July 2024

Memory Haven

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 10:00 am BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder Canada Day	**2** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	**3** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study 1:00 pm BINGO Rest & Rejuvenation	**4** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation 3:00 pm Nail Bar/ MYND VR Brain Builder Independence Day (US)	**5** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation 1:00 pm Exercise 1:15 pm Sensory Kitchen Creation Rest & Rejuvenation	**6** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
7 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	**8** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 10:00 am BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	**9** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	**10** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study 1:00 pm BINGO Rest & Rejuvenation	**11** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation 3:00 pm Nail Bar/ MYND VR Brain Builder	**12** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation 1:00 pm Exercise 1:15 pm Sensory Kitchen Creation Rest & Rejuvenation	**13** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
14 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	**15** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 10:00 am BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	**16** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	**17** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study 1:00 pm BINGO Rest & Rejuvenation	**18** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation 3:00 pm Nail Bar/ MYND VR Brain Builder	**19** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation 1:00 pm Exercise 1:15 pm Sensory Kitchen Creation Rest & Rejuvenation	**20** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
21 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	**22** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 10:00 am BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	**23** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	**24** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study 1:00 pm BINGO Rest & Rejuvenation	**25** Rise & Shine Daily Devotional Exercise – Lower Body Daily News /Weather Report Nail Bar / MYND VR Arts & Crafts Rest & Rejuvenation Exercise Rest & Rejuvenation 3:00 pm Nail Bar/ MYND VR Brain Builder	**26** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report 9:30 - Music Therapy with Amanda Casper Rest & Rejuvenation 1:00 pm Exercise 1:15 pm Sensory Kitchen Creation Rest & Rejuvenation	**27** Rise & Shine Devotional Exercise – Standing Daily News / Weather Report Table Games Rest & Rejuvenation Exercise Movie Matinee Rest & Rejuvenation Brain Builder Sing & Dance
28 Rise & Shine Daily Devotional Exercise – Dumbbell Daily News / Weather Report Praise & Worship Fellowship / Snack Rest & Rejuvenation Puzzle (For those not resting) Exercise Table Games Sunday Social	**29** Rise & Shine Daily Devotional Exercise – YOGA Daily News / Weather Report Music Therapy 10:00 am BINGO Rest & Rejuvenation Exercise Arts & Crafts Rest & Rejuvenation Brain Builder	**30** Rise & Shine Devotional Exercise – Thera-Bands Daily News / Weather Report Morning Movie Rest & Rejuvenation Exercise Sensory Kitchen Creation Rest & Rejuvenation	**31** Rise & Shine Devotional Exercise – Dumbbells Daily News / Weather Report Music Therapy Experiment Rest & Rejuvenation Exercise Bible Study 1:00 pm BINGO Rest & Rejuvenation			

Led activities are subject to change without notice Color Key- Pink is led by Sydney (Life Enrichment Director)