


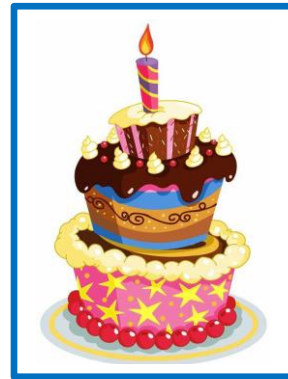
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9-10: Coffee Talk 10-11: Baking 11-11:30: Trivia 11:30-12: Exercise 1-2:30: Bowling 2:30-3:30: Bingo & Dominoes 3:30-4: Outdoor Strolls	2 9-10: Coffee Talk 10-11: Music 11-11:30: Brain Teasers 11:30-12: Exercise 1:30- 2: Pastor Deb 2-2:30: Snack Cart 2:30-3:30: Card Games	3 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30 Catholic Mass (Ch 957) 2-3:30: Art 3:30-4: Outdoor Strolls	4 4th of July	5 9-10: Coffee Talk 10-11: Baking 11-11:30: Word Games 11:30-12: Exercise 1-2: Outdoor Strolls 2-3: Hey Joe 2:30-3:30: Bingo & Dominoes	6 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Mind Twister 11-11:30: Exercise 1-3:30: Movie
7 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Brain Teasers 11-11:30: Exercise 1 Sunday Worship 1-3:30: Movie	8 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30-2:30: Group Resident Council 2:30-3:30: Bingo & Dominoes 3:30-4: Outdoor Strolls	9 Monthly Birthday Party 9-10: Coffee Talk 10-11: Music 11-11:30: Brain Teasers 11:30-12: Exercise 1:30- 2: Pastor Deb 2-2:30: Birthday Party 2:30-3:30: Card Games	10 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30 Rosary (Ch 957) 2-3:30: Art with Janet 3:30-4: Outdoor Strolls	11 9-10: Coffee Talk 10-11: Music 11-11:30: Trivia 11:30-12: Exercise 1-2:30: Snack Cart 2:30-3:30: Card Games	12 9-10: Coffee Talk 10-11: Baking 11-11:30: Word Games 11:30-12: Exercise 1-2:30: Outdoor Strolls 2:30-3:30: Bingo & Dominoes	13 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Mind Twister 11-11:30: Exercise 1-3:30: Movie
14 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Brain Teasers 11-11:30: Exercise 1 Sunday Worship 1-3:30: Movie	15 9-10: Coffee Talk 10-11: Baking 11-11:30: Trivia 11:30-12: Exercise 1-2:30: Bowling 2:30-3:30: Bingo & Dominoes 3:30-4: Outdoor Strolls	16 9-10: Coffee Talk 10-11: Music 11-11:30: Brain Teasers 11:30-12: Exercise 1:30- 2: Pastor Deb 2-2:30: Snack Cart 2:30-3:30: Card Games	17 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30 Rosary (Ch 957) 2-3:30: Art 3:30-4: Outdoor Strolls	18 Shark Day 9-10: Coffee Talk 10-11: Music 11-11:30: Shark Trivia 11:30-12: Exercise 1:30-2:30: Nail Art 1-2:30: Snack Cart 3-3:30: Balloon Ball	19 9-10: Coffee Talk 10-11: Baking 11-11:30: Word Games 11:30-12: Exercise 1-2:30: Outdoor Strolls 2:30-3:30: Bingo & Dominoes 3:45-4:45: Drum Circle	20 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Mind Twister 11-11:30: Exercise 1-3:30: Movie
21 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Brain Teasers 11-11:30: Exercise 1 Sunday Worship 1-3:30: Movie	22 9-10: Coffee Talk 10-11: Baking 11-11:30: Trivia 11:30-12: Exercise 1-2:30: Bowling 2:30-3:30: Bingo & Dominoes 3:30-4: Outdoor Strolls	23 9-10: Coffee Talk 10-11: Music 11-11:30: Brain Teasers 11:30-12: Exercise 1:30- 2: Pastor Deb 1:30-4: Aviary Trip	24 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30 Rosary (Ch 957) 2-3:30: Art 3:30-4: Outdoor Strolls	25 9-10: Coffee Talk 10-11: Music 11-11:30: Trivia 11:30-12: Exercise 1-2:30: Snack Cart 2:30-3:30: Card Games	26 9-10: Coffee Talk 10-11: Baking 11-11:30: Word Games 11:30-12: Exercise 1:30-2:30: Outdoor Strolls 2:30-3:30: Bingo & Dominoes	27 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Mind Twister 11-11:30: Exercise 1-3:30: Movie
28 9:30-10: Coffee Talk 10-10:30: Music 10:30-11: Brain Teasers 11-11:30: Exercise 1 Sunday Worship 1-3:30: Movie	29 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1-2:30: Bowling 2:30-3:30: Bingo & Dominoes 3:30-4: Outdoor Strolls	30 9-10: Coffee Talk 10-11: Music 11-11:30: Brain Teasers 11:30-12: Exercise 1:30- 2: Pastor Deb 2-2:30: Snack Cart 2:30-3:30: Card Games	31 9-10: Coffee Talk 10-11: Baking 11-11:30: Mind Twister 11:30-12: Exercise 1:30 Rosary (Ch 957) 2-3:30: Craft 3:30-4: Outdoor Strolls			

Each day we focus on:
Motion ~ Exercise & Movement
Creativity ~ Arts, Crafts & Baking
Rhythm ~ Music & Singing
Enrichment ~ Reading & Trivia
Relaxation ~ Massage & Sensory
 *Activities are subject to change when needed

BIRTHDAY LIST

Shirley N. 7/10
Joanna D. 7/20

Robert P. 7/ 18



Dates to Remember in July:

- 4- 4th of July
- 5- Hey Joe
- 7- First of Muharram
- 9- Monthly Birthday Party
- 10- Art with Janet

- 16- Ashura Begins
- 18- Shark Day
- 19- Drum Circle
- 21- Full Moon
- 23- Aviary Trip

Lemon Sharks

In addition to its color, one easy way to identify a lemon shark is by its dorsal fins. In this species, both dorsal fins are triangular in shape and about the same size as each other.

The shark has a short snout and a flattened head that is rich in electroreceptors (ampullae of Lorenzini). Lemon sharks are bulky fish, typically reaching lengths between 2.4 and 3.1 m (7.9 to 10.2 ft) and weights of 90 kg (200 lb). The largest recorded size is 3.4 m (11.3 ft) and 184 kg (405 lb).



Place Times

Fitness Tips: Breath Meditation

Breath meditation is both simple and versatile. “There are all sorts of studies that show when you [breathe better](#), you feel better,” says Sherwin. “Your body works better. Slow, deep breaths activate the body’s relaxation response and reduces chronic stress.”

In this type of meditation, you’re focusing on the very act of inhaling and exhaling. “You’re bringing awareness to the natural process of breathing,” she adds. “So it’s giving your mind something to do. You’re following the in breath, and you’re following the out breath.”

Taking deeper breaths can provide many surprising health benefits. “If you’re breathing more deeply, you’re getting much more oxygen to the brain,” Sherwin says. “You’re also releasing much more carbon dioxide on your exhale, which is good for releasing toxins in the body.”

Breathing deeply also has a positive impact on your concentration, creativity and problem-solving skills, she adds. “Something as simple as breathing better can help you in so many ways. It’s profoundly effective.”



Worship Services
Worship Service Every Sunday
2:30 - HC/ch957