

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00 Sit & stretch 1 1:00 Resident run activity 3:00 Bean bag toss 6:00 Walking club <small>Canada Day</small>	2 <i>July calendars & Decorations</i> 	3 11:00 Meeting with Lanette 1:00 Walmart  6:00 Walking club	4 4th of July Celebration 6:00pm to 10:00pm  <small>Independence Day (US)</small>	5 11:00 Use it or lose it 1:00  2:30 Dollar store walk  6:00 Walking club	6 11:00 Hair Day 1:00 Penny blackjack 2:00 Manicure Day
7 11:00 Morning coffee & news 1:00 Bible study w/Pastor Shelton 3:00 Hallway strolls	8 11:00 Coffee and chat with Michelle 1:00 Puzzle time 3:00 Bean bag toss 6:00 Walking club	9 11:00 Olive Garden out to lunch 1:30 Penny blackjack 2:30 Bean bag toss 6:00 Walking club	10 11:00 Use it or lose it 1:00  2:30 July Birthday celebration  6:00 Walking club	11 11:00 Health talk w/Ana 1:00 Kitchen Talk w/Shanequa 2:30 Cooking club w/Patty & Ana  6:00 Walking club Happy B-day Karen R.	12 11:00 Use it or lose it 1:00  2:30 Ice cream social  6:00 Walking club	13 Puyallup Farmers market 10:00 am 
14 11:00 Coffee and chat 1:00 resident run activity 3:00 Golden oldies Happy B-day Beth W.	15 11:00 Sit & stretch 1:00 Resident Choice 3:00 Bean bag toss 6:00 Walking club	16 11:00 ELMERS out to lunch  1:30 Bird house painting 6:00 Walking club	17 11:00 Use it or lose it 1:00  2:30 Sip and paint  6:00 Walking club	18  SENIOR CARNIVAL 10:00 To 1:00 	19 11:00 Use it or lose it 1:00  1:00 Safety Meeting 2:00 Arts and crafts (Sensory board) 6:00 Walking club	20 11:00 Hair Day 1:00 Penny blackjack 2:00 Manicure Day 6:00 Walking club 
21 11:00 Sit and stretch 1:00 Bible study w/Pastor Shelton 3:00 Hallway strolls	22 11:00 Coffee and chat with Michelle 1:00 Resident run Activity 3:00 Bean bag toss 6:00 Walking club	23 11:00 Harvest Buffet out to lunch 1:30 Pictures cutting 2:30 Scrapbooking 6:00 Walking club	24 11:00 Use it or lose it 1:00  2:30 Let's travel Summer in Paris  6:00 Walking club	25 11:00 Council Meeting W/Patty 1:00 Puzzle time 2:30 6:00 Walking club	26 11:00 Use it or lose it 1:00  2:15 Assorted bagel and trivia 6:00 Walking club National bagel day	27 11:00 Hair Day 1:00 Penny blackjack 2:00 Manicure Day 6:00 Walking club 
28 11:00 Coffee and chat 1:00 resident run activity 3:00 Golden oldies	29 11:00 Sit & stretch 1:00 Resident run activity 3:00 Bean bag toss 6:00 Walking club	30 11:00 Coffee social 1:00 Word search 3:00 Social hour 6:00 Walking club	31 11:00 Use it or lose it 1:00  3:00 Activity package 6:00 Walking club	 <p style="text-align: center;">JULY 2024</p> <p style="text-align: center;"><i>Spring Ridge Assisted Living</i></p>		