
























# JULY 2019 MASON WRIGHT REFLECTION CALENDAR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>SALON: Lower Level, Mondays, 9:30-4:00 by appointment.</b> Sets, haircuts, shampoos, color, perms, manicures, and other services. Book appointments at Front Desk.</p>	<p><b>1</b> 9:45 Morning Fitness <b>10:15 Viability Visit</b> 12:30 Relax w/ music <b>1:30 Time for a stroll</b> <b>2:30 Iced Tea &amp; Chit Chat</b> 3:30 Trivia 6:00 Coloring for relaxation</p>	<p><b>2</b> 9:45 Kick Boxing 10:15 Circle of Friends: Yesterday 12:30 Housekeeping/relax w/ music <b>1:30 Chit Chat on the Patio</b> 2:30 Easy Listening <b>3:00 Fold and Sort</b> 6:00 Evening Gathering</p>	<p><b>3</b> 9:45 Zumba Silver w/ Fatou <b>10:15 Sing Out</b> 12:30 Housekeeping/relax w/ music 1:30 Word Search <b>2:00 Patriotic Sing Along w/ Frank</b> 3:30 You be the Judge 6:00 Bingo</p>	<p><b>4 Independence Day</b>  9:45 Kick Boxing 10:15 Fab &amp; Fit <b>10:45 Red, White &amp; Blue Cupcakes</b> 12:30 Housekeeping/ Relax w/ music <b>1:00 Chit Chat on the Patio</b> 2:30 Word Search 3:30 Easy Listening 6:00 Movie &amp; Popcorn</p>	<p><b>5</b> 9:45 Morning Fitness 10:30 Circle of Friends: Yesterday <b>12:00 4th of July Summer BBQ</b>  1:30 Chit Chat on patio 2:30 Lawn Games 6:00 Evening Gathering</p>	<p><b>6</b> 9:45 Morning Fitness Kiosk 10:15 Chair Yoga 12:30 Relax with music <b>1:00 Revival Time: SR</b> 2:30 Time for a Stroll <b>3:30 Wild Cards</b> 6:00 Bingo</p>
<p><b>7</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a Stroll 2:45 Trivia 3:30 Sunday Matinee 6:00 Evening Gathering</p>	<p><b>8</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> 12:30 Relax w/ music 1:15 Easy listening <b>2:30 Dance Lessons w/ Natasha</b> 3:30 Bingo 6:00 Kiosk: Old Time Radio Show</p> 	<p><b>9 Happy Birthday Geneva!</b> 9:45 Kick Boxing 10:30 Dance off 12:30 Relax w/ magazines <b>1:00 Stroll at Eastfield Mall</b> <b>1:30 Kiosk w/ RCA</b> 3:45 Word search <b>6:30 Evening Gathering</b></p>	<p><b>10</b> 9:45 Zumba Silver w/ Fatou <b>10:15 Bucket Drumming</b> 12:30 Relax w/ magazines 1:30 Word Search <b>2:30 Chit Chat on the Patio</b> 6:00 Coloring for relaxation</p>	<p><b>11</b> 9:45 Kick Boxing <b>10:30 Hakuna Matata</b> 12:30 Relax w/ magazines <b>1:30 Time for a Stroll</b> 2:30 Coloring for relaxation 3:30 Classic Comedy Shows 6:00 Pampering</p> 	<p><b>12</b> 9:45 Morning Fitness <b>10:15 Meditation</b> 12:30 Relax w/ magazines 1:30 Time for a stroll <b>2:30 Happy Hour w/ Kevin Paul</b> 6:00 Bingo</p>	<p><b>13</b> 9:45 Morning Fitness <b>10:15 Life Center Ministry: C</b> 12:30 Relax with magazines <b>1:30 Social Hour w/ Kayla</b> 2:30 Time for a stroll 3:30 Coloring for relaxation 6:00 Evening Gathering</p> 
<p><b>14</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Feed the birds 2:45 Family Feud 3:30 Old Classic Comedy Show 6:00 Bingo</p>	<p><b>15</b> 9:45 Morning Fitness <b>10:15 Viability Visit</b> 12:30 Relax w/ music <b>1:30 Time for a stroll</b> <b>2:30 Coloring for relaxation</b> 3:30 Easy Listening 6:00 Evening Gathering</p> 	<p><b>16</b> 9:45 Kick Boxing 10:15 Circle of Friends: What's in the Box? 12:30 Relax w/ magazines 1:30 Time for a stroll <b>2:30 Singing w/ Marvin</b>  3:30 Funny Bone 6:00 Bingo</p>	<p><b>17 Happy Birthday Paula!</b> 9:45 Zumba Silver w/ Fatou  <b>10:15 Sing Out!