

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Morning 1</b> Upper Body Strengthening <b>Wendy's</b> <b>Afternoon</b> Patriotic Decorations Knitball Toss <b>Evening</b> Hand Massages <small>Canada Day</small>	<b>Morning 2</b> Balance Exercises Where In The World? <b>Afternoon</b> Banana's Foster Bible Study <b>Evening</b> Chats with Friends	<b>Morning 3</b> Upper Body Strengthening July Trivia <b>Afternoon</b> Tai Ji with Chris Paper Plate Fans <b>Evening</b> Inspector General	<b>Morning 4</b> Movement with Merideth Red, White, and Blue Trivia <b>Afternoon</b> Garden Club Puzzles <b>Evening</b> Jeopardy <small>Independence Day (US)</small>	<b>Morning 5</b> HAS Fit Exercises Words That Start With G <b>Afternoon</b> Photo Finish Paddle Ball <b>Evening</b> Lawrence Welk
<b>Morning 6</b> Church Service What Is Your Verdict? <b>Afternoon</b> Hand and Nail Care Bowling <b>Evening</b> Casino Royale	<b>Morning 7</b> Total Brain Health Creative Writing <b>Afternoon</b> Card Sharks Pick A Stick Exercise <b>Evening</b> Crafts of Sorts	<b>Morning 8</b> Upper Body Strengthening Who, What, Where <b>Afternoon</b> <b>Freedom Village County</b> <b>Fair in the Backyard</b> <b>Evening</b> 1 Minute Massages	<b>Morning 9</b> Balance Exercises Destination: Germany <b>Afternoon</b> SingFit Bible Study <b>Evening</b> Chats with Friends	<b>Morning 10</b> Upper Body Strengthening Is That True? <b>Afternoon</b> Watercolors Golf <b>Evening</b> The Trouble With Angels	<b>Morning 11</b> Balance Exercises Current Events <b>Afternoon</b> Homemade Slurpees Garden Club <b>Evening</b> Person, Place, or Thing	<b>Morning 12</b> Morning Stretches Eagle Harbor Family Feud <b>Afternoon</b> SingFit Kickball <b>Evening</b> Lawrence Welk
<b>Morning 13</b> Church Service A to Z Professions <b>Afternoon</b> Hand and Nail Care Bean Bag Toss <b>Evening</b> Queen Bee	<b>Morning 14</b> FUNctional Fitness State Game <b>Afternoon</b> Dog Treats Book Nook <b>Evening</b> Household Helpers	<b>Morning 15</b> Upper Body Strengthening Crosswords <b>Afternoon</b> SingFit Horseshoes <b>Evening</b> Hand Massages	<b>Morning 16</b> Balance Exercises Getting To Know You <b>Afternoon</b> Fancy Popcorn Hula Hoop Ball <b>Evening</b> Chats with Friends	<b>Morning 17</b> Upper Body Strengthening Lifelong Learning <b>Afternoon</b> <b>Scenic Drive</b> Noodle Ball <b>Evening</b> No Time For Sergeants	<b>Morning 18</b> Balance Exercises Current Events <b>Afternoon</b> Garden Club Water Balloon Toss <b>Evening</b> Family Feud	<b>Morning 19</b> HAS Fit Exercises Last to First <b>Afternoon</b> Stitch Up Basketball <b>Evening</b> Lawrence Welk
<b>Morning 20</b> Church Service Finish the Phrase <b>Afternoon</b> Hand and Nail Care Volleyball <b>Evening</b> Viva Las Vegas	<b>Morning 21</b> Full Body Strengthening Opposites <b>Afternoon</b> SingFit Book Nook <b>Evening</b> Sort It Out	<b>Morning 22</b> Upper Body Strengthening Roots and Branches <b>Afternoon</b> <b>Witt's Frozen Custard</b> Knitball Toss <b>Evening</b> 1 Minute Massages	<b>Morning 23</b> Balance Exercises Destination: New Zealand <b>Afternoon</b> Meat Pies Bible Study <b>Evening</b> Chats with Friends	<b>Morning 24</b> Upper Body Strengthening Jeopardy Trivia <b>Afternoon</b> SingFit Ladder Ball <b>Evening</b> Gene Autry and the Mounties	<b>Morning 25</b> Balance Exercises Current Events <b>Afternoon</b> Garden Club Ring Toss <b>Evening</b> Wheel of Fortune	<b>Morning 26</b> Morning Movement Easy Trivia <b>Afternoon</b> Card Bingo Balloon Toss <b>Evening</b> Lawrence Welk
<b>Morning 27</b> Church Service Weekly Word Games <b>Afternoon</b> Hand and Nail Care Pick A Stick Exercise <b>Evening</b> Go, Johnny Go!	<b>Morning 28</b> Posture Pleasers Remembering Paper Dolls <b>Afternoon</b> Sticker Art Book Nook <b>Evening</b> Crafts of Sorts	<b>Morning 29</b> Upper Body Strengthening <b>Picnic @ Windmill Island</b> <b>Afternoon</b> SingFit Paddle Ball <b>Evening</b> Hand Massages	<b>Morning 30</b> Balance Exercises Riddle Me This <b>Afternoon</b> Blueberry Pie Bible Study <b>Evening</b> Chats with Friends	<b>Morning 31</b> Upper Body Strengthening Would You Rather... <b>Afternoon</b> Music on Copper Harbor Horseshoes <b>Evening</b> The Voice of the Turtle		