>CC</b> 10:45 Strawberry Cheesecake Pie <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Painting and Drawing to Music <b>M</b> 3:30 My Bonnie <b>GG</b> 4:00 Grocery Game</p>	<p><b>10</b></p> <p><b>V</b> 9:00 A Walk On The Beach <b>K</b> 9:30 Create a Word <b>CC</b> 10:45 Key Lime Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Spring Theme Collage <b>M</b> 3:30 Big Band Beats <b>GG</b> 4:00 Bowling <b>4:30</b> Healthy Hands <b>6:00</b> Life Share Games</p>	<p><b>11</b></p> <p><b>V</b> 9:00 Robot Dance <b>K</b> 9:30 American Symbols <b>CC</b> 10:45 Spiced Cocoa Cupcakes <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Picture Prompts <b>M</b> 3:30 Gone Fishin' <b>GG</b> 4:00 Matching Scents <b>4:30</b> Healthy Hands</p>	<p><b>12</b></p> <p><b>V</b> 9:00 Seated Soccer <b>K</b> 9:30 Message in a Bottle <b>CC</b> 10:45 Chocolate Toffee Biscuits <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Rainy Day Art <b>M</b> 3:30 Don't Fence Me In <b>GG</b> 4:00 Water Balloon Toss <b>4:30</b> Healthy Hands</p>	<p><b>13</b></p> <p><b>V</b> 9:00 Imaginary Fishing Trip <b>K</b> 9:30 Take a Trip <b>CC</b> 10:45 Apple Zucchini Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Ziploc Sensory Painting <b>M</b> 3:00 Happy Hour 1st Floor Cafe With Dave Hunt <b>3:30</b> Margaritaville Happy Hour</p>	<p><b>14</b></p> <p><b>V</b> 9:00 Bocce Ball <b>K</b> 9:30 Picture Puzzles <b>CC</b> 10:45 Pineapple Cheddar Spread <b>12:45</b> Relax &amp; Recharge <b>I</b> 1:15 Ministry with Susan <b>A</b> 2:00 Complete the Picture <b>M</b> 3:30 Take Me Out to the Ballgame</p>
<p><b>15</b></p> <p><b>V</b> 9:00 Mindful Movements <b>K</b> 9:30 Penny Ante <b>CC</b> 10:45 Pretzel Cookies <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Shapes Collage <b>M</b> 3:30 Gospel Traditions <b>GG</b> 4:00 Velcro Catch <b>4:30</b> Healthy Hands <b>I</b> 6:00 Evening Inspirations</p>	<p><b>16</b></p> <p><b>V</b> 9:00 Bubble Stomp <b>K</b> 9:30 Create a Caption <b>CC</b> 10:45 Peanut Butter Pie <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Alphabet Collage <b>M</b> 3:30 My Bonnie <b>GG</b> 4:00 Grocery Game <b>4:30</b> Healthy Hands <b>6:00</b> Evening Stories</p>	<p><b>17</b></p> <p><b>V</b> 9:00 A Walk On The Beach <b>K</b> 9:30 Create a Word <b>CC</b> 10:45 Banana Wheat Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 All Things Green Collage <b>M</b> 3:30 Big Band Beats <b>GG</b> 4:00 Bowling <b>4:30</b> Healthy Hands</p>	<p><b>18</b></p> <p><b>V</b> 9:00 Robot Dance <b>K</b> 9:30 American Symbols <b>CC</b> 10:45 Lemon Cupcakes <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Tissue Transfer Art <b>M</b> 3:30 Gone Fishin' <b>GG</b> 4:00 Matching Scents <b>4:30</b> Healthy Hands <b>6:00</b> Evening Repose</p>	<p><b>19</b></p> <p><b>V</b> 9:00 Seated Soccer <b>K</b> 9:30 Message in a Bottle <b>CC</b> 10:45 Giant Chocolate Chip Cookies <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Shaving Cream Marbling <b>M</b> 3:30 Don't Fence Me In <b>GG</b> 4:00 Water Balloon Toss <b>4:30</b> Healthy Hands</p>	<p><b>20</b></p> <p><b>V</b> 9:00 Imaginary Fishing Trip <b>K</b> 9:30 Take a Trip <b>CC</b> 10:45 Honey Spice Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Ball Abstract Art <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Elvis <b>3:30</b> Margaritaville Happy Hour</p>	<p><b>21</b></p> <p><b>V</b> 9:00 Bocce Ball <b>K</b> 9:30 Picture Puzzles <b>CC</b> 10:45 Strawberry Salsa <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Colorful Sculptures <b>M</b> 3:30 Take Me Out to the Ballgame <b>GG</b> 4:00 Ladderball <b>4:30</b> Healthy Hands</p>
