

Spring Haven Retirement JULY 2010 MC Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Missing Word 9:30 Chair Exercises 10:00 Catch and Toss Game 10:30 Coffee Talk 11:00 Craft 1:30 Ice Cream Social 2:00 Fellowship & Sing-a-long 3:30 Afternoon Stroll	2 9:00 Reminiscing 9:30 Fun 'n Fitness 10:30 Coffee Talk 11:00 Music Therap' 1:30 Bingo 3:00 Cocktail Party 4:00 Afternoon Stroll	3 9:30 Morning Stretch 10:00 Coffee Talk 10:30 Playing with colors 1:30 Games 3:00 Social 4:00 Gaither Homecoming (TV) 7:00 Lawrence Welk (TV)
4  9:00 Gospel Hour (TV) 11:00 Coupon Clipping 2:30 Movie and popcorn 4:00 Afternoon Stroll INDEPENDENCE DAY	5 9:00 Sit and Stretch 9:30 Ball Toss to the Beat 10:00 Coffee Talk 10:30 Game 1:30 Bingo 3:00 Social 3:30 Fun with Puzzles 	6 9:00 Podiatrist 9:00 Beauty Shop 9:00 Trivia Time 9:30 Horseshoes 10:30 Art Class 11:00 Card Game 2:00 Game 3:00 Refreshments	7 9:00 A Bit of Wit 9:30 Sittercise 10:00 Bean Bag Toss 10:30 Coffee Talk 11:00 Manicures/Dominoes 1:30 Bingo 3:00 Social 3:30 Afternoon Stroll 	8 9:00 Missing Word Game 9:30 Chair Exercises 10:00 Coffee Talk 10:30 Music with Richard 1:30 Ice Cream Social 2:00 Fellowship & Sing-a-long 3:30 Afternoon Stroll 	9 9:00 Reminiscing 9:30 Fun 'n Fitness 10:30 Coffee Talk 11:00 Music Therapy 1:30 Bingo 3:00 Cocktail Party 4:00 Afternoon Stroll 	10 9:30 Morning Stretch 10:00 Coffee Talk 10:30 Playing with colors 1:30 Games 3:00 Social 4:00 Gaither Homecoming (TV) 7:00 Lawrence Welk (TV) 
11  9:00 Gospel Hour (TV) 11:00 Coupon Clipping 2:30 Movie and popcorn 4:00 Afternoon Stroll	12 9:00 Sit and Stretch 9:30 Ball Toss to the Beat 10:00 Coffee Talk 10:30 Game 1:30 Bingo 3:00 Social 3:30 Fun with Puzzles 	13 9:00 Beauty Shop 9:00 Trivia Time 9:30 Horseshoes 10:30 Art Class 11:00 Card Game 2:00 Fun Ride 3:30 Refreshments 	14 9:00 A Bit of Wit 9:30 Sittercise 10:00 Bean Bag Toss 10:30 Dottie and Charlie Entertainment 1:30 Bingo 3:00 Social 3:30 Afternoon Stroll 	15 9:00 Missing Word Game 9:30 Chair Exercises 10:00 Catch and Toss Game 10:30 Ginger and the Snaps Entertainment 1:30 Ice Cream Social 2:00 Fellowship & Sing-a-long 3:30 Afternoon Stroll	16 9:00 Reminiscing 9:30 Fun 'n Fitness 10:00 Coffee Talk 10:30 Music Therapy 12:00 Birthday/Ann Lunch 1:30 Bingo 3:00 Cocktail Party 4:00 Afternoon Stroll 	17 9:30 Morning Stretch 10:00 Coffee Talk 10:30 Playing with colors 1:30 Games 3:00 Social 4:00 Gaither Homecoming (TV) 7:00 Lawrence Welk (TV) 4 - 7:00 ANTIQUE CAR SHOW
18 9:00 Gospel Hour (TV) 11:00 Coupon Clipping 2:30 Movie and popcorn 4:00 Afternoon Stroll	19 9:00 Sit and Stretch 9:30 Ball Toss to the Beat 10:00 Coffee Talk 10:30 Game 1:30 Bingo 3:00 Social 3:30 Fun with Puzzles	20 9:00 Beauty Shop 9:00 Trivia Time 9:30 Horseshoes 10:30 Art Class 11:00 Card Game 2:00 David and Penny 3:00 Refreshments 3:30 Reminiscing 	21 9:00 A Bit of Wit 9:30 Sittercise 10:00 Bean Bag Toss 10:30 Coffee Talk 11:00 Manicure /Dominoes 2:00 Bingo 3:00 Social 3:30 Afternoon Stroll 	22 9:00 Missing Word 9:30 Chair Exercises 10:00 Catch and Toss Game 10:30 Coffee Talk 11:00 Craft 1:30 Ice Cream Social 2:00 Fellowship & Sing-a-long 3:30 Afternoon Stroll 	23 9:00 Reminiscing 9:30 Fun 'n Fitness 10:30 Coffee Talk 11:00 Music Therapy 1:30 Bingo 3:00 Cocktail Party 4:00 Afternoon Stroll 	24 9:30 Morning Stretch 10:00 Coffee Talk 10:30 Playing with colors 1:30 Games 3:00 Social 4:00 Gaither Homecoming (TV) 7:00 Lawrence Welk (TV) 
25 9:00 Gospel Hour (TV) 11:00 Coupon Clipping 2:30 Movie and popcorn 4:00 Afternoon Stroll 	26 9:00 Sit and Stretch 9:30 Ball Toss to the Beat 10:00 Coffee Talk 10:30 Game 1:30 Bingo 3:00 Social 3:30 Puzzles 	27 9:00 Beauty Shop 9:00 Trivia Time 9:30 Horseshoes 10:30 Art Class 11:00 Card Game 2:00 Doug Cain 3:00 Refreshments 3:30 Reminiscing 	28 9:00 A Bit of Wit 9:30 Sittercise 10:00 Bean Bag Toss 10:30 Coffee Talk 11:00 Manicure /Dominoes 2:00 Dairy Queen 3:00 Bingo 	29 9:00 Podiatrist 9:00 Missing Word 9:30 Chair Exercises 10:00 Catch and Toss Game 10:30 Coffee Talk 11:00 Cooking Class 1:30 Ice Cream Social 2:00 Fellowship & Sing-a-long 3:30 Afternoon Stroll	30 9:00 Reminiscing 9:30 Fun 'n Fitness 10:30 Coffee Talk 11:00 Music Therapy 1:30 Bingo 3:00 Cocktail Party 4:00 Afternoon Stroll	