

# July 2021

SUN	MON	TUES	WED	THURS	FRI	SAT
				10:30 Morning 1 Stretch 11- Motivation Moves 11:30 Body Focus 1:30 Crosswords 3- Bingo 6- Movie	10:30 YogaStretch2 11- Rhythm & Flow Movements 11:30 Self CareSighs 1:30 Bingo 3- Trivia 6- Movie	10:30 Morning 3 Salutations 11- Chair Dancing 11:30 Guided Breathing 1:30 Crosswords 3- Jeopardy 6- Movie
10:30 Stretching4 11- Sit & Get Fit 11:30 Controlled Breathing 3- Card games 6- Movie	10:30 Morning 5 Stretch 11-Sit & Get Fit 11:30 Controlled Breathing 3- Sip & Paint 6- Movie	10:30 Morning 6 Mindfulness 11-Motivation Moves 11:30 Body Focus 1-Monopoly 3- Crossword 6- Movie	10:30 Sit & Be Fit 7 11-Chair Dancing 11:30 Guided Breathing 1:30 Bingo 3-crossword 6-Movie	10:30 Morning 8 Mindfulness 11-Motivation Moves 11:30 Controlled Breathing 1:30 Sip & Paint 3-Bingo 6-Movie	10:30 Yoga Stretch9 11-Rhythm & Flow Movements 11:30 Self Care Sighs 1:30 Hang Man 3- Crossword 6- Movie	10:30 Morning10 Salutations 11- Chair Dancing 11:30 Trivia 1:30 Wii Bowling 3- Monopoly 6- Movie
10:30 Morning11 Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Hangman 6- Movie	10:30 Morning12 Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Jeopardy 6- Movie	10:30 Sit & 13 Be Fit 11- Motivation Moves 11:30 Body Focus 1:30 Board Games 3- Bingo 6- Movie	10:30 14 Morning Salutations 11- Chair Dancing 11:30 Crosswords 1:30 Sip & Paint 3- Jeopardy 6- Movie	10:30 Yoga Stretch15 11- Rhythm & Flow Movements 11:30 Self CareSighs 1:30 Wii Bowling 3- Bingo 6- Movie	10:30 Sit & Get Fit16 11- Chair Dancing 11:30 Guided Breathing 1:30 Crossword 3- Monopoly 6- Movie	10:30 17 Morning Mindfulness 11- Motivation Moves 11:30 Body Focus 1:30 Monopoly 3-Bingo 6- Movie
10:30 Morning18 Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Pool 6- Movie	10:30 Morning Stretch19 11- Sit & Get Fit 11:30 Controlled Breathing 3- Bingo 6- Movie	10:30 Sit & Be Fit20 11- Chair Dancing 11:30 Guided Breathing 1:30 Board Games 3- Pool 6- Movie	10:30 21 Morning Mindfulness 11- Motivation Moves 11:30 Body Focus 1:30 Wii Bowling 3- Hangman 6- Movie	10:30 22 Morning Salutations 11- Chair Dancing 11:30 Trivia 1:30 Wii Bowling 3- Bingo 6- Movie	10:30 Yoga 23 Stretch 11- Rhythm & Flow 11:30 Self Care Sighs 1:30 Card Games 3- Trivia 6- Movie	10:30 24 Morning Mindfulness 11- Crosswords 11:30 Body Focus 1:30 Hangman 3- Wheel Of Fortune 6- Movie
10:30 Morning25 Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Bingo 6- Movie	10:30 Morning 26 Stretch 11- Bingo 11:30 Controlled Breathing 3- Trivia 6- Movie	10:30 Yoga Stretch27 11- Rhythm & Flow 11:30 Self Care Sighs 1:30 Card Games 3- Trivia 6- Movie	10:30 28 Morning Mindfulness 11- Motivation Moves 11:30 Body Focus 1:30 Crossword 3- Bingo 6- Movie	10:30 Morning29 Salutations 11- Chair Dancing 11:30 Crosswords 1:30 Wii Bowling 3- Bingo 6- Movie	10:30 Yoga Stretch30 11- Rhythm & Flow Movements 11:30 Self CareSighs 1:30 Wii Bowling 3- Bingo 6- Movie	10:30 Morning31 Stretch 11- Sit & Get Fit 11:30 Controlled Breathing 3- Jeopardy 6- Movie