</b> 10:30 Circle of Friends: Spin &amp; Solve 12:30 Relax w/ magazines 1:30 Time for a stroll <b>2:30 Afternoon Stretching</b> 3:30 Easy Listening 6:00 Pampering</p>	<p><b>18</b> 9:45 Kick Boxing <b>10:15 Trinity Church Choir Performance</b>  12:30 Relax w/ magazines <b>1:30 Kiosk w/ RCA</b> 2:15 Coloring for relaxation 3:30 Water the Flowers 6:00 Bingo</p> 	<p><b>19</b> 9:45 Morning Fitness 10:30 Circle of Friends: Yesterday <b>12:00 Luau BBQ: SR/Patio</b> <b>1:30 Bible Study w/ Christine: C</b> <b>2:30 Lawn Games</b> 6:00 Evening Gathering </p>	<p><b>20</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> <b>10:30 Lighthouse Ministry: 4th FL</b> 12:30 Relax w/ music <b>1:30 Let's get Crafty</b> 2:30 Time for a stroll <b>3:30 Wild Cards</b> 6:00 Bingo</p>
<p><b>21 National Ice Cream Day</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines <b>1:30 Ice Cream Social</b> 2:45 Time for a Stroll 3:30 Sunday Matinee 6:00 Evening Gathering</p> 	<p><b>22</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b> 12:30 Relax w/ music <b>1:30 Chit Chat on the Patio</b> <b>2:30 Dance Lessons w/ Natasha</b> 3:30 Trivia 6:00 Evening Gathering</p>	<p><b>23</b> 9:45 Kick Boxing 10:15 Circle of Friends: Yesterday <b>11:30 Lunch at Chili's</b> 12:30 Housekeeping/relax w/ music 1:30 Time for a stroll <b>2:30 Coloring for relaxation</b> <b>3:00 Sensory Room</b> 6:00 Bingo</p>	<p><b>24</b> 9:45 Zumba Silver w/ Fatou <b>10:15 Sing Out</b> 12:30 Housekeeping/relax w/ music 1:30 Word Search <b>2:00 Let's Dance Event!</b> 6:00 Coloring for relaxation</p>	<p><b>25 Happy Birthday Pablo</b> 9:45 Kick Boxing <b>10:30 Hakuna Matata</b> 12:30 Housekeeping/ Relax w/ music <b>1:30 Heritage Park</b> 2:30 Word Search <b>3:00 Sensory Room</b> 6:00 Movie &amp; Popcorn</p>	<p><b>26</b> 9:45 Morning Fitness 10:30 Circle of Friends: Yesterday <b>12:30 Housekeeping/ Relax w/ music</b> <b>1:30 Family Fun Day</b> <b>6:30 Bingo</b></p>	<p><b>27</b> 9:45 Morning Fitness <b>10:00 Life Center Ministry: 4th FL</b> 12:30 Relax w/ magazines 1:30 Time for a stroll 2:30 Word Search <b>3:00 Cooking w/ Kayla</b>  6:00 Evening Gathering</p>
<p><b>28</b> 9:45 Morning Fitness 10:30 Kiosk w/ RCA 12:30 Relax w/ magazines 1:30 Time for a stroll 2:45 Family Feud 3:30 Sunday Matinee 6:00 Bingo</p>	<p><b>29</b> 9:45 Morning Fitness <b>10:15 Chair Yoga</b>  12:30 Relax w/ music <b>1:30 What's Baking ?</b> <b>2:45 Iced Tea &amp; Chit Chat</b> <b>3:00 Sensory Room</b> 6:00 Evening Gathering</p>	<p><b>30</b> 9:45 Kick Boxing 10:15 Circle of Friends: Spin &amp; Solve 12:30 Relax w/ magazines <b>1:30 July Birthday Party</b>  <b>2:00 Singing w/ Marvin</b>  6:00 Bingo</p>	<p><b>31</b> 9:45 Zumba Silver w/ Fatou <b>10:15 Bucket Drumming Class</b>  12:30 Relax w/ magazines 1:30 Word Search <b>2:00 Birthday Bash w/ Center Stage</b> <b>3:30 I got it!</b> 6:00 Pampering</p>	<p><b>July Birthdays</b>  <i>Geneva G. 7/9</i> <i>Paula B. 7/17</i> <i>Pablo T. 7/25</i>   </p>	<p><b>Morning Meeting:</b> Every weekday at 8:30 in Christie's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.</p>	<p><b>Keeping Busy Ideas:</b> There is a notebook/binder of things to do with residents when there are lulls in activity. It's kept in the kitchen cabinets. Please feel free to add ideas to the binder, or to suggest them to Life Enrichment staff.</p>