

**St. Mary Healthcare Center
Activity Calendar**

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 K 10:00 Theme Sensations - Aroma Therapy V 11:00 Morning Stretch K 11:45 Searching for July Word Search I 2:30 Worship Services w/ Pastor David S 3:35 Root Beer Float Social	2 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Gardening K 11:45 Motivational Monday K 2:00 Quarter Bingo L 3:30 Life Long Learning - Herbs 101	3 V 10:15 Lets Get Fit MN 11:00 Theme Sensations - Baby K 11:45 Fourth of July Trivia V 1:30 Afternoon Workout CC 2:30 Creative Cooking K 6:30 Quarter Bingo	4 Independence Day V 10:15 Dancing with Scarves MN 11:00 Theme Sensations - The Great Outdoors V 1:30 Afternoon Workout S 2:00 Chefs Circle K 2:35 Independence Day Word Search M 3:00 July 4th Celebration w/ Roy Carter	5 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Aroma Therapy L 1:00 Oil Painting Class w/ Bill Pattison- HC V 1:15 Senior Walking Club O 2:35 Summer Travels	6 I 10:00 Mass K 10:15 Daily News and Donuts V 1:30 Balloon Volley MN 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Mike Almon	7 V 10:00 Morning Stretch K 10:30 Tea, Toast and Mad Science Trivia MN 10:35 Theme Sensations - The Great Outdoors K 2:00 Quarter Bingo S 3:15 Bingo Auction
8 K 10:00 Theme Sensations - Aroma Therapy S 11:00 Sunday Brunch V 11:00 Morning Stretch I 2:30 Worship Services w/ Donna Shaw S 3:35 Root Beer Float Social	9 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Gardening K 11:45 Motivational Monday K 2:00 Quarter Bingo L 3:30 Life Long Learning - Herbs 101	10 S 8:30 Breakfast with "Just the Guys" V 10:15 Lets Get Fit MN 11:00 Theme Sensations - Baby K 11:45 Red, White, and Blue Quiz V 1:30 Afternoon Workout CC 2:30 Creative Cooking	11 V 10:15 Dancing with Scarves MN 11:00 Theme Sensations - The Great Outdoors K 11:45 Yankee Doodle Dandy Word Search V 1:30 Afternoon Workout S 2:00 Chefs Circle S 3:00 Inspired Living Committee	12 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Aroma Therapy L 1:00 Oil Painting Class w/ Bill Pattison- HC V 1:15 Senior Walking Club O 2:35 Summer Travels	13 I 10:00 Mass K 10:15 Daily News and Donuts V 1:30 Balloon Volley MN 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Dave Wilcox	14 V 10:00 Morning Stretch K 10:30 Tea, Toast and Random Trivia MN 10:35 Theme Sensations - The Great Outdoors K 2:00 Quarter Bingo S 3:15 Bingo Auction
15 K 10:00 Theme Sensations - Aroma Therapy V 11:00 Morning Stretch K 11:45 July IQ I 2:30 Worship Services w/ Sue Spurling S 3:35 Root Beer Float Social	16 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Gardening K 11:45 Motivational Monday M 1:30 Caring and Sharing Band K 2:35 Quarter Bingo L 3:30 Life Long Learning - Herbs 101	17 O 10:00 Columbian Park Zoo and Picnic MN 11:00 Theme Sensations - Baby K 11:45 Robot Dot Doodles V 1:30 Afternoon Workout CC 2:30 Creative Cooking K 6:30 Quarter Bingo	18 V 10:15 Dancing with Scarves MN 11:00 Theme Sensations - The Great Outdoors 11:45 Independence Day Word Search V 1:30 Afternoon Workout S 2:00 Chefs Circle M 2:30 Monthly Birthday Celebration w/ Kent	19 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Aroma Therapy L 1:00 Oil Painting Class w/ Bill Pattison- HC V 1:15 Senior Walking Club O 2:35 Summer Travels	20 I 10:00 Mass K 10:15 Daily News and Donuts V 1:30 Balloon Volley MN 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Roy Carter	21 V 10:00 Morning Stretch MN 10:35 Theme Sensations - The Great Outdoors K 11:45 Tea, Toast and Jeopardy Trivia K 2:00 Quarter Bingo S 3:15 Bingo Auction