<p><b>22</b></p> <p><b>V</b> 9:00 Mindful Movements <b>K</b> 9:30 Penny Ante <b>CC</b> 10:45 Tropical Muffins <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Alphabet Collage <b>M</b> 3:30 Gospel Traditions <b>GG</b> 4:00 Velcro Catch <b>4:30</b> Healthy Hands <b>I</b> 6:00 Evening Inspirations</p>	<p><b>23</b></p> <p><b>V</b> 9:00 Bubble Stomp <b>K</b> 9:30 Create a Caption <b>CC</b> 10:45 Cherry Pie <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Painting and Drawing to Music <b>M</b> 3:30 My Bonnie <b>GG</b> 4:00 Grocery Game <b>4:30</b> Healthy Hands</p>	<p><b>24</b></p> <p><b>V</b> 9:00 A Walk On The Beach <b>K</b> 9:30 Create a Word <b>CC</b> 10:45 Orange Banana Nut Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Sensory Texture Collage <b>M</b> 3:30 Big Band Beats <b>GG</b> 4:00 Bowling</p>	<p><b>25</b></p> <p><b>V</b> 9:00 Robot Dance <b>K</b> 9:30 American Symbols <b>CC</b> 10:45 Chocolate Zucchini Cupcakes <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Sensory Spice Painting <b>M</b> 3:30 Gone Fishin' <b>GG</b> 4:00 Matching Scents <b>4:30</b> Healthy Hands</p>	<p><b>26</b></p> <p><b>V</b> 9:00 Seated Soccer <b>K</b> 9:30 Message in a Bottle <b>CC</b> 10:45 Oatmeal Butterscotch Cookies <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Ink Blot Art <b>M</b> 3:30 Don't Fence Me In <b>GG</b> 4:00 Water Balloon Toss <b>4:30</b> Healthy Hands</p>	<p><b>27</b></p> <p><b>V</b> 9:00 Imaginary Fishing Trip <b>K</b> 9:30 Take a Trip <b>CC</b> 10:45 Parmesan Italian Loaf <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Thematic Door Wreath <b>M</b> 3:00 Happy Hour 1st Floor Cafe with Doug Pinson <b>3:30</b> Margaritaville Happy Hour</p>	<p><b>28</b></p> <p><b>V</b> 9:00 Bocce Ball <b>K</b> 9:30 Picture Puzzles <b>CC</b> 10:45 Veggie Pizza Squares <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Complete the Picture <b>M</b> 3:30 Take Me Out to the Ballgame <b>GG</b> 4:00 Ladderball <b>4:30</b> Healthy Hands</p>
<p><b>29</b></p> <p><b>V</b> 9:00 Mindful Movements <b>K</b> 9:30 Penny Ante <b>CC</b> 10:45 Pumpkin Bread <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Sensory Texture Collage <b>M</b> 3:30 Gospel Traditions <b>GG</b> 4:00 Velcro Catch <b>4:30</b> Healthy Hands</p>	<p><b>30</b></p> <p><b>V</b> 9:00 Bubble Stomp <b>K</b> 9:30 Create a Caption <b>CC</b> 10:45 Peach Pie <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Painting and Drawing to Music <b>M</b> 3:30 My Bonnie <b>GG</b> 4:00 Grocery Game <b>4:30</b> Healthy Hands</p>	<p><b>31</b></p> <p><b>V</b> 9:00 A Walk On The Beach <b>K</b> 9:30 Create a Word <b>CC</b> 10:45 Zucchini Cupcakes <b>12:45</b> Relax &amp; Recharge <b>A</b> 2:00 Oil Diffuser Necklace <b>M</b> 3:30 Big Band Beats <b>GG</b> 4:00 Bowling <b>4:30</b> Healthy Hands <b>6:00</b> Life Share Games</p>	<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>M</b> - Music to My Ears <b>S</b> - Signature Events <b>V</b> - Vitality</p>	<p>When you're young, you think your dad is Superman. Then you grow up and realize he's just a regular guy who wears a cape! Happy Father's Day !</p>	<p>Join us June 24th at 11:00a.m.-2:00p.m. for a Family Summer BBQ</p>	