

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	8:30 Weights & Kinesthetics 1 10:30 Coffee & Biscuits 11:15 Tom with live music in Dining Room 1:15 Blood Pressure Checks-SR 1:30 Independent Living Birthday Party and Council Meeting ~Sweets & Treats	8:30 Open- Walmart and Dollar Tree- Schedule at Front Desk* 8:30 Resistance Bands and Lower Body Exercise 10:40 Lunch Bunch- Catfish Cabin II- Sign up at front desk by 7/1 12:45 Golf/Hatchet Throwing/Bean Bags with Tom-SR 2:45 Musical Chairs- Kalera Style	8:30 Weights & Kinesthetics 3 9:00 Open- Kroger and Banks-schedule at Front Desk* 10:30 Umbrella Ball Toss 11:00 Independence Day Cookout ~Hamburgers, Hot Dogs& More ~Games, Water Fun, Ice Cream ~Live Music	During the Day- One- on- Ones 4 8:30 Resistance Bands and Lower Body Exercise-SR 10:45 One on One Visits 1:30 Quarter Bingo- Lady Luck Style with Random Winners-SR Independence Day(US)	8:30 Open- Walmart and Dollar Tree-Schedule at Front Desk* 8:30 Weights & Kinesthetics 10:30 Connect Four 1:30 Employee Birthday Party FunTastic Friday-Patriot Day	During the Day- One- on-Ones 6 8:30 Resistance Bands and Lower Body Exercise-SR 10:45 One on One Visits 1:30 Quarter Bingo- Lady Luck Style with Random Winners-SR	
8:30 One-on-One Visits 7 9:00 Our Lady Queen of the Universe- in rooms 9:45 Ascension Church- SR 12:45 Chase Park COC- SR 1:30 Bingo for Prizes	8:30 Weights & Kinesthetics 8 10:30 Coffee & Biscuits 11:15 Tom with live music in Dining Room 1:15 Blood Pressure Checks-SR 1:30 Lady Luck Quarter Bingo 2:45 Everyone Wins Bingo with Prizes	8:30 Open- Walmart and Dollar Tree- Schedule at Front Desk* 8:30 Resistance Bands and Lower Body Exercise 10:30 Uno 12:45 Golf/Hatchet Throwing/Bean Bags with Tom-SR 1:30 Lady Luck Quarter Bingo 2:45 Air Hockey	8:30 Weights & Kinesthetics 10 9:00 Open- Kroger and Banks-schedule at Front Desk* 10:30 Umbrella Ball Toss 11:15 Tom with live music in Dining Room 12:45 Chaplain McClaney with CCare-SR 1:30 Movie Showing-SR	8:30 Resistance Bands and Lower Body Exercise 11 11:00 Huntsville Museum of Art ~Lecture & Lunch Sign up at front desk by 7/10 2:45 Air Hockey	8:30 Open- Walmart and Dollar Tree-Schedule at Front Desk* 8:30 Weights & Kinesthetics 10:30 Bean Bag Twister 1:30 Sock Decoration 2:45 Spin the Bottle for Prizes	During the Day- One- on-Ones 13 8:30 Resistance Bands and Lower Body Exercise-SR 10:45 One on One Visits 1:30 Quarter Bingo- Lady Luck Style with Random Winners-SR	
8:30 One-on-One Visits 14 9:00 Our Lady Queen of the Universe- in rooms 9:45 Ascension Church- SR 12:45 Chase Park COC- SR 1:30 Bingo for Prizes	8:30 Weights & Kinesthetics 15 10:30 Coffee & Biscuits 11:15 Tom with live music in Dining Room 1:15 Blood Pressure Checks-SR 1:30 Shirley G with old time hits on the piano & music quizzes-SR 2:45 Everyone Wins Prize Bingo	8:30 Open- Walmart and Dollar Tree- Schedule at Front Desk* 8:30 Resistance Bands and Lower Body Exercise 10:40 Cinemark Matinee-Bridgestreet- Sign up at front desk by 7/15 12:45 Golf/Hatchet Throwing/Bean