22 K 10:00 Theme Sensations - Aroma Therapy V 11:00 Morning Stretch 11:45 Famous July Birthdays I 2:30 Worship Services w/ Pastor Darlene S 3:35 Root Beer Float Social	23 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Gardening K 11:45 Motivational Monday K 2:00 Quarter Bingo L 3:30 Life Long Learning - Herbs 101	24 V 10:15 Lets Get Fit MN 11:00 Theme Sensations - Baby S 11:30 Diamond Divas RHS lunch at K 11:45 Tuesday Trivia CC 2:30 Creative Cooking K 6:30 Quarter Bingo	25 V 10:15 Dancing with Scarves MN 11:00 Theme Sensations - The Great Outdoors 11:45 Man on the Moon Word Search V 1:30 Afternoon Workout S 2:30 Chefs Circle A 3:30 Lala Gallery Pottery Class	26 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Aroma Therapy L 1:00 Oil Painting Class w/ Bill Pattison- HC V 1:15 Senior Walking Club O 2:35 Summer Travels	27 I 10:00 Mass K 10:15 Daily News and Donuts S 12:00 Taste of Town - Dog & Suds V 1:30 Balloon Volley MN 2:15 Theme Sensations - Aroma Therapy M 3:00 Happy Hour w/ Gil	28 V 10:00 Morning Stretch MN 10:35 Theme Sensations - The Great Outdoors K 11:45 Tea, Toast and More Jeopardy Trivia K 2:00 Quarter Bingo S 3:15 Bingo Auction
29 K 10:00 Theme Sensations - Aroma Therapy V 11:00 Morning Stretch K 11:45 Robots in Film Word Search I 2:30 Worship Services w/ Pastor Darlene S 3:35 Root Beer Float Social	30 V 10:15 Chair Dancing MN 11:00 Theme Sensations - Gardening K 11:45 Motivational Monday K 2:00 Quarter Bingo L 3:30 Robot Reception	31 V 10:15 Lets Get Fit MN 11:00 Theme Sensations - Baby K 11:45 Tuesday Trivia V 1:30 Afternoon Workout CC 2:30 Creative Cooking K 6:30 Quarter Bingo	A - Artisans CC - Creative Cooking I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Ombudsman: Andrea Smothers (765) 423-5327 Theme of the Month - A Robotic July Activities may change date and/or location due to unforeseen circumstances. Please watch Life Share for announcements and updates!	Resident Mail is delivered Monday - Saturday to resident rooms. The Life Enrichment team would be happy to assist with outgoing mail, or it can be taken to the front office during regular business hours.	Resident Birthdays: Rosalene G. - 07/13 Jane S. - 07/18 Robert B. 07/19 Cecilla F. 07/26 Julieta M. 07/30

St. Mary Healthcare Legacy Lane
Daily Rhythms Program

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 V Mindful Movements K Penny Ante CC Fresh Veggies and Dip Relax & Recharge A Personal Portfolio I Worship Services - HC M Gospel Traditions GG Velcro Catch Healthy Hands	2 V Bubble Stomp K Create a Caption CC Mixed Fresh Fruit Relax & Recharge A Painting and Drawing to Music M My Bonnie GG Grocery Game Healthy Hands GG Evening Stories	3 V A Walk On The Beach K Create a Word CC Buttons and Bows CC Bake Muffins Relax & Recharge A Favorite Things Collage A Paint and Draw to Music M Big Band Beats GG Bowling	4 Independence Day V Robot Dance K American Symbols CC Banana Pudding Relax & Recharge A Inspired American Flag M July 4th Celebration w/ Roy Carter M Yankee Doodle Dandy GG Matching Scents	5 V Seated Soccer K Message in a Bottle CC Fruited Jello Relax & Recharge L Oil Painting Class w/ Bill Pattison- HC V Senior Walking Club A Homemade Hydrengas I Worship Services - HC	6 V Imaginary Fishing Trip K Take a Trip I Mass CC Bake Cookies Relax & Recharge V Balloon Volley A Painting with Scissors M Happy Hour w/ Mike Almon - HC GG Horseracing	7 V Bocce Ball K Picture Puzzles CC Bake Cake Relax & Recharge A Bubble Wrap Printmaking A Paint and Draw to Music M Take Me Out to the Ballgame GG Ladderball Healthy Hands
8 V Mindful Movements K Penny Ante CC Fresh Veggies and Dip S Sunday Brunch Relax & Recharge A Color Collage I Worship Services - HC M Gospel Traditions GG Velcro Catch	9 V Bubble Stomp K Create a Caption CC Mixed Fresh Fruit Relax & Recharge A Painting and Drawing to Music M My Bonnie GG Grocery Game Healthy Hands GG Evening Stories	10 S Breakfast with "Just the Guys" V A Walk On The Beach K Create a Word CC Bake Muffins Relax & Recharge A Spring Theme Collage A Paint and Draw to Music M Big Band Beats GG Bowling	11 V Robot Dance K American Symbols CC Bake Cupcakes Relax & Recharge A Picture Prompts M Gone Fishin' GG Matching Scents Healthy Hands GG Evening Repose	12 V Seated Soccer K Message in a Bottle CC Fruited Jello Relax & Recharge L Oil Painting Class w/ Bill Pattison- HC V Senior Walking Club A Rainy Day Art I Worship Services - HC	13 V Imaginary Fishing Trip K Take a Trip I Mass CC Bake Cookies Relax & Recharge V Balloon Volley A Ziploc Sensory Painting M Happy Hour w/ Dave Wilcox - HC	14 V Bocce Ball K Picture Puzzles CC Bake Cake Relax & Recharge A Complete the Picture A Paint and Draw to Music M Take Me Out to the Ballgame GG Ladderball Healthy Hands
