

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rochester Presbyterian Home at Cottage Grove <b>Mary's House</b> <h1 style="color: yellow;">July 2021</h1> <i>*All Activities highlighted in RED you can find in the Activity Resource Binder</i>						
				11:00 Family Meeting 11:15 Tell a Joke Day 2:15 Milkshake Day! 4:15 Manicures 6:30 <b>All About John Wayne</b>	<b>**Donut Day**</b> 11:00 Family Meeting 11:15 Red, White & Blue Craft 2:00 4th of July Mocktails with Heather <b>3:30 HAPPY HOUR</b> 6:30 Doris Day Show	11:00 Family Meeting 11:15 Saturday Morning Stretches & Daily Chronicle 2:30 Love Boat 4:15 <b>4th of July Theme Coloring</b> 7:00 The Lawrence Welk Show
<b>Happy Independence Day! 4</b> 11:00 Family Meeting 11:15 <b>Fourth of July Trivia</b> 2:30 Red, White & Blue Ice Cream Courtyard Social 4:15 <b>All About The Declaration of Independence</b> 6:30 Fireworks on YouTube	11:00 Family Meeting 11:15 Chair Exercises 2:15 <b>Graham Cracker Day</b> 4:15 Manicures & Music 6:30 Country Music	11:00 Family Meeting 11:15 Noodle Exercises 2:00 Courtyard Lemonade Social 4:15 <b>Tongue Twisters</b> 6:30 Down Memory Lane Book	11:00 Family Meeting 11:15 Mother Goose Rhymes 2:15 Name That (Hollywood) Star 4:15 Afternoon Exercises 6:30 Music Therapy & Magazines	11:00 Family Meeting 11:15 <b>Jam &amp; Jelly Tasting</b> 2:15 Brain Teasers with Heather 4:15 Manicures 6:30 <b>Star of the Month</b>	<b>**Donut Day**</b> 11:00 Family Meeting 11:15 Exercises: Just Breathe <b>2:30 Entertainment by Mike Kornrich!</b> <b>3:30 HAPPY HOUR</b> 6:30 Dear Abby	11:00 Family Meeting 11:15 Courtyard Reading with Heather 2:30 Donnie & Marie 4:15 <b>Junk Drawer Detective</b> 7:00 The Lawrence Welk Show
11:00 Family Meeting 11:15 Sunday Morning Poems 2:30 Lemonade Social on Porch 4:15 365 Days of Prayer Reading 6:30 Animal Planet	11:00 Family Meeting 11:15 Chair Exercises 2:15 Tea Party 4:15 Manicure Monday 6:30 Name That Song on YouTube	11:00 Family Meeting 11:15 Sing-A-Long Songs 1:30 Hymn Sing on YouTube 4:15 Crazy Hat Tea Party 6:30 Charades	11:00 Family Meeting 11:15 A-Z Name Game 2:15 Balloon Volleyball 4:15 Afternoon Exercises 6:30 Living Room Concert	11:00 Family Meeting 11:15 Show & Tell Day 2:15 All-House Choir in the Courtyard 4:15 Virtual Trip to Yellowstone National Park 6:30 Manicures	<b>**Donut Day**</b> <b>Ice Cream Day</b> 11:00 Family Meeting 11:15 Chair Exercises 2:00 Tie Dye Shirts with Heather <b>3:30 HAPPY HOUR: Georgie Porgie's Courtyard Ice Cream</b> 6:30	11:00 Family Meeting 11:15 Puzzles & Word Searches 2:30 <b>Celebrate African Culture</b> 4:15 Sing-A-Long with Susie Q 7:00 The Lawrence Welk Show
11:00 Family Meeting 11:15 Centers 2:30 <b>Short Story: Pedals To The Park</b> 4:15 365 Days of Prayer Book 6:30 AFV & Snack	11:00 Family Meeting 11:15 Chair Yoga 2:15 Bubbles & Ice Cream 4:15 Manicures, Massages & Music 6:30 <b>True Or False</b>	11:00 Family Meeting 11:00 Decorate Olympics Poster with Heather 2:00 Your Favorite Color 4:15 Famous Faces Card Game 6:30 Tuesday Trivia on YouTube	11:00 Family Meeting 11:15 Morning Exercises 2:15 BINGO! 4:15 <b>Paper Weaving Craft</b> 6:30 Music Therapy & Magazines	<b>Happy Birthday Ken!</b> 11:00 Family Meeting 11:15 Morning Stretches to Country Music 2:15 All About KEN! 4:15 Manicures 6:30 <b>I've Got a Question Day</b>	<b>Olympics Day!</b> <b>**Donut Day**</b> 10:30 Family Meeting 10:45 Chair Exercises 2:00 Courtyard Challenge Events <b>3:30 HAPPY HOUR</b> 6:30 Movie Night!	<b>Happy Birthday Diane!</b> 11:00 Family Meeting 11:15 Book Club 2:30 <b>Amelia Earhart Day</b> 4:15 All About Diane! 7:00 The Lawrence Welk Show
11:00 Family Meeting 11:15 What's Your Horoscope? 2:30 <b>Space &amp; Astronauts: Fun Facts</b> 4:15 365 Days of Prayer Book 6:30 AFV & Snack	11:00 Family Meeting 11:15 Hula Hoop Challenge 2:15 Courtyard Iced Tea Social 4:15 Manicures & Mary Tyler Moore Show 6:30 Famous Faces Card Game	<b>Watermelon Day!</b> 11:00 Family Meeting 11:15 Teddy Bear Picture Day! 2:00 Watermelon Pizza with Heather & Fun Facts 4:15 Music Hour: Oldies but Goodies 6:30 Charades	11:00 Family Meeting 11:15 Pom Pom Exercises 2:15 Card Game 4:15 Down Memory Lane Book 6:30 Name That Song on YouTube	<b>Country &amp; Western Theme BBQ Cookout Day!</b> 10:45 Family Meeting <b>11:00-2:00 Party in the Courtyard!</b> BBQ Dinner at 12:30 <b>Music Entertainment from 12:00-2:00</b> 6:30 Western Movie Night	<b>**Donut Day**</b> <b>Hawaii Day!</b> 11:00 Family Meeting 11:15 Chair Exercises 2:15 <b>All About Hawaii</b> <b>3:30 HAPPY HOUR</b> 6:30 Travel By Chair To Hawaii (Youtube)	11:00 Family Meeting 11:15 Matching Game 2:30 Popsicles on the Porch 4:15 Poetry Hour 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