



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living	1 10 Exercise 10:30 You Got Served 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3:30 Indoor/Outdoor Summer Walk or Roll Challenge (meet in lobby)	2 10 Reach & Stretch 10:30 Dalai Lama Quotes & Inspiration 11 All About July 1:30 Manicures, Music & Hand Massages 3 Name That Singer/Group 5:30 Game Night (resident led)	3 10 Sit & Be Fit 10:30 Activity Meeting 11 Resident Council Meeting 1:30 Creative Arts: A Salute to John Singleton Copley's Portrait Works 3:30 Railroad Journey Throughout China (theatre)	4 10:30 Easy Cardio Exercises 11 Star Spangled Sing Along 11:30 Patriotic Pledge <i>*Special indoor picnic style lunch served today!</i> 1:30 Color-ful Salute Designs 3:30 Table Games (resident led) Independence Day	5 10 Exercise 10:30 You Be the Judge 11 Black Jack 21 1:30 Hole in One Golf Challenge 2 Creamsicle Float Social (café) 4 Train Dominoes (resident led)	6 10:30 Chair Yoga 11 Make & Donate: Discovery Makes A Difference Pet Blanket Making (no sew) 1:30 Just Say No and Bill Haley Let's Go Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
7 10:30 Sweating to The Oldies Exercise 11 Peach Tea & Trivia 11:15 Catholic Communion with Terri (theatre) 1:30 Pierre Cardin's Fashion Run & Loads of Fun Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	8 10 Exercise 10:30 Hollywood Spotlight on Kevin Bacon 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3:30 Indoor/Outdoor Summer Walk or Roll Challenge (meet in lobby)	9 10 Reach & Stretch 10:30 Pickles to Penguins- So Much in Common 11 Today in History 1:30 Wildlife Velvet Art Part II 2 St. Agnes Mass (1st fl. lounge) 3 Ring it To Win It 5:30 Game Night (resident led)	10 10 Exercise 10:30 Spiritual Connections from Beyond or Coincidence? 11 Bee Facts & Honey Puns 1:30 Brews & Tattoos (on the Back Patio) 3:30 Armchair Travel to Hawaii's National Parks (theatre)	11 10 Bible Study w/ Penny 10:30 Unscramble This! 11 Iconic Stores That Are Long Gone but Not Forgotten (1 st fl. lounge) 1:30 Outing to Dollar Tree (sign up by 9am in the theatre) 2 Mosaic Sticker Designs 3:30 Game of Darts 6 Music & Songs with Entertainer Anthony Porter	12 10 Sit & Be Fit 10:30 Family Feud Day Fun 11 Headlines in History 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 July Birthday Social (café) 4 Train Dominoes (resident led)	13 10:30 Exercise 11 Double Card Bingo 1:30 Roanoke Day & Word Search Way Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
14 10:30 Exercise 11 Custom Keychain Making 11:30 Gospel Music Greats 1:30 Barns of All Kinds & A-Mazing Finds Coming to You (1 st , 2 nd & 3 rd fls) 2 Bible Baptist Service (1st floor lounge) 2 Table Games (resident led) 6 Movie Night (theatre)	15 10 Exercise 10:30 Daffy Definitions 11 Garden Box Growers (meet on back patio) 1:30 Christmas In July: Nutcracker Bingo 3:30 Indoor/Outdoor Summer Walk or Roll Challenge (meet in lobby)	16 10 Reach & Stretch 10:30 You Be the Judge 11 Daily Chronicles & Doses of Laughter 1:30 Manicures, Music & Hand Massages 3 RC Racers (front porch) 5:30 Game Night (resident led)	17 10 Easy Cardio Exercises 10:30 Snakeesss Game 11 That's Debatable! 1:30 Creative Arts: Sketch, Doodle or Color Designs 3:30 Pray the Rosary (theatre)	18 10 Bible Study w/ Penny 10:30 Coupon Clipping for A Cause 11 Food Lovers & Losers (1 st fl. lounge) 1:30 Scenic Drive by The Lake Side (sign up by 9am in the theatre) 2 Mandalas & Mood Music 3:30 Rebound Shuffleboard	19 10 Sit & Be Fit 10:30 Chicken or The Egg, Which Came First Game 11 Roll for It! 1:30 You Solve It! Minute Mysteries 2:30 S & S Biblical Musical: <i>Ruth</i> (theatre) 4 Train Dominoes (resident led)	20 10:30 Exercise 11 Gizmos & Gadgets- Guess It If You Can! 1:30 Man on The Moon- Back in Time & Colors of All Kinds Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
21 10:30 Chair Tai Chi 11 Armchair Travel & Taste to An Exotic Vacation Place 11:30 Hymns to Him 1:30 Arnold Palmer & His Golfing Way and Full Moon Day Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	22 10 Exercise 10:30 Finishing Lyrics 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3:30 Indoor/Outdoor Summer Walk or Roll Challenge (meet in lobby)	23 10 Reach & Stretch 10:30 Smithsonian Institute: You Be the Expert 11 Today in History 1:30 Manicures, Music & Hand Massages 3 Beat the Dog Days of Summer with A Cool Freeze Snow Cone! (Front Porch) 5:30 Game Night (resident led)	24 10 Exercise 10:30 Before They Were Famous 11 Uno with A Twist 1:30 Watercolor Painting: Sun, Sand & Surf 3:30 An Armchair View of Champions of The Wild (theatre)	25 10 Bible Study w/ Penny 10:30 Sudoku Number Challenge 11 Name 5 (1 st fl. lounge) 1:30 Scrabble Poker 3 Frisbee Can Slam 4:15 Out to Dinner at The Perk (sign up by 9am in the theatre)	26 10 Sit & Be Fit 10:30 What Would You Do? 11 Music Trivia & Tunes 1:30 Relax & Rejuvenate with Guided Meditation (theatre) 2:30 Chef's Demo & Sample Social (café) 4 Train Dominoes (resident led)	27 10:30 Exercise 11 Go for The Gold (Summer Olympics) Bingo 1:30 What Would You Say and Korean War Veterans Armistice Day Coming to You (1 st , 2 nd & 3 rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
28 10:30 Exercise 11 Lucky Number Lotto 11:30 Spiritual Music Favorites 1:30 Ship Shape & Crosswords That Rate Coming to You (1 st , 2 nd & 3 rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)	29 10 Exercise 10:30 Mind Joggers Trivia 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3:30 Indoor/Outdoor Summer Walk or Roll Challenge (meet in lobby)	30 10 Reach & Stretch 10:30 What Would You Do? 11 Daily Chronicles & Doses of Laughter 1:30 Manicures, Music & Hand Massages 3:30 Washers Toss 5:30 Game Night (resident led)	31 10 Exercise 10:30 Who Am I? The Biography Game 11 Amazing Animals to The Rescue 1:30 Creative Arts: Acrylic Painting 3:30 Journey to Italy (theatre)			
						

Please note: Outdoor activities are weather permitting and calendar is subject to change.

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