

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy Birthday</b> Barbara S. – 9 <sup>th</sup> Becky R. – 16 <sup>th</sup> Constance C. – 19 <sup>th</sup> Carole T. – 20 <sup>th</sup> Jerry W. – 22 <sup>nd</sup> Blanche H.- 25 <sup>th</sup> Linda K. – 25 <sup>th</sup>	<b>1</b> 9:30 Getting to Know You 10:00 Chair Exercises 10:30 Morning Glory 11:00 Aerial America <u><b>Maryland and Delaware</b></u> 3:00 Putting on the Hits 7:00 Wheel of Fortune  <small>Canada Day</small>	<b>2</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Chair Yoga 11:00 Fourth of July Trivia 3:00 Daily Devotions 3:30 Aerial America <u><b>Connecticut</b></u> 6:00 Bingo	<b>3</b> 9:30 Getting to Know You 10:00 Daily Chronicles 10:30 <b>Joy Ride</b> 11:00 Aerial America <u><b>New Hampshire</b></u> 3:00 <b>Music with Irene</b> 3:30 Movie Time	<b>4</b> 9:30 Getting To Know You 10:00 <b>4<sup>th</sup> of July Parade</b> 11:00 Aerial America <u><b>Pennsylvania</b></u> 3:00 4 <sup>th</sup> of July Trivia 3:30 Patriotic Sing A Long 7:30 <b>Fireworks Show</b>  <small>Independence Day (US)</small>	<b>5</b> 9:30 Getting To Know You 10:00 Chair Boogie 10:30 Daily Devotions 11:00 Hymn Sing 3:00 Aerial America <u><b>New York</b></u> 3:30 Afternoon Cinema	<b>6</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Chair Yoga 11:00 Golden Classics 3:00 Aerial America <u><b>Massachusetts</b></u> 3:30 Snacks and Chats
<b>7</b> 9:30 Getting To Know You 10:00 Spiritual Eldercare 10:30 Joyful Stretches 11:00 Church Service 3:00 Snack Chats 3:30 Too Cute Pet Therapy	<b>8</b> 9:30 Getting to Know You 10:00 Flip Flop Toss 10:30 Morning Glory 11:00 Knowing Italy 3:00 <b>Music with Joe</b> 7:00 Wheel of Fortune	<b>9</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Sit and Stretch 11:00 Singstation 3:00 Daily Devotions 3:30 Hymn Sing	<b>10</b> 9:30 Getting to Know You 10:00 Walkabout 10:30 Daily Devotions 11:00 Words Work 3:00 Daily Chronicles 3:30 Movie Time 6:00 Corn Hole	<b>11</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 <b>Music with Mary</b> 3:00 Staycation <u><b>Italy</b></u> 3:30 Chat and Chew 7:00 Wheel of Fortune	<b>12</b> 9:30 Getting To Know You 10:00 Chair Boogie 10:30 Daily Devotions 11:00 Hymn Sing 3:00 Daily Chronicles 3:30 Afternoon Cinema	<b>13</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Chair Yoga 11:00 Golden Classics 3:00 Carol Burnett Show 3:30 Snacks and Chats
<b>14</b> 9:30 Getting To Know You 10:00 Spiritual Eldercare 10:30 Joyful Stretches 11:00 Church Service 3:00 Snack Chats 3:30 Too Cute Pet Therapy	<b>15</b> 9:30 Getting to Know You 10:00 Flip Flop Toss 10:30 Morning Glory 11:00 Knowing Australia 3:00 Putting on the Hits 7:00 Wheel of Fortune	<b>16</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Sit and Stretch 11:00 Singstation 3:00 Daily Devotions 3:30 Hymn Sing 6:00 Bowling	<b>17</b> 9:30 Getting to Know You 10:00 Walkabout 10:30 Daily Devotions 11:00 Words Work 3:00 Daily Chronicles 3:30 Movie Time	<b>18</b> 9:30 Getting To Know You 10:00 Daily Devotions 10:30 Chair Yoga 3:00 Staycation <u><b>Australia</b></u> 3:30 Chat and Chew 7:00 Wheel of Fortune	<b>19</b> 9:30 Getting To Know You 10:00 Chair Boogie 10:30 <b>Music Memories</b> <u><b>The Schoonmaker</b></u> 11:00 Hymn Sing 3:00 Afternoon Cinema	<b>20</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Chair Yoga 11:00 <b>Church Service</b> 3:00 Carol Burnett Show 3:30 Snacks and Chats
<b>21</b> 9:30 Getting To Know You 10:00 Spiritual Eldercare 10:30 Joyful Stretches 11:00 Church Service 3:00 Too Cute Pet Therapy	<b>22</b> 9:30 Getting to Know You 10:00 Flip Flop Toss 10:30 Morning Glory 11:00 Knowing Hawaii 3:00 <b>Music with Craig</b> 7:00 Wheel of Fortune	<b>23</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Sit and Stretch 11:00 Singstation 3:00 Daily Devotions 3:30 Hymn Sing	<b>24</b> 9:30 Getting to know you 10:00 Morning Glory 10:30 Pictionary 11:00 <b>Lunch Brunch</b> <u><b>Cane's</b></u> 3:00 Movie Time 5:30 <b>Alzheimer's Assoc.</b> <u><b>Family Support Group</b></u>	<b>25</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 <b>Music with Mary</b> 12:00 <b>Birthday Party</b> 2:00 <b>Hawaiian Luau</b> 3:00 T.V. Land <u><b>Hawaii 5 0</b></u> 7:00 Wheel of Fortune	<b>26</b> 9:30 Getting To Know You 10:00 Chair Boogie 10:30 Daily Devotions 11:00 Hymn Sing 3:00 Daily Chronicles 3:30 Afternoon Cinema	<b>27</b> 9:30 Getting To Know You 10:00 Daily Chronicles 10:30 Chair Yoga 11:00 Golden Classics 3:00 Carol Burnett Show 3:30 Snacks and Chats
<b>28</b> 9:30 Getting To Know You 10:00 Spiritual Eldercare 10:30 Joyful Stretches 11:00 Church Service 3:00 Snack Chats 3:30 Too Cute Pet Therapy	<b>29</b> 9:30 Getting to Know You 10:00 Flip Flop Toss 10:30 Morning Glory 11:00 Knowing Greece 3:00 Putting on the Hits 7:00 Wheel of Fortune	<b>30</b> 9:30 Getting To Know You 10:00 Morning Glory 10:30 Sit and Stretch 11:00 Singstation 3:00 <b>Olympic Bash</b> 3:30 Chat and Chew 6:00 Bingo	<b>31</b> 9:30 Getting to Know You 10:00 Morning Movement 10:30 Daily Devotions 11:00 Words Work 3:00 <b>Strawberry Social</b> 3:30 Movie Time	<h1>July 2024</h1> <p><b>INNOVATIONS</b>            Auburn Hill   5800 Harbour Lane   Midlothian, VA 23112</p>		

Activities in RED are a featured activity/event. Activities are a minimum of 30 minutes each. Activities take place in the common areas, unless otherwise noted (O) Outside of Innovations (SR) Sensory Room (ALDR) Assisted Living Dining Room 2<sup>nd</sup> Floor