

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
				10:00 Morning News 10:30 Chair Cardio 11:00 Sports Arena 1:30 Walking Group 2:00 Cooking Demo- Homemade Ice-Cream 5:30 Alexa's Ukulele 6:15 Throwback Thursday <small>Canada Day</small>	1	10:00 Scenic Drive 1:30 Independence Day Celebration! 5:30 Corn Hole 6:00 Reminiscing	2	10:30 Morning News 10:45 Chair Cardio 11:00 Morning Crosswords 2:00 Patriotic Sing Along 5:30 Classic Television: "Father Knows Best"	3				
9:30 Music & the Spoken Word—Great Room 1:30 LDS Sacrament Meeting <small>Independence Day (US)</small>	4	10:00 Morning News 10:30 Exercise Head to Toe 11:00 Trivia 1:30 Walking Group 2:00 Jeopardy 5:30 Bingo 6:15 Coloring	5	10:00 Morning News 10:30 Exercise Fun 11:00 Remember When... 1:30 Reading Reader's Digest 2:00 Fingerprint Art 5:30 Name that Tune! 6:15 Rhythm Sticks	6	10:00 Morning News 10:30 Lifting Weights 11:00 Fun with Music 1:30 Scenic Drive 5:30 Corn Hole 6:15 Word Games	7	10:00 Morning News 10:30 Chair Cardio 11:00 Sports Arena 1:30 Walking Group 2:00 Cooking Demo-Muffins 4:30 Music & More 5:30 Music Bingo 6:15 Fun Music Facts	8	10:00 Scenic Drive 1:30 Manicures & Manly Movie 5:30 Fly Swatter Balloon 6:15 Jeopardy	9	10:30 Morning News 10:45 Ribbon Dancing 11:00 Reminiscing 2:00 Whiteboard Trivia 5:30 Throwback Movie Night: "My Fair Lady"	10
9:30 Music & the Spoken Word—Great Room 1:30 LDS Sacrament Meeting	11	10:00 Morning News 10:30 Exercise Head to Toe 11:00 Trivia 1:30 Walking Group 2:00 Senses Game 5:30 Bingo 6:15 Rick Steves' Paris	12	10:00 Morning News 10:30 Exercise Fun 11:00 Remember When... 1:30 Reading Reader's Digest 2:00 Painting to Music 5:30 Cooking Demonstration: National French Fry Day 6:15 Reminiscing	13	10:00 Morning News 10:30 Lifting Weights 11:00 Fun with Music 1:30 Joggin' Noggin' 2:00 Bingo 5:30 Floor Darts 6:15 Word Games	14	10:00 Morning News 10:30 Chair Cardio 11:00 Sports Arena 1:30 Walking Group 3:30 Bob Shorten Performs 5:30 Alexa's Ukulele 6:15 Throwback Thursday	15	10:00 Scenic Drive 1:30 Manicures & Manly Movie 5:30 Basketball 6:15 Karaoke	16	10:30 Morning News 10:45 Stretch it Out 11:00 Scattergories 2:00 Match it Up Card Game 5:30 Classic Television: "Mary Tyler Moore Show"	17
9:30 Music & the Spoken Word—Great Room 1:30 LDS Sacrament Meeting	18	10:00 Morning News 10:30 Exercise Head to Toe 11:00 Trivia 1:30 Walking Group 2:00 Sing-A-Long 5:30 Bingo 6:15 YouTube Funnies	19	10:00 Morning News 10:30 Exercise Fun 11:00 Remember When... 1:30 Reading Reader's Digest 2:30 Chase Given Performs 5:30 National Moon Day 6:15 Craft: Making Moons	20	10:00 Morning News 10:30 Lifting Weights 11:00 Fun with Music 1:30 Scenic Drive 5:30 Corn Hole 6:15 Word Games	21	10:00 Morning News 10:30 Chair Cardio 11:00 Sports Arena 1:30 Walking Group 2:00 Puzzles 4:30 Music & More 5:30 Storytime 6:15 YouTube Funnies	22	10:00 Scenic Drive 1:30 Pioneer Day Celebration! 5:30 Soccer 6:15 Find it sheets	23	10:30 Morning News 10:45 Mindfulness 11:00 Joggin' Noggin 2:00 Coloring Pages 5:30 Modern Movie Night: "Secondhand Lions"	24
9:30 Music & the Spoken Word—Great Room 1:30 LDS Sacrament Meeting	25	10:00 Morning News 10:30 Exercise Head to Toe 11:00 Trivia 1:30 Walking Group 2:00 Ashford Olympics 5:30 Bingo 6:15 Classic Television	26	10:00 Morning News 10:30 Exercise Fun 11:00 Remember When... 1:30 Reading Reader's Digest 2:00 Collaging 5:30 Alexa's Ukulele 6:15 Whiteboard Trivia	27	10:00 Morning News 10:30 Lifting Weights 11:00 Fun with Music 1:30 Joggin' Noggin' 2:00 Heart & Soul Performance 5:30 Fly Swatter Balloon 6:15 Word Games	28	10:00 Morning News 10:30 Chair Cardio 11:00 Abby Young Performance 1:30 Walking Group 2:00 Wheat Grass Planters 5:30 Music Bingo 6:15 Joggin' Noggin	29	10:00 Scenic Drive 1:30 Manicures & Manly Movie 5:30 Hockey 6:15 Reminiscing	30	10:30 Morning News 10:45 Chair Exercises 11:00 Reminiscing 2:00 Arts & Crafts 5:30 Balloon Volleyball	31