15 V Mindful Movements K Penny Ante CC Fresh Veggies and Dip Relax & Recharge A Shapes Collage I Worship Services - HC M Gospel Traditions GG Velcro Catch Healthy Hands	16 V Bubble Stomp K Create a Caption CC Mixed Fresh Fruit Relax & Recharge A Alphabet Collage M My Bonnie GG Grocery Game Healthy Hands GG Evening Stories	17 V A Walk On The Beach K Create a Word O Columbian Park Zoo and Picnic CC Bake Muffins Relax & Recharge A All Things Green Collage A Paint and Draw to Music M Big Band Beats GG Bowling	18 V Robot Dance K American Symbols CC Bake Cupcakes Relax & Recharge A Tissue Transfer Art M Gone Fishin' A Artistic Flare with "Just the Guys" GG Matching Scents	19 V Seated Soccer K Message in a Bottle CC Fruited Jello Relax & Recharge L Oil Painting Class w/ Bill Pattison- HC V Senior Walking Club A Shaving Cream Marbling I Worship Services - HC	20 V Imaginary Fishing Trip K Take a Trip I Mass CC Bake Cookies Relax & Recharge V Balloon Volley A Ball Abstract Art M Happy Hour w/ Roy Carter - HC GG Horseracing	21 V Bocce Ball K Picture Puzzles CC Bake Cake Relax & Recharge A Colorful Sculptures A Paint and Draw to Music M Take Me Out to the Ballgame GG Ladderball Healthy Hands
22 V Mindful Movements K Penny Ante CC Tropical Muffins CC Fresh Veggies and Dip Relax & Recharge A Alphabet Collage I Worship Services - HC M Gospel Traditions GG Velcro Catch	23 V Bubble Stomp K Create a Caption CC Mixed Fresh Fruit Relax & Recharge A Painting and Drawing to Music M My Bonnie GG Grocery Game Healthy Hands GG Evening Stories	24 V A Walk On The Beach K Create a Word CC Bake Muffins S Diamond Divas RHS lunch at Relax & Recharge A Sensory Texture Collage A Paint and Draw to Music M Big Band Beats GG Bowling	25 V Robot Dance K American Symbols CC Bake Cupcakes Relax & Recharge A Sensory Spice Painting M Gone Fishin' A Lala Gallery Pottery Class GG Matching Scents Healthy Hands	26 V Seated Soccer K Message in a Bottle CC Fruited Jello Relax & Recharge L Oil Painting Class w/ Bill Pattison- HC V Senior Walking Club A Ink Blot Art I Worship Services - HC	27 V Imaginary Fishing Trip K Take a Trip I Mass CC Bake Cookies S Taste of Town - Dog & Suds Relax & Recharge V Balloon Volley A Thematic Door Wreath M Happy Hour w/ Gil - HC	28 V Bocce Ball K Picture Puzzles CC Bake Cake Relax & Recharge A Complete the Picture A Paint and Draw to Music M Take Me Out to the Ballgame GG Ladderball Healthy Hands
29 V Mindful Movements K Penny Ante CC Pumpkin Bread CC Fresh Veggies and Dip Relax & Recharge A Sensory Texture Collage I Worship Services - HC M Gospel Traditions GG Velcro Catch	30 V Bubble Stomp K Create a Caption CC Mixed Fresh Fruit Relax & Recharge A Painting and Drawing to Music M My Bonnie GG Grocery Game Healthy Hands GG Evening Stories	31 V A Walk On The Beach K Create a Word CC Bake Muffins Relax & Recharge A Oil Diffuser Necklace A Paint and Draw to Music M Big Band Beats GG Bowling Healthy Hands	A - Artisans CC - Creative Cooking GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Every Morning (approx. times) 9:00 Get Up & Go 9:30 Brain Ticklers 11:00 Creative Cooking	Every Afternoon (approx. times) 1:00 Reminisce 1:30 Creative Hands 2:30 Music Celebration 3:00 Group Games 3:30 Afternoon Pick Me Up	Every Evening (approx. times) 6:00 Gathering of Friends Key Code: HC - Health Center