

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
				10:00 Weights 10:30 Staff Spotlight Alisa McDonald  1:30 Walking Group 2:00 Popsicles, Laughter & Jokes on the Patio  <small>Canada Day</small>	10:00 Cardio Drumming 10:30 Independence Day Celebration!  1:30 Manicure & Manly Movie 2:00 Scenic Drive- Cedar Hills & Alpine Area	1:00 Bingo 2:00 Hand & Foot Card Game & Board Games 3:00 Movie in the Great Room- The Pink Panther  <b>Happy Birthday Reta!</b>
9:30 Music & the Spoken Word—Great Room  1:30 LDS Sacrament Meeting  <b>Happy Birthday Nancy!</b>  <small>Independence Day (US)</small>	10:00 Chair Zumba 10:30 Shopping at Walmart  1:30 Walking Group 2:00 Name that American Landmark	10:00 Weights 10:30 Pictionary  1:00 Puzzles & Table Games 2:00 Red White & Blue Bingo	10:00 Chair Cardio 10:30 Bowling  1:00 Hand & Foot Card Game & Board Games 3:00 Gospel Doctrine  <b>Happy Birthday Marda!</b>	10:00 Weights 10:30 Cooking Demo- Blueberry Muffins  1:30 Walking Group 2:00 Patriotic Sing-A-Long <b>4:00 Music &amp; More Performance</b>	10:00 Cardio Drumming 10:30 Health & Wellness Workshop  1:30 Manicure & Manly Movie 2:00 Scenic Drive- Salt Lake Temple & State Capitol	1:00 Bingo 2:00 Hand & Foot Card Game & Board Games 3:00 Movie in the Great Room- 9 to 5
9:30 Music & the Spoken Word—Great Room  1:30 LDS Sacrament Meeting  <b>Happy Birthday Colleen!</b>	10:00 Chair Zumba 10:30 Shopping at Harmon's  1:30 Walking Group 2:00 Volleyball	10:00 Weights 10:30 Group Game-Password  1:00 Puzzles & Table Games 2:00 Hostess Bingo	10:00 Chair Cardio 10:30 Resident Council  1:00 Hand & Foot Card Game & Board Games 3:00 Gospel Doctrine	10:00 Weights 10:30 Cooking Demo- Decorating Cup Cakes  1:30 Walking Group 2:00 Left Right Center Game <b>4:00 Bob Shorten Performance</b>	10:00 Cardio Drumming 10:30 Bowling  1:30 Manicure & Manly Movie 2:00 Scenic Drive- American Fork Harbor & Beach	10:00 Scenic Drive- TBD  1:00 Bingo 2:00 Hand & Foot Card Game & Board Games 3:00 Movie in the Great Room- The Help
9:30 Music & the Spoken Word—Great Room  1:30 LDS Sacrament Meeting  <b>Happy Birthday Maria!</b>	10:00 Chair Zumba 10:30 Shopping at Walmart  1:30 Walking Group 2:00 Scattogories	10:00 Weights 10:30 Pictionary  1:00 Puzzles & Table Games <b>3:00 Chase Given Performance</b>  7:15 Scenic Drive- Eve Sunset Ride, Suncrest Area	10:00 Chair Cardio 10:30 Olympic Celebration!  1:00 Hand & Foot Card Game & Board Games 3:00 Gospel Doctrine  <b>Happy Birthday Russell!</b>	10:00 Weights 10:30 Cooking Demo- Nat'l Hot Dog Day  1:30 Walking Group 2:00 Woo-hoo Game <b>4:00 Music &amp; More Performance</b>	10:00 Cardio Drumming 10:30 Pioneer Day Celebration!  1:30 Manicure & Manly Movie 2:00 Scenic Drive- Deer Creek Reservoir	1:00 Bingo 2:00 Hand & Foot Card Game & Board Games 3:00 Movie in the Great Room- The Wedding Planner
9:30 Music & the Spoken Word—Great Room  1:30 LDS Sacrament Meeting	10:00 Chair Zumba 10:30 Shopping at Harmon's  1:30 Walking Group 2:00 Volleyball	10:00 Weights 10:30 Group Game-Password  1:00 Puzzles & Table Games 2:00 Olympic Bingo	10:00 Chair Cardio 10:30 Jeopardy  <b>2:00 Heart &amp; Soul Performance</b> 3:00 Gospel Doctrine	10:00 Weights <b>11:00 Abby Young Performance</b>  1:30 Walking Group 2:00 Marbled Papers & Cards  <b>Happy Birthday Margaret &amp; Courtland!</b>	10:00 Cardio Drumming 10:30 Ashford Olympic Volleyball Tournament- Draper vs. Springville  1:30 Manicure & Manly Movie 2:00 Scenic Drive- Big Cottonwood Wood Canyon	1:00 Bingo 2:00 Hand & Foot Card Game & Board Games 3:00 Movie in the Great Room- King Kong