

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2021

## Spring Ridge Assisted Living



11:00 Calendar decoration  
 1:00 Meeting w/Michelle  
 3:00 Gardening Club

Canada Day

**4<sup>th</sup> of July celebration**  
 1:00



11:00 Exercise Club  
 1:00 Hair Day  
 3:00 Manicure




11:00 Coffee social  
 1:00 Puzzle time  
 3:00 Creative Coloring

11:00 Exercise club  
 1:00 Blackjack  
 3:00 Sip and paint

8:00 Woman's breakfast  
 11:00   
 1:00 Puzzle time

11:00 Coffee and news  
 1:00 Dietary Meeting  
 3:00 Scrapbook

8:00 Men's breakfast  
 11:00   
 1:00 Exercise club

11:00 Tie dye shirts  
 1:00 Exercise club  
 2:00 Pina colada social



Pina colada national day  
 Happy B-day Josephine


11:00 Social Hour  
 1:00 Puzzle time  
 3:00 Sunday Hymn

11:00 Coffee social  
 1:00 Sit and Stretch.  
 3:00 Card's game

11:00 Exercise club  
 1:00 **ERRANDS DAY**  
 3:00 Trivia & lemonade on the patio

11:00   
 1:00 Arts and crafts  
 3:00 Jewelry Making

11:00 Exercise Club  
 1:00 Safety Meeting  
 3:00 Origami class w/Aiko


11:00   
 1:00 Scenic Drive  
 3:00 Blackjack

11:00 Coffee and news  
 1:00 Hand and leg massage  
 3:00 Fact or crap game


11:00 Coffee Social  
 1:00 Church on TV  
 3:00 Sunday Hymn

11:00 Coffee social  
 1:00 Word search  
 3:00 Creative Coloring

11:00 Exercise club  
 1:00 Dominoes  
 3:00 Jenga

11:00   
 1:00 Exercise club  
 3:00 Hot dog social

11:00 Coffee and news  
 1:00 Sip and paint  
 3:00 A walk to the park

11:00   
 1:00 Exercise Club  
 3:00 Happy Hour

11:00 Exercise Club  
 1:00 Hair Day  
 3:00 Manicure

11:00 Social Hour  
 1:00 Puzzle time  
 3:00 Sunday Hymn

11:00 Coffee social  
 1:00 Puzzle time  
 3:00 Adult coloring

11:00 Coffee social  
 1:00 Patio Exercise  
 3:00 Sip and paint

11:00   
 1:00 Men' crafts  
 3:00 Trivia time

11:00 Exercise Club  
 1:00 Arts and crafts  
 3:00 Cooking club

11:00   
 1:00 Walking club  
 3:00 Cheesecake social



National cheesecake day

11:00 Coffee social  
 1:00 Exercise club  
 3:00 Brain game