







Discovery and Harmony Activity Calendar

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Active & Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Bowling Challenge H 11:00 Picture Match Game 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D 12:45 Jeopardy Challenge H 12:45 Parachute Game & Trivia	2 Patriotic Fun 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Patriotic Art w/ Jess H 11:00 Puzzle Solving & Table Games 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Patriotic Party w/ Jen & Barbara</u> 12:45 Alternate: To be determined	3 Phil Performs 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Patriotic Trivia & Songs H 11:00 <u>Arts & Crafts w/ Jo</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: Dominos		
	7 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alternate Activity w/ Paola 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Cello Performance: Matthew</u> 12:45 Alternate: To be determined	8 National Blueberry Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Sweet Treat w/ Jess</u> H 11:00 <u>Patio Walk & Trivia</u> 11:40 Sittercises 12:00 Lunch and Social Hour D 12:45 Name That Musical H 12:45 Virtual Travel to Japan	9 National Sugar Cookie Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Name that Movie H 11:00 Table Top Bowling 11:45 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Creative Writing w/ Jo</u>	10 National Watercolor Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Art w/ Jess</u> H 11:00 Self Care Activity 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Uken w/ Ese</u> 12:45 Alternate: Scrabble	11 Summer Lovin' Party 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Balloon Tennis H 11:00 Reminisce "To Kill a Mocking Bird" 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Summer Lovin' Party!</u> 12:45 Alternate: Laughter Videos
14 Bastille Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 International Music Circle H 11:00 Gardening on the Patio 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Virtual Travel to France</u> 12:45 Alternate: Active Game	15 Celebration of the Horse Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Mini Horses: Romeo & Ziggy</u> 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Piano Performance: Tigran</u> 12:45 Alternate: Dominos	16 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alternate Activity w/ Paola 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Cello Performance: Matthew</u> 12:45 Alternate: Active Game	17 National Ice Cream Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Ball grab game H 11:00 Active Game 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Ice Cream Cart Social</u> 12:45 Alternate: Table Games	18 Phil Performs 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Chair Dancing 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 <u>Alternate: Art w/ Jess</u>	
21 National Watercolor Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Art w/ Jess</u> H 11:00 <u>Summer Creative Crafts</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: To be determined	22 World Brain Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Wordle w/ Jess</u> H 11:00 Table Games 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D 12:45 What is Jeopardy? H 12:45 National Geographic Video	23 Nat. Sprinkles & Vanilla Ice Cream Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Bowling Challenge H 11:00 Virtual Trip to Yosemite Park 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour D 12:45 Unlikely Animal friendships H 12:45 Active Game	24 Cowboy Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Tribute to Westerns H 11:00 Sensory Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Country Music Party</u> 12:45 Alternate: All about John Wayne	25 Friday Fun Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Jeopardy Challenge 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour D 12:45 <u>Nail Care w/ Jess & Harlene</u> H 12:45 Volley Ball Challenge	
28 National Soccer Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Yoga w/ Beth</u> / word game H 11:00 Chair Soccer 11:40 Sittercises 12:00 Lunch and Social Hour D 12:45 Ball Game H 12:45 Bean Bag Toss	29 National Lasagna Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Car Game w/ Paola</u> H 11:00 Chair Volley Ball 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour D 12:45 Bingo Time H 12:45 Reminisce theme: Italy	30 International Friendship Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Parachute Game H 11:00 <u>Friendship Bracelet Making</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 Name the Musical 12:45 <u>Painting Club w/ Jo</u>	31 National Avocado Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 International Music Circle H 11:00 <u>Baking Club w/ Jo</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: Dominos	<p>Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p>	 7-6 Gary 7-14 Alta