

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CHAMPLAIN VALLEY  
SENIOR COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Nail Care 2:30pm: Short Stories 4pm: Armchair Travel 7pm: Movie Night</p>	<p>2</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Horse Race Game 2pm: Bingo 3:30pm: Calls with Family 7pm: Nature Program</p>	<p>3</p> <p><u>Hair Care Day!</u> 9:40am: Today in History 10:30am: Seated Exercise 11am: Protestant Service(AL) 12:45pm: Seated Exercise 2:30pm: Bingo 4:15pm: Seated Yoga 7pm: Nature Program</p>	<p>4</p> <p>9:40am: Today in History 11am: Catholic Service(AL) 12:45pm: Seated Exercise 2:30pm: Bingo 4:15pm: Seated Yoga 7pm: Nature Program</p>	<p>5</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Singalong Songs 2pm: Live Music (AL) 4:15pm: Positive Current Events 7pm: Movie Night</p>	<p>6</p> <p>9:30am: Today in History 10:45am: Seated Exercise 12:45pm: Sunshine Social 2:30pm: Putting Practice 4pm: Games &amp; Puzzles 7pm: YouTube Meditation</p>	
<p>7</p> <p>9:30am: Meaningful 1 on 1's 10am: Seated Exercise 10:30am: Today in History 11am: Scenic Drive (AL) 12:30pm: Foot Soak 2pm: Bingo 3pm: Hymn Singalong 7pm: YouTube Concert</p>	<p>8</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Arts &amp; Crafts 2pm: Live Music (AL) 4pm: Games &amp; Puzzles 7pm: Movie Night</p>	<p>9</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Games 2pm: Meaningful 1 on 1's 3:30pm: Calls with Family 7pm: Nature Program</p>	<p>10</p> <p>9:40am: Today in History 10:30am: Seated Exercise 11am: Protestant Service(AL) 12:45pm: Seated Exercise 2pm: Live Music (AL) 4pm: Biography 7pm: Movie Night</p>	<p>11</p> <p>9:40am: Today in History 11am: Catholic Service(AL) 12:45pm: Seated Exercise 2:30pm: Bingo 4:15pm: Seated Yoga 7pm: Nature Program</p>	<p>12</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Singalong Songs 2:30pm: Trivia 4:15pm: Positive Current Events 7pm: Movie Night</p>	<p>13</p> <p><u>Happy Birthday Bruce!</u> 9:30am: Today in History 10:45am: Seated Exercise 12:45pm: Sunshine Social 2:30pm: 4pm: Games &amp; Puzzles 7pm: YouTube Meditation</p>
<p>14</p> <p>9:30am: Meaningful 1 on 1's 10am: Seated Exercise 10:30am: Today in History 11am: Scenic Drive (AL) 12:30pm: Hand Soak &amp; Rub 2pm: Bingo 3pm: Hymn Singalong 7pm: YouTube Concert</p>	<p>15</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Flower Arranging 2:30pm: Nail Care 4pm: Armchair Travel 7pm: Movie Night</p>	<p>16</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Horse Race Game 2pm: Live Music (AL) 3:30pm: Calls with Family 7pm: Nature Program</p>	<p>17</p> <p>9:40am: Today in History 11am: Protestant Services(TV) 12:45pm: Seated Exercise 2:30pm: Meaningful 1 on 1's 4pm: Biography 7pm: Movie Night</p>	<p>18</p> <p>9:40am: Today in History 11am: Catholic Service(AL) 12:45pm: Seated Exercise 2:30pm: Bingo 4:15pm: Seated Yoga 7pm: Nature Program</p>	<p>19</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Singalong Songs 2:30pm: Finish the Phrase 4:15pm: Positive Current Events 7pm: Movie Night</p>	<p>20</p> <p>9:30am: Today in History 10:45am: Seated Exercise 12:45pm: Sunshine Social 2:30pm: Horseshoes 4pm: Games &amp; Puzzles 7pm: YouTube Meditation</p>
<p>21</p> <p>9:30am: Meaningful 1 on 1's 10am: Seated Exercise 10:30am: Today in History 11am: Scenic Drive (AL) 12:30pm: Foot Soak 2pm: Bingo 3pm: Hymn Singalong 7pm: YouTube Concert</p>	<p>22</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Arts &amp; Crafts 2:30pm: Short Stories 4pm: Armchair Travel 7pm: Movie Night</p>	<p>23</p> <p>9:40am: Today in History 10:30am: Live Music 12:45pm: Games 2pm: Live Music (AL) 3:30pm: Calls with Family 7pm: Nature Program</p>	<p>24</p> <p>9:40am: Today in History 11am: Protestant Services(TV) 12:45pm: Seated Exercise 4pm: Biography 7pm: Movie Night</p>	<p>25</p> <p><u>Happy Birthday Phyllis O!</u> 9:40am: Today in History 11am: Catholic Service(AL) 12:45pm: Seated Exercise 2:30pm: Bingo 4:15pm: Seated Yoga 7pm: Nature Program</p>	<p>26</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Singalong Songs 2:30pm: Trivia 4:15pm: Positive Current Events 7pm: Movie Night</p>	<p>27</p> <p>9:30am: Today in History 10:45am: Seated Exercise 12:45pm: Sunshine Social 2:30pm: Shuffleboard 4pm: Games &amp; Puzzles 7pm: YouTube Meditation</p>
<p>28</p> <p>9:30am: Meaningful 1 on 1's 10am: Seated Exercise 10:30am: Today in History 11am: Scenic Drive (AL) 12:30pm: Hand Soak &amp; Rub 2pm: Bingo 3pm: Hymn Singalong 7pm: YouTube Concert</p>	<p>29</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Nail Care 2:30pm: Short Stories 4pm: Armchair Travel 7pm: Movie Night</p>	<p>30</p> <p>9:40am: Today in History 10:30am: Seated Exercise 12:45pm: Flower Arranging 2:30pm: Horse Race Game 3:30pm: Calls with Family 7pm: Nature Program</p>	<p>31</p> <p>9:40am: Today in History 11am: Protestant Services(TV) 12:45pm: Seated Exercise 4pm: Biography 7pm: Movie Night</p>	<p><b>August 2022</b> <b>MEMORY CARE UNIT</b> Breakfast: 7:45am-8:45am   Lunch: 11:45am-12:45pm   Dinner: 4:45pm-5:45pm For activity support &amp; information contact 518-817-9108 <i>*Sign Up Required   Activities are subject to change</i></p>		