



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Birthday to the Following Residents: 7/03 Millie C. 7/08 Kathleen W. 7/15 Beverly I. 7/23 Rebecca M. 7/23 Wallen Y.		All Events Are Subject to Change	9:00 Energizing Exercise / Sit-To-Stand 10:30 Glenn Performs 1:30 Nickel BINGO 2:45 (Root) Beer & Bowling	Wear Patriotic Colors! Fourth of July BBQ 11:30AM-1:00PM 9:00 Chair Yoga with Peter & Mary 10:00 DIME/DOLLAR BINGO 1:30 Decorate your Mobility Devices for the Independence Day Parade! 2:00 Independence Day Parade 3:00 Celebrating Freedom!	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!
Independence Day 4 9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 11:00 Communion Service 2:00 Catholic Rosary	Independence Day (Observed) 5 9:00 Energizing Exercise / Sit-To-Stand 10:00 Knitting and Needlework 1:30 Movie Time!	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!	9:00 Stretch & Relax 10:15 Nondenominational Bible Fellowship 1:30 Dollar Tree 1:30 Nickel BINGO 2:45 20 Questions!	Free Hearing Aids Cleaning! Wear Something Blue! 8 9:00 Energizing Exercise / Sit-To-Stand 10:30 SYRIA Performs! 1:30 Nickel BINGO 2:30 Flower Arranging	"Life Is Like a Box of Chocolates" 9 9:00 Chair Yoga with Peter & Mary 10:00 DIME/DOLLAR BINGO 1:30 Craft Time: Rock Painting with Quinn 3:00 Chocolate Ice Cream in Rocky's Cafe	9:00 Stretch & Relax 10:00 NICKEL BINGO 1:30 Movie Time!
9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 11:00 Communion Service 2:00 Catholic Rosary	9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel BINGO 1:30 NICKEL BINGO 2:45 Margarita Mondays Sip & Knit	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!	9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel BINGO 1:30 Manicures, Facial Masks, & Mimosas! 2:45 Armchair Travels!	9:00 Energizing Exercise / Sit-To-Stand 10:30 Mischief Acoustic Duet Performs! 1:30 Residents' Council (Bingo afterwards, if time permits)	Wear "Disney" Attire! 16 9:00 Chair Yoga with Peter & Mary 10:00 Coffee & Donuts Social in the Courtyard 10:30 Holy Spirit Catholic Mass 1:30 DIME/DOLLAR BINGO 2:45 Welcome to Rockville Happy Hour!	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!
9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 11:00 Communion Service 2:00 Catholic Rosary	9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel BINGO 1:30 NICKEL BINGO 2:45 Margarita Mondays Sip & Knit	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!	9:00 Stretch & Relax 10:15 Nondenominational Bible Fellowship 1:30 Nickel BINGO 2:00 Chef's Creation-Hawaiian Stir Fry and Hawaiian Drinks! 3:00 Armchair Travels!	9:00 Energizing Exercise / Sit-To-Stand 10:30 Cowboy Denny Performs! 1:30 Nickel BINGO 2:30 Flower Arranging	Wear Something Floral! 23 9:00 Chair Yoga with Peter & Mary 10:00 DIME/DOLLAR BINGO 1:30 Paint and Sip with Mary! (Two Hour Craft)	9:00 Stretch & Relax 10:00 NICKEL BINGO 1:30 Movie Time!
9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 11:00 Communion Service 2:00 Catholic Rosary	9:00 Energizing Exercise / Sit-To-Stand 10:00 Nickel BINGO 1:30 NICKEL BINGO 2:45 Margarita Mondays Sip & Knit	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!	Outing to Walmart 28 9:00 Energizing Exercise / Sit-To-Stand 9:30 Outing: Super Walmart (Trip 1) 10:00 10:00 - 1:00pm Omelette Station Brunch 1:30 Nickel BINGO 1:30 Outing: Super Walmart (ONLY if the 9:30 trip gets full) 2:45 Armchair Travels!	9:00 Energizing Exercise / Sit-To-Stand 10:30 The Overstreets Perform 1:30 Nickel BINGO 2:45 Mobility Device "Car Wash"	Free Dress Day! 30 9:00 Chair Yoga with Peter & Mary 10:00 DIME/DOLLAR BINGO 1:30 Milkshakes in the Courtyard 2:45 HAPPY HOUR Celebrating July Birthdays!	9:00 Energizing Exercise / Sit-To-Stand 10:00 NICKEL BINGO 1:30 Movie Time!