

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Creative Ice Cream Flavors Day! 1 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Devotions 11:00am Baking by MCPProfessionals 12:00-1:00pm Dinner 2:30pm Coloring 3:00pm Snack/Social Time 3:45pm Sing-Along 5:00-6:00pm Supper 6:30pm Stretching Jean Bloedel's Birthday Canada Day	National Wildland Firefighter Day! 2 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Bike Club 12:00-1:00pm Dinner 2:30pm Brain Exercises 3:00pm Snack/Social Time 3:45pm Let's Move Activity 5:00-6:00pm Supper 6:30pm Stretching	National Eat your Beans Day! 3 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Ring Toss 12:00-1:00pm Dinner 2:30pm BINGO 3:00pm Snack/Social Time 3:45pm Classic TV 5:00-6:00pm Supper 6:30pm Stretching	National Barbecued Spareribs Day! 4 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching Independence Day (U.S.)
National Hawaii Day! 5 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching	National Fried Chicken Day! 6 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Fish Toss 12:00-1:00pm Dinner 2:45pm BINGO 3:00pm Snack/Social Time 3:45pm "Get to know Me" 5:00-6:00pm Supper 6:30pm Stretching	National Strawberry Sundae Day! 7 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Manicures 12:00-1:00pm Dinner 2:30pm Puzzles 3:00pm Snack/Social Time 3:45pm Games 5:00-6:00pm Supper 6:30pm Stretching	National Cumcumber Salad day! 8 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Devotions 11:00am Baking by MCPProfessionals 12:00-1:00pm Dinner 2:30pm Coloring 3:00pm Snack/Social Time 3:45pm Sing-Along 5:00-6:00pm Supper 6:30pm Stretching	National Sugar Cookie Day! 9 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Bike Club 12:00-1:00pm Dinner 2:30pm Brain Exercises 3:00pm Snack/Social Time 3:45pm Let's Move Activity 5:00-6:00pm Supper 6:30pm Stretching	National Kitten Day! 10 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Ring Toss 12:00-1:00pm Dinner 2:30pm BINGO 3:00pm Snack/Social Time 3:45pm Classic TV 5:00-6:00pm Supper 6:30pm Stretching	All American Pet Photo Day! 11 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching
National Different Colored Eyes Day! 12 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching	National Barbershop Music Appreciation Day! 13 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Fish Toss 12:00-1:00pm Dinner 2:45pm BINGO 3:00pm Snack/Social Time 3:45pm "Get to know Me" 5:00-6:00pm Supper 6:30pm Stretching	National Cow Appreciation Day! 14 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Manicures 12:00-1:00pm Dinner 2:30pm Puzzles 3:00pm Snack/Social Time 3:45pm Games 5:00-6:00pm Supper 6:30pm Stretching Bastille Day	National Give Something Away Day! 15 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Devotions 12:00-1:00pm Dinner 2:30pm Coloring 3:00pm Snack/Social Time 3:45pm Sing-Along 5:00-6:00pm Supper 6:30pm Stretching	National Personal Chef Day! 16 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Bike Club 12:00-1:00pm Dinner 2:30pm Brain Exercises 3:00pm Snack/Social Time 3:45pm Let's Move Activity 5:00-6:00pm Supper 6:30pm Stretching	National Yellow Pig Day! 17 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Ring Toss 12:00-1:00pm Dinner 2:30pm BINGO 3:00pm Snack/Social Time 3:45pm Classic TV 5:00-6:00pm Supper 6:30pm Stretching	National Caviar Day! 18 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching
National Icecream Day! 19 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching	National Moon Day! 20 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Fish Toss 12:00-1:00pm Dinner 2:45pm BINGO 3:00pm Snack/Social Time 3:45pm "Get to know Me" 5:00-6:00pm Supper 6:30pm Stretching	National Junk Food Day! 21 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Manicures 12:00-1:00pm Dinner 2:30pm Puzzles 3:00pm Snack/Social Time 3:45pm Games 5:00-6:00pm Supper 6:30pm Stretching	National Mango Day! 22 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Devotions 11:00am Baking by MCPProfessionals 12:00-1:00pm Dinner 2:30pm Coloring 3:00pm Snack/Social Time 3:45pm Sing-Along 5:00-6:00pm Supper 6:30pm Stretching	Gorgeous Grandma Day! 23 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Bike Club 12:00-1:00pm Dinner 2:30pm Brain Exercises 3:00pm Snack/Social Time 3:45pm Let's Move Activity 5:00-6:00pm Supper 6:30pm Stretching	National Cousins Day! 24 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Ring Toss 12:00-1:00pm Dinner 2:30pm BINGO 3:00pm Snack/Social Time 3:45pm Classic TV 5:00-6:00pm Supper 6:30pm Stretching	National Day of the Cowboy! 25 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching
National Disabilities Independence Day! 26 8:00am-9:00am Breakfast 9:30am Daily Chronicles and Exercise 10:00am Salon Time 12:00-1:00pm Dinner 2:30pm RA Choice of Activity 3:00pm Snack/Social Time 3:45pm RA Choice of Activity 5:00-6:00pm Supper 6:30pm Stretching	National Love is Kind Day! 27 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Fish Toss 12:00-1:00pm Dinner 2:45pm BINGO 3:00pm Snack/Social Time 3:45pm "Get to know Me" 5:00-6:00pm Supper 6:30pm Stretching	National Milk Chocolate Day! 28 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Manicures 12:00-1:00pm Dinner 2:30pm Puzzles 3:00pm Snack/Social Time 3:45pm Games 5:00-6:00pm Supper 6:30pm Stretching	National Lipstick Day! 29 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Devotions 11:00am Baking by MCPProfessionals 12:00-1:00pm Dinner 2:30pm Coloring 3:00pm Snack/Social Time 3:45pm Sing-Along 5:00-6:00pm Supper 6:30pm Stretching	National Cheesecake Day! 30 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Bike Club 12:00-1:00pm Dinner 2:30pm Brain Exercises 3:00pm Snack/Social Time 3:45pm Let's Move Activity 5:00-6:00pm Supper 6:30pm Stretching	National Avocado Day! 31 8:00am-9:00am Breakfast 10:00 Exercise 10:15am Daily Chronicles and Ring Toss 12:00-1:00pm Dinner 2:30pm BINGO 3:00pm Snack/Social Time 3:45pm Classic TV 5:00-6:00pm Supper 6:30pm Stretching	

*Activities Are Subject to Change

Activities Manager: Jennessa Seiler (507-766-0532)