



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|--|
| HAPPY BIRTHDAY Barbara S. – 7/9 Becky R. – 7/16 Connie C. – 7/19 Carole T. – 7/20 Jerri W. – 7/22 Blanche H. – 7/25 Linda K. – 7/25  | 1 10:30 Spiritual Eldercare; AR 11:00 Sit and Stretch; AR 11:30 Canadian Trivia; AR 2:00 Pokeno Game; AR 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR <small>Canada Day</small> | 2 10:30 Morning Stretches; AR <u>Posture and Strength</u> 11:00 Bingo; AR 2:00 Karaoke; P 3:00 Happy Hour; P | 3 10:00 Sit and Stretch; AR 10:30 Spiritual Eldercare; LR 10:30 Walmart Trip; O 2:00 Music with Irene; P 3:00 Movie Time; MT <u>1776</u> | 4 10:30 Brandermill Parade; O 11:00 Daily Devotions; AR 11:30 Sit and Stretch; AR 12:30 Cookout; DR 2:00 Bingo Game; AR 3:00 Happy Hour; P 8:30 Firework Show; PT <small>Independence Day (US)</small> | 5 10:30 Daily Devotions; AR 11:00 Exercise Class; AR 11:30 Old English Proverbs; AR 12:00 Catholic Communion; LR 2:00 Movie Date; MT <u>American President</u> | 6 10:30 Daily Devotions; AR 11:00 Spiro 100 Exercise; AR <u>Strength and Flexibility</u> 2:00 Bingo; AR 3:30 Social Hour; AR 4:00 Ed Sullivan Show; LR |
| 7 10:00 Church Service; LR <u>Dr. Charles Stanley</u> 11:00 Church Service; LR <u>First Baptist Church</u> 1:30 Armchair Travels; MT <u>Italy</u> 2:30 Movie Group; LR | 8 10:30 Spiritual Eldercare; AR 11:00 Sit and Stretch; AR 11:30 Italian History; AR 1:45 Music with Joe; LR 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR | 9 10:30 Morning Stretches; AR <u>Posture and Strength</u> 11:00 Bingo; AR 2:00 New Neighbor Social; P 3:00 Happy Hour; P | 10 10:30 Daily Devotions; AR 11:00 Sit and Stretch; AR 11:30 Lunch in the Park; O 2:00 Movie Time; MT <u>Love in the Villa</u> 6:30 Corn Hole; AR | 11 10:30 Sit and Stretch; AR 11:00 Daily Devotions; AR 11:30 Hymn Sing; AR 2:00 Bingo; AR 3:00 Music Memories; P <u>The Schoonmaker</u> 3:30 Happy Hour; P | 12 10:30 Daily Devotions; AR 11:00 Exercise Class; AR 11:30 This or That; AR 12:00 Catholic Communion; LR 1:45 Music with Mary; LR 3:00 Movie Date; MT <u>Mama Mia</u> | 13 10:30 Daily Devotions; AR 11:00 Bingo; AR 2:00 Music with Karen; L 3:00 Documentary Series; LR |
| 14 10:00 Church Service; LR <u>Dr. Charles Stanley</u> 11:00 Church Service; LR <u>First Baptist Church</u> 1:45 Church Group; LR <u>Victory Tabernacle</u> 3:30 Movie Group; LR | 15 10:30 Spiritual Eldercare; AR 11:00 Sit and Stretch; AR 11:30 Armchair Travels; AR <u>Australia</u> 1:30 Pokeno; AR 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR | 16 10:00 Daily Devotions; AR 10:30 Morning Stretch; AR 11:00 Australian Trivia; AR 11:30 Luncheon; O <u>Outback</u> 2:00 Happy Hour; P 6:30 Night Bingo; AR | 17 10:00 Virginia Zoo Trip; O 10:30 Walking Group; L 2:00 Movie Time; MT <u>Australia</u> 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR | 18 10:30 Sit and Stretch; AR 11:00 Bingo Game; AR 2:00 Nutty Auction; P 3:00 Happy Hour; P | 19 10:30 Daily Devotions; AR 11:00 Exercise Class; AR 11:30 Australian Trivia; AR 12:00 Catholic Communion; LR 2:00 Movie Date; MT <u>Kate and Leopold</u> | 20 10:30 Daily Devotions; AR 11:00 Bingo; AR 2:00 Bridge Game; L 3:00 Documentary Series; LR |
| 21 10:00 Church Service; LR <u>Tomahawk Baptist Church</u> 11:00 Church Service; LR <u>First Baptist Church</u> 1:30 Armchair Travels; MT <u>Hawaii</u> 2:30 Movie Group; LR | 22 10:30 Spiritual Eldercare; AR 11:00 Sit and Stretch; AR 11:30 Hawaiian History; AR 1:45 Music with Craig; LR 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR | 23 10:30 Daily Devotions; AR 11:00 Morning Stretches; AR <u>Posture and Strength</u> 11:30 Arts and Crafts; AR 2:00 Bingo Game; AR 3:00 Happy Hour; P | 24 10:00 Daily Devotions; AR 10:30 Sit and Stretch; AR 11:30 Luncheon; O <u>Cane's</u> 2:00 Movie Time; MT <u>Blue Hawaii</u> <u>Maui</u> | 25 10:30 Sit and Stretch; AR 11:00 Bingo Game; AR 2:00 Hawaiian Luau; PT 3:00 Happy Hour; PT | 26 10:30 Daily Devotions; AR 11:00 Exercise Class; AR 11:30 Word Builders; AR 12:00 Catholic Communion; LR 2:00 Movie Date; MT <u>South Pacific</u> | 27 10:30 Daily Devotions; AR 11:00 Bingo; AR 2:00 Scrabble Game; L 3:00 Documentary Series; LR |
| 28 10:00 Church Service; LR <u>Dr. Charles Stanley</u> 11:00 Church Service; LR <u>First Baptist Church</u> 1:30 Armchair Travels; MT <u>Greece</u> 2:30 Movie Group; LR <u>My Big Fat Greek Wedding</u> | 29 10:30 Spiritual Eldercare; AR 11:00 Sit and Stretch; AR 11:30 Grecian Trivia; AR 2:00 Pokeno Game; AR 7:00 Wheel of Fortune; LR 7:30 Jeopardy; LR | 30 10:30 Morning Stretch; AR <u>Chair Yoga</u> 11:00 Bingo Game; AR 2:00 Olympic Bash; PT 3:00 Happy Hour; P | 31 10:30 Council Meeting; LR 11:00 Dining Meeting; LR 2:00 Sit and Stretch; AR 2:30 Strawberry Social; AR 3:00 Movie Time; MT <u>My Big Fat Greek Wedding II</u> |  <p style="text-align: center;">JULY 2024 Assisted Living Auburn Hill 5800 Harbour Lane Midlothian, VA 23112</p> | | |