Bags with Tom-SR 1:30 Karaoke/group singing with Courtney from Amedisys 2:45 Lady Luck Quarter Bingo	8:30 Weights & Kinesthetics 17 9:00 Open- Kroger and Banks-schedule at Front Desk* 10:30 Umbrella Ball Toss 11:15 Tom with live music in Dining Room 12:45 Chaplain McClaney with CCare-SR 1:30 Movie Showing-SR	8:30 Resistance Bands and Lower Body Exercise 18 10:30 Family Feud 1:30 Lady Luck Quarter Bingo 2:45 Bingo for Prizes with Kerri from Centerwell-SR	8:30 Open- Walmart and Dollar Tree-Schedule at Front Desk* 8:30 Weights & Kinesthetics 10:30 Tic Tac Toe Bounce 1:30 Balloon Volleyball 2:45 Tetris	During the Day- One- on-Ones 20 8:30 Resistance Bands and Lower Body Exercise-SR 10:45 One on One Visits 1:30 Quarter Bingo- Lady Luck Style with Random Winners-SR	
8:30 One-on-One Visits 21 9:00 Our Lady Queen of the Universe- in rooms 9:45 Ascension Church- SR 12:45 Chase Park COC- SR 1:30 Bingo for Prizes	8:30 Weights & Kinesthetics 22 10:30 Coffee & Biscuits 11:15 Tom with live music in Dining Room 1:15 Blood Pressure Checks-SR 1:30 Lady Luck Quarter Bingo 2:45 Everyone Wins Prize Bingo	8:30 Open- Walmart and Dollar Tree- Schedule at Front Desk* 8:30 Resistance Bands and Lower Body Exercise 10:30 Gardening 12:45 Golf/Hatchet Throwing/Bean Bags with Tom-SR 1:30 Lady Luck Quarter Bingo 2:45 Connect Four	8:30 Weights & Kinesthetics 24 9:00 Open- Kroger and Banks-schedule at Front Desk* 10:30 Umbrella Ball Toss 11:15 Tom with live music in Dining Room 12:45 Chaplain McClaney with CCare-SR 1:30 Movie Showing-SR	8:30 Resistance Bands and Lower Body Exercise 25 10:30 Family Feud 1:30 Regency Buck Auction ~Come and win prizes for your apartment	8:30 Open- Walmart and Dollar Tree-Schedule at Front Desk* 8:30 Weights & Kinesthetics 10:30 Bean Bag Twister 1:30 Christmas in July ~ Luau Styled Christmas Fun!!!	During the Day- One- on-Ones 27 8:30 Resistance Bands and Lower Body Exercise-SR 10:45 One on One Visits 1:30 Quarter Bingo- Lady Luck Style with Random Winners-SR	
8:30 One-on-One Visits 28 9:00 Our Lady Queen of the Universe- in rooms 9:45 Ascension Church- SR 12:45 Chase Park COC- SR 1:30 Bingo for Prizes	8:30 Weights & Kinesthetics 29 10:30 Coffee & Biscuits 11:15 Tom with live music in Dining Room 1:15 Blood Pressure Checks-SR 1:30 Lady Luck Quarter Bingo 2:45 Everyone Wins Prize Bingo	8:30 Open- Walmart and Dollar Tree- Schedule at Front Desk* 8:30 Resistance Bands and Lower Body Exercise 10:30 Gel Candle Making 12:45 Golf/Hatchet Throwing/Bean Bags with Tom-SR 1:30 Lady Luck Quarter Bingo 2:45 Air Hockey	8:30 Weights & Kinesthetics 31 9:00 Open- Kroger and Banks-schedule at Front Desk* 10:30 Umbrella Ball Toss 11:15 Tom with live music in Dining Room 12:45 Chaplain McClaney with CCare-SR 1:30 Movie Showing-SR 3:00 Whats Cooking Wednesday- Avocado Freeze Cups- SR	<h1>July 2024</h1> <h1>Independent Living</h1>			

Calendar subject to change. Lunch Bunch, Museum entry & Cinema tickets paid for by resident. Lunch will be provided by Regency for Museum Lecture and Cinema Outing.