


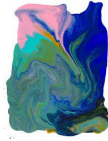


# J U L Y

## Activities and Event Calendar (3805 Gillespie Dr.)

Shelby York  
 Life Enrichment Coordinator  
 Shelby@4seasonsseniorliving.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p><b>1.</b> Coffee and Conversation: Table Talk. (10:00-11:00am )</p> <p>Sit and Fit  <i>Saturday</i>            Exercises for Seniors. (2:00-3:00pm)</p>	<p><b>2.</b> Sunday Shows Youtube Tv- 'America's Got Talent.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-3:00pm)</p>
<p><b>3.</b> Music Group 'The Beach Boys.' (10:00-11:00am)</p> <p>Qwirkle. (2:00-3:00pm)</p>	<p><b>4.</b> Red or Black: Card Game. (10:00-11:00am )</p> <p>Ball Toss with Staff. (2:00-3:00pm)</p> <p><i>Independence Day</i></p>	<p><b>5.</b> Puzzle. (10:00-11:00am)</p> <p><i>Bible Study</i>            Women's Group. (2:00-3:00pm)</p>	<p><b>6.</b> <i>Sensory Game:</i> What's in the Box? (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>	<p><b>7.</b> <i>Bingo</i>            10:00am</p> 	<p><b>8.</b> Morning Meditation (10:00-11:00am )</p> <p><i>Book Club:</i> 'In a Spin.' (2:00-3:00pm)</p>	<p><b>9.</b> Virtual Church Services: <b>Youtube-</b> Life.Church. (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p>
<p><b>10.</b> Music Group 'Elton John.' (10:00-11:00am)</p> <p>Poetry Club: Romantic Poems.</p>	<p><b>11.</b> Matching Card Game. (10:00-11:00am )</p> <p><i>Exercise Group.</i> (10:00-10:30am )</p>	<p><b>12.</b> Lego Therapy. (10:00-11:00am)</p> <p><i>Word Game</i>  <i>Wednesday</i>            'Tea Time' Word Search. (2:00-3:00pm)</p>	<p><b>13.</b> Devotional (10:00-11:00am)</p> <p>Chair Yoga. (2:00-3:00pm)</p>	<p><b>14.</b> <b>ACRYLIC POUR PAINTING</b>            10:00AM</p>	<p><b>15.</b> Coffee and Conversation: Table Talk. (10:00-11:00am )</p> <p>Sit and Fit  <i>Saturday</i>            Relaxing Chair</p>	<p><b>16.</b> Sunday Shows Youtube Tv- 'Wheel of Fortune.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-3:00pm)</p>

(2:00-3:00pm)	<i>Arts &amp; Crafts:</i> Rock Garden. (10:30-11:30am )				Exercises for Upper Body. (2:00-3:00pm)	
<b>17. Music Group</b> 'David Bowie.' (10:00-11:00am)  Scrabble. (2:00-3:00pm)	<b>18. Adopt a Pet</b> <b>10:30am</b> 	<b>19. Jigsaw Puzzle.</b> (10:00-11:00am)  <i>Bible Study</i> Women's Group. (2:00-3:00pm)	<b>20. Baking Club.</b> (10:00-11:00am)  Color by Number. (2:00-3:00pm)	<b>21. Game Day</b> Monopoly 10:00am 	<b>22. Morning Meditation</b> (10:00-11:00am )  <i>Book Club:</i> 'Waltzing Matilda.' (2:00-3:00pm)	<b>23. Virtual Church Services:</b> <b>Youtube-Life.Church.</b> (10:00-11:00am)  Gentle Stretches. (2:00-3:00pm)
<b>24. Music Group</b> 'Bee Gees.' (10:00-11:00am)  <i>Poetry Club:</i> Moon River Sing-a-Long. (2:00-3:00pm)	<b>25. Uno.</b> (10:00-11:00am )  <i>Exercise Group.</i> (10:00-10:30am )  <i>Arts &amp; Crafts:</i> Q-Tip Dandelions. (10:30-11:30am )	<b>26. Building Blocks.</b> (10:00-11:00am)  <i>Word Game</i> <i>Wednesday</i> 'Gone with the Wind' Word Search. (2:00-3:00pm)	<b>27. Arts &amp; Crafts:</b> Paper Mache Lanterns. (10:00-11:00am)  Adult Coloring Club. (2:00-3:00pm)	<b>28. Film Friday</b> <b>Youtube Tv-</b> 'The Very Thought of You' 10:00am 	<b>29. Coffee and Conversation:</b> Table Talk. (10:00-11:00am )  Sit and Fit <i>Saturday</i> Tai Chi. (2:00-3:00pm)	<b>30. Sunday Shows</b> Youtube Tv- 'The Today Show.' (10:00-11:00am)  Ice Cream Sunday Social. (2:00-3:00pm)
<b>31. Music Group</b> 'Fleetwood Mac.' (10:00-11:00am)  Parcheesi. (2:00-3:00pm)						



**4 Seasons**  
SENIOR LIVING

# JULY

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