

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>9:30 Inspirational Shows</b> <b>2:00 Chase Park Church of Christ (DR)</b> Canada Day	<b>1</b> 9:00 Roll & Stroll 9:30 Getty Crafty 10:30 Sittercise 1:00 1:1 Room Visits 2:00 Baker's Rack 3:00 Let's Stretch 3:45 Special Delivery	<b>2</b> 9:00 Pretty Nails 9:30 <b>Devo w/ Dan</b> 10:15 Leg Lifts 1:00 1:1 Room Visits 2:00 Bingo 3:00 WHUMBA 3:45 Mail Call	<b>3</b> 9:00 Coffee, Tea & Me 9:30 <b>Mastin Lake Church of God</b> 10:30 Arm Stretches 11:30 1:1 Room Visits 1:30 Jazzercise 2:00 Uncle Sam Social Hour & Yankee Doodle Dance Party Celebrating Our Independence (DR) 3:45 Postal Connection Independence Day	<b>4</b> 9:00 Roll & Stroll 9:30 Front Porch Frenzies 10:30 WHOGA 11:00 1:1 Room Visits 1:00 1:1 Room Visits 2:00 Bingo 3:00 Arm Lifts 3:45 You've Got Mail	<b>5</b> 9:00 Game Shows 9:30 Cranium Crunches 10:30 Let's Stretch 12:30 1:1 Room Visits 1:30 Trivia 2:00 50's Cocktail Party 3:00 Sittercise 3:45 Special Delivery <i>Christmas in July</i>	<b>6</b> 9:00 <b>St. Bartley PB</b> 10:00 Games & More 10:30 Let's Stretch 2:30 <b>Saturday Sing-a-long w/ Susan</b> 3:30 Leg Lifts 3:45 Mail call	
<b>10:15 By Faith MB Church</b> <b>2:00 Chase Park Church of Christ (DR)</b>	<b>8</b> 9:00 It's Sugar (National Sugar Cookie Day) 10:30 WHUMBA 1:00 1:1 Room Visits 1:30 Parachute Play 2:00 <b>Pampering w/Yvette</b> 3:00 Arm Stretches 3:45 Postal Connection	<b>9</b> 9:00 Café' Break 9:30 Planter's Box 10:30 Jazzercise 1:00 1:1 Room Visits 2:00 Bingo 3:00 WHOGA 3:45 You've Got Mail	<b>10</b> 9:00 Huntsville Happenings 9:30 <b>Mastin Lake Church of God</b> 10:00 Arm Lifts 1:00 1:1 Room Visits 2:00 General Store 3:00 Sittercise 3:45 Special Delivery	<b>11</b> 9:00 Bingo 10:00 Let's Stretch 1:00 1:1 Room Visits 2:00 Mid-day Matinee 3:30 Leg Lifts 3:45 Mail Call	<b>12</b> 9:00 Sweet Treat & Healthy Hearts 10:00 WHUMBA 1:15 1:1 Room Visits 2:00 It's Puzzling 3:00 Arm Stretches 3:45 Postal Connection	<b>13</b> 9:00 Bingo 10:00 Jazzercise 1:00 1:1 Room Visits 2:00 Paint By Numbers 3:00 WHOGA 3:45 You've Got Mail	
<b>9:30 Inspirational Shows</b> <b>2:00 Chase Park Church of Christ (DR)</b>	<b>15</b> 9:00 Let's Jubilee 9:30 Bingo 10:30 Arm Lifts 1:30 1:1 Room Visits 2:00 Let's Cook 3:30 Sittercise 3:45 Special Delivery	<b>16</b> 9:00 Old News & What's Happenings NOW 9:30 Doing Just "Peachy" (Peach Ice Cream Day) 10:00 Let's Stretch 1:00 1:1 Room Visits 2:00 Pretty Nails 3:00 <b>Music from the Heart w/ The Alexander's</b> 3:45 Mail Call	<b>17</b> 9:00 Bingo 9:30 <b>Mastin Lake Church of God</b> 10:00 <b>Resident Council (HCS)</b> 1:00 1:1 Room Visits 2:00 <b>All About Music w/ Michael Havron</b> 3:00 Leg Lifts 3:45 Postal Connection	<b>18</b> 9:00 50's Grooves On My Mind 9:30 Crafter's Cove 10:30 WHUMBA 1:00 1:1 Room Visits 2:00 <b>Resident Birthday Party-DR</b> 50's Dance Off 4:00 You've Got Mail 6:30 <b>CPCC Singers</b>	<b>19</b> 9:00 Trinkets & Treasures Bingo 10:00 Arm Stretches 1:00 1:1 Room Visits 2:00 Paint & Sip 3:45 Jazzercise 4:00 Special Delivery	<b>20</b> 9:00 Chit, Chat & Chew 10:00 WHOGA 1:00 1:1 Room Visits 2:30 <b>Saturday Sing-a-long w/Fred</b> 3:00 Arm Lifts 3:45 Mail Call	
<b>9:30 Inspirational Shows</b> <b>2:00 Chase Park Church of Christ (DR)</b>	<b>22</b> 9:00 Hangman 10:00 Arm Lifts 1:00 1:1 Room Visits 2:00 Chicken Soup for the Golden Soul 3:00 Sittercise 3:45 Postal Connection	<b>23</b> 9:00 Bingo 10:00 Let's Stretch 1:00 1:1 Room Visits 2:00 Midday Matinee 3:00 Leg Lifts 3:45 You've Got Mail	<b>24</b> 9:00 Roll & Stroll 9:30 <b>Mastin Lake Church of God</b> 10:00 WHUMBA 11:00 1:1 Room Visits 1:30 Cruisin w/ James 2:00 Stretch It Out 3:30 <b>Music Matters w/ Wolfgang</b> 3:45 Special Delivery	<b>25</b> 9:00 Pretty Nails 9:30 <b>Salvation Army</b> 10:00 Jazzercise 1:00 1:1 Room Visits 2:00 Bingo 3:00 WHOGA 3:45 Mail Call	<b>26</b> 9:00 Ladies Tea & Me 10:00 Sittercise 1:00 1:1 Room Visits 2:00 <b>Larry the Guitarist</b> 3:00 Arm Lifts 3:45 Postal Connection	<b>27</b> 9:00 Puzzles & More 10:00 Let's Stretch 1:00 1:1 Room Visits 2:00 Old Shows 3:00 <b>Folk Musicians</b> 3:45 Special Delivery	
<b>9:30 Inspirational Shows</b> <b>2:00 Chase Park Church of Christ (DR)</b>	<b>29</b> 9:00 Bingo 10:00 Leg Lifts 1:00 1:1 Room Visits 2:00 Make a Snack (National Cheesecake Day) 3:30 Stretch It Out 4:00 You've Got Mail	<b>30</b> 9:00 AHOY!! 10:00 Arm Stretches 1:00 1:1 Room Visits 2:00 How "MUTT" do you Love Me Parade!! 3:45 Special Delivery	<b>31</b>	 <p><b>July 2018</b>  <b>Regency Health Care Rehab Activities</b>            DR- Dining Room, FR- Family Room, RAR- Rehab Activity Room, HAC-Healthcare Activity Room</p>			

Activities are subject to change. All changes will be posted for your convenience. Activities will be held in long-term activity room unless otherwise indicated.