







Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Exercise 11:45 Pet Therapy 2:15 Bible Study with Pastor Ron 4:00 Small Group	2 10:30 Exercise 12:00 Word Game 2:00 Memory Choir 3:30 Scenic Drive 4:00 Spa Day	3 10:30 Exercise 12:00 Crafts 2:15 4th of July 4:00 Small Groups	4 Independence Day 10:30 Exercise 12:00 Bowling 2:30 Patriotic Music (D) 4:00 Small Group	5 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns - Tom 4:00 Small Group	6 10:30 Exercise 12:00 Games 2:00 Movie 4:00 Small Group
7 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Group	8 10:30 Exercise 11:45 Pet Therapy 2:15 Bible Study 4:00 Memory Choir	9 10:30 Exercise 11:30 Scenic Drive 12:00 Volunteer Led Group 2:15 Spa Day 4:00 Small Groups	10 10:30 Exercise 12:00 Crafts 2:15 Bingo 4:00 Small Groups	11 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 3:00 Happy Hour 4:00 Small Groups	12 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns - Tom 4:00 Volunteer Presentation	13 10:30 Exercise 12:00 Games 2:15 Trivia 4:00 Small Group
14 10:00 Exercise 10:30 Flute w/ Fred 12:00 Hymn Sing 2:00 Church 2:00 Movie 4:00 Small Group	15 10:30 Exercise 11:45 Pet Therapy 2:15 Bible Study 4:00 Memory Choir	16 10:30 Exercise 12:00 Word Game 2:15 Spa Day 3:30 Scenic Drive 4:00 Small Groups	17 10:30 Exercise 12:00 Remember When 2:15 Disneyland 4:00 Small Groups	18 10:30 Exercise 12:00 Bowling 2:15 Old West Travel 3:00 Happy Hour 4:00 Small Groups	19 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns - Tom 4:00 Small Group	20 10:00 Exercise 11:00 Bellingham Youth Jazz Band 12:00 Games 2:00 Movie 4:00 Small Group
21 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Group	22 10:30 Exercise 11:45 Pet Therapy 2:15 Bible Study 4:00 Memory Choir	23 10:30 Exercise 11:30 Scenic Drive 12:00 Let's Read 2:15 Spa Day 4:00 Small Groups	24 10:30 Exercise 12:00 Crafts 2:15 Bingo 4:00 Small Groups	25 10:30 Exercise 12:00 Bowling 2:15 Armchair Travel 2:30 Trivia 3:30 Happy Hour 4:00 Small Groups	26 10:15 Exercise 11:30 Scenic Drive 2:15 Hymns - Tom 4:00 Small Group	27 10:30 Exercise 12:00 Games 2:15 World of Words 4:00 Small Group
28 10:30 Exercise 12:00 Hymn Sing & Scripture 2:00 Church 2:00 Movie 4:00 Small Group	29 10:30 Exercise 11:45 Pet Therapy 2:15 Bible Study 4:00 Memory Choir	30 10:30 Exercise 11:30 Scenic Drive 12:00 Trivia 2:15 Spa Day 4:00 Small Groups	31 10:30 Exercise 12:00 Crafts 2:15 Jan Berenstain 4:00 Small Groups		July: Flower: Larkspur 	July: Birthstone: Ruby 



Daily Schedule:

9:00 Breakfast
 10:00 Quiet Time and 1:1 Visits
 10:30 Exercise
 11:00 Morning Snack
 12:00 See Calendar
 12:50 Lunch
 2:15 See Calendar
 3:00 Afternoon Snack
 4:00 Small Groups and 1:1 Visits
 5:00 Afternoon Stretch
 5:30 Dinner
 Additional small groups and individual activities occur on an ongoing basis throughout the day and evening. Our goal is to enhance the natural rhythm of each resident's day. Changes to this calendar are sometimes necessary in order to accomplish this.