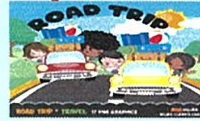


HEARTHSIDE COMMONS JULY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Resident Right: Retain and use his/her own clothes and other personal property.</p>			<p>Trips: TBA</p> 	<p>COFFEE SOCIAL WITH FRIENDS MON.- SAT. 9:45AM</p>		<p>1 10:00 Body Workout 10:15 Patriotic Bracelets 1:30 Mind Joggers 2:30 Bingo 3:30 Patio Snack and Chat</p>
<p>2 10:00 Catholic Mass w/ Father John 1:30 Non-Denomination Church Service 2:30 Live Entertainment Featuring Dave Beasley</p>	<p>3 10:00 Chair Balance 10:15 Discover Canada 1:30 20 min. Zumba 2:00 Name that State 2:30 Card Bingo 3:30 Strawberry Breeze</p>	<p>4 <u>Happy 4th of July</u> 10:00 Fun Fitness 10:15 Crafting for the 4th 1:30 Famous Fireworks 2:30 Celebrating July 4th with Live Entertainment Featuring George</p>	<p>5 10:00 Patio Workout 10:15 Music & Manicures 1:30 Stretch to Music 2:30 Australian Landmark 3:30 Hydration & Music 6:30 Movie Night</p>	<p>6 10:00 Exercise 10:15 Bowling 1:30 Intl. Kissing Day 2:30 Summer Scent Soap 3:30 Fruit Salad 6:30 30 min. Bingo</p>	<p>7 10:00 Sit & Be Fit 10:15 DIY Chocolate 1:30 Singing Seniors 2:30 Bingo 3:30 Chocolate Treat 6:30 Cards with Friends</p>	<p>8 10:00 Body Workout 10:15 Song Puzzle Race 1:30 Famous Sayings 2:30 Bingo 3:30 Patio Snack and Chat</p>
<p>9 10:00 Catholic Mass w/ Father John 1:30 Non-Denomination Church Service 2:30 Live Entertainment Featuring Charlie Howard</p>	<p>10 10:00 Chair Balance 10:15 Aqua Painting 1:30 20 min. Zumba 2:00 Finish the Phrase 2:30 Pina Colada Party 3:30 R&R on the Patio</p>	<p>11 10:00 Fun Fitness 10:15 Banagrams 1:30 Rainforest Facts 2:30 Bingo 3:30 Orange Floats 6:30 Table Games</p>	<p>12 10:00 Patio Workout 10:15 Music & Manicures 1:30 Stretch to Music 2:30 Caribbean Social 3:30 R&R on the Patio 6:30 Movie Night</p>	<p>13 10:00 Exercise 10:15 Wheel of Fortune 1:30 Resident Led Rosary 2:30 Tye Dye Art 3:30 Rainbow Ices 6:30 30 min. Bingo</p>	<p>14 10:00 Sit & Be Fit 10:15 Summer Trivia & Collages 1:30 Collector Cars 2:30 Bingo 3:30 Coconut Tasting 6:30 Cards with Friends</p>	<p>15 10:00 Body Workout 10:15 Mini Golf 1:30 Stickball 2:30 Bingo 3:30 Patio Snack and Chat</p>
<p>16 10:00 Catholic Mass w/ Father John 1:30 Non-Denomination Church Service 2:30 Live Entertainment Featuring Tonia Ray</p>	<p>17 10:00 Chair Balance 10:00 Bible Study (L2) 10:15 Crossword Puzzle 1:30 20 min. Zumba 2:00 Uno 2:30 Making Peach Desserts 3:30 Dessert Social</p>	<p>18 10:00 Fun Fitness 10:15 Resident Council Mtg 1:30 Guess the Age 2:30 Bingo 3:30 Popcorn Mix 6:30 Table Games</p>	<p>19 10:00 Patio Workout 10:15 Music & Manicures 1:30 Music Show 2:30 JHH County Fair Music, Games, Prizes 6:30 30 min. Bingo</p>	<p>20 10:00 Exercise 10:15 Name Craft 1:30 Music Show 2:30 Rock Art 2:45 Men's Group 6:30 30 min. Bingo</p>	<p>21 10:00 Sit & Be Fit 10:15 Prize Coin Toss 1:30 Drama Club 2:30 Bingo 3:30 Happy Hour 6:30 Cards with Friends</p>	<p>22 10:00 Body Workout 10:15 Word Scramble 1:30 Walking Club 2:30 Bingo 3:30 Mango Social</p>
<p>23 10:00 Catholic Mass w/ Father John 1:30 Non-Denomination Church Service w/ Kezia 2:30 Live Entertainment Featuring Tom Alafas</p>	<p>24 10:00 Chair Balance 10:15 Wheel of Fortune 1:30 20 min. Zumba 2:00 Black Jack 2:30 Self-Care Spa Day 3:30 Yoga Moves</p>	<p>25 10:00 Fun Fitness 10:15 Occupation Quiz 1:30 Lake Superior 2:30 Bingo 3:30 Cucumber Salad 6:30 Table Games</p>	<p>26 10:00 Patio Workout 10:15 Music & Manicures 1:30 Stretch to Music 2:30 Grilling & Chilling 6:30 Movie Night</p>	<p>27 10:00 Exercise 10:15 Family Feud 1:30 Resident Led Rosary 2:30 Celebrating July Birthdays 6:30 30 min. Bingo</p>	<p>28 10:00 Sit & Be Fit 10:15 Bocce Ball 1:30 Singing Seniors 2:30 Bingo 3:30 TGIF Social 6:30 Cards with Friends</p>	<p>29 10:00 Body Workout 10:15 Hangman 1:30 Balloon Volley 2:30 Bingo 3:30 Patio Snack and Chat</p>
<p>30 10:00 Catholic Mass w/ Father John 1:30 Non-Denomination Church Service Kezia 2:30 Live Entertainment Featuring Tonia Ray</p>	<p>31 10:00 Chair Balance 10:15 Sea Shell Art 1:30 20 min. Zumba 2:00 Unusual Instruments 2:30 Waffle Bar 3:30 Bubbly Vibes</p>					