

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rochester Presbyterian Home at Cottage Grove Helen's House <h1 style="color: yellow;">July 2021</h1> <i>*All Activities highlighted in RED you can find in the Activity Resource Binder</i>						
Happy Independence Day! 4 10:45 Family Meeting 11:15 Fourth of July Trivia 2:30 Red, White & Blue Ice Cream Courtyard Social 4:15 All About The Declaration of Independence 6:30 Fireworks on YouTube	10:30 Family Meeting 5 10:45 Chair Exercises 2:15 Mini Golf 4:15 Manicures, Massages & Music! 6:30 Hangman on the Whiteboard	10:30 Family Meeting 6 11:15 Classic Jokes 2:00 Courtyard Lemonade Social 4:15 Tongue Twisters 6:30 Hymn Sing on YouTube	10:30 Family Meeting 7 11:00 Morning Exercises: Walk With Mary 2:15 Table Ball & Music 4:15 Finish The Phrase 6:30 Down Memory Lane Book	10:30 Family Meeting 8 10:45 Sing-A-Long Songs 2:15 Make S'mores 4:15 Manicures 6:30 Story Night With Joyce	**Donut Day** 2 10:30 Family Meeting 10:45 Ball Toss & Music 2:15 Finish The Line 3:30 HAPPY HOUR 6:30 Friday Night Movie!	11:00 Family Meeting 3 11:15 Hershey Kiss Tasting 2:30 4th of July Theme Coloring 4:15 Animal Planet 7:00 The Lawrence Welk Show
10:45 Family Meeting 11 11:15 Sunday Morning Church Service (YouTube) 2:30 What's Your Horoscope? 4:15 365 Days of Prayer Reading 6:30 Sunday Night Book Club	10:30 Family Meeting 12 10:45 Chair Exercises 2:15 Jam & Jelly Tasting Day 4:15 Manicure Monday 6:30 Name That Tune on YouTube	10:30 Family Meeting 13 11:15 Name 10 2:15 Tie Dye Shirts with Heather 4:15 BINGO 6:30 Music Hour & Magazines	10:30 Family Meeting 14 11:00 Morning Exercises: Walk With Mary 2:15 Grandparent Chat 4:15 Story Time 6:30 Name That 50s Song on YouTube	10:30 Family Meeting 15 10:45 Cute Kittens on YouTube 2:15 All-House Choir in the Courtyard 4:15 Short Story: Pedals to the Park 6:30 Game Show	**Donut Day** 16 Ice Cream Day 11:00 Family Meeting 11:15 Chair Exercises 2:15 BINGO 3:30 HAPPY HOUR: Georgie Porgie's Courtyard Ice Cream 6:30 Friday Night Movie!	11:00 Family Meeting 17 11:15 Disneyland's Birthday 2:30 Ice Cream on the Patio 4:15 Bean Bag Toss 7:00 The Lawrence Welk Show
10:45 Family Meeting 18 11:15 Sunday Morning Church Service (YouTube) 2:30 Afternoon Movie 4:15 365 Days of Prayer Reading 6:30 Animal Planet	10:30 Family Meeting 19 10:45 Chair Exercises 2:15 Make Root Beer Floats 4:15 Manicures & Mary Tyler Moore Show 6:30 Jeopardy	10:30 Family Meeting 20 10:30 Favorite Bible Verses 2:00 Humor Me 4:15 Silly Hat Tea Party 6:30 Tuesday Trivia on YouTube	10:30 Family Meeting 21 11:00 Morning Exercises: Walk With Mary 2:15 Painting To The Music 4:15 Name 10 6:30 Famous Faces Card Game	10:30 Family Meeting 22 10:45 Adult Coloring 2:15 Decorate Olympics Poster with Heather 4:15 Manicures 6:30 Would You Rather?	Olympics Day! 23 **Donut Day** 10:30 Family Meeting 10:45 Chair Exercises 2:00 Courtyard Challenge Events 3:30 HAPPY HOUR 6:30 Friday Night Movie!	11:00 Family Meeting 24 11:15 Name That Animal on YouTube 2:30 Amelia's Day 4:15 Paper Weaving Craft 7:00 The Lawrence Welk Show
10:45 Family Meeting 25 11:15 Sunday Morning Church Service (YouTube) 2:30 Pretzel Tasting & Facts 4:15 365 Days of Prayer Reading 6:30 Sunday Night Book Club	Watermelon Day! 26 10:30 Family Meeting 10:45 Watermelon pizza with Heather 2:15 Watermelon Fun Facts 4:15 Manicures 6:30 I've Got a Question Day	10:30 Family Meeting 27 11:00 Balloon Volleyball 2:00 Drive-In Movie Matinee 4:15 True Or False 6:30 Sing-A-Long	10:30 Family Meeting 28 11:00 Morning Stretches 2:15 Jell-O Cup Tasting 4:15 Finishing Lines 6:30 Trivia On YouTube	Country & Western Theme 29 BBQ Cookout Day! 10:45 Family Meeting 11:00-2:00 Party in the Courtyard! BBQ Dinner at 12:30 Music Entertainment from 12:00-2:00 6:30 Western Movie Night	**Donut Day** 30 Hawaii Day! 11:00 Family Meeting 11:15 Chair Exercises 2:15 All About Hawaii 3:30 HAPPY HOUR 6:30 Travel By Chair To Hawaii (Youtube)	11:00 Family Meeting 31 11:15 Left, Right, Center 2:30 Popsicles on the Porch 4:15 Who Am I? 7:00 The Lawrence Welk Show

Activities are provided by the Shahbazim in each house. To verify events or check for changes, please contact the house Shahbaz.
 Activities contact: Heather Hebert- Heather.Hebert@rph.org Well-Being Engagement Guide