

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CHAMPLAIN VALLEY  
SENIOR COMMUNITY

ASSISTED LIVING & MEMORY CARE

# July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Flower Vases (2B) 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Carol Burnett (2B:TV) 7pm: Jeopardy (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Documentary (2B) 12pm: Lunch (2B) 1pm: Current Events (2B) 2pm: Putting Practice (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Musical Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 10:30am: "Road Rally" (1) 12pm: Lunch (Floor 2B) 1pm: Video Calls to Family 2pm: Scenic Drive* 3pm: Hors d'oeuvres (2B) 5pm: Dinner (2B) 6pm: Family Film with Popcorn (2B:TV)
<b>INDEPENDENCE DAY</b> 4	5	6	7	8	9	10
8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Catholic Mass (2B) 12pm: Lunch (2B) 1pm: Live Music (Lawn) 2pm: Video Calls to Family 5pm: Dinner (2B) 6pm: TV Fireworks (2B:TV) 7pm: Patriotic Opry 2B:TV	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Sun Social (1:Lawn) 2pm: River Walk & Roll* (1) 3pm: 1-on-1s / Small Group 4pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Western Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Spiritual Care (2B) 12pm: Lunch (2B) 1pm: Nail Painting (2B) 2pm: 1-on-1s / Small Group 3pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Comedy Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Armchair Travel (2B) 12pm: Lunch (2B) 1pm: Ice Cream Social (2B) Hello New Residents! 2pm: Live Music* (1: Lawn) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Classic Film (2B)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Today in History 2B 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Game Show (2B:TV) 7pm: Jeopardy (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Documentary (2B) 12pm: Lunch (2B) 1pm: Current Events (2B) 2pm: Yard Games (1:Lawn) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Musical Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Sun Social (1:Lawn) 12pm: Lunch (Floor 2B) 1pm: Video Calls to Family 2pm: Scenic Drive* 3pm: Hors d'oeuvres (2B) 5pm: Dinner (2B) 6pm: Family Film with Popcorn (2B:TV)
11	12	13	14	<b>LOIS B.'S BIRTHDAY!</b> 15	16	17
8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Catholic Mass (2B) 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 2pm: Video Calls to Family 3pm: 1-on-1 Visits 5pm: Dinner (2B) 6pm: Movie Night (2B:TV) 7pm: 60 Minutes (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Sun Social (1:Lawn) 2pm: River Walk & Roll* (1) 3pm: 1-on-1s / Small Group 4pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Western Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Spiritual Care (2B) 12pm: Lunch (2B) 1pm: Nail Painting (2B) 2pm: Live Music* (1: Lawn) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Comedy Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Arts & Crafts (2B) 2pm: 1-on-1s / Small Group 3pm: "Wine Down" Wed. 2B 5pm: Dinner (2B) 6pm: Classic Film (2B)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Flower Vases (2B) 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Classic Cartoons (2B) 7pm: Jeopardy (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Documentary (2B) 12pm: Lunch (2B) 1pm: Current Events (2B) 2pm: Bowling (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Musical Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Sun Social (1:Lawn) 12pm: Lunch (Floor 2B) 1pm: Video Calls to Family 2pm: Scenic Drive* 3pm: Hors d'oeuvres (2B) 5pm: Dinner (2B) 6pm: Family Film with Popcorn (2B:TV)
<b>BARBARA S.'S B-DAY!</b> 18	19	20	<b>MEETING DAY</b> 21	22	23	24
8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Catholic Mass (2B) 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 2pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Movie Night (2B:TV) 7pm: 60 Minutes (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Sun Social (1:Lawn) 2pm: River Walk & Roll* (1) 3pm: 1-on-1s / Small Group 4pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Western Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Flower Vases (2B) 12pm: Lunch (2B) 1pm: Nail Painting (2B) 2pm: Live Music* (1:Lawn) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Comedy Film (2B:TV)	8am: Breakfast (2B) 10am: Resident Meeting 2B 11am: Armchair Travel (2B) 12pm: Lunch (2B) 2pm: Ice Cream Social (2B) Hello New Residents! 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Classic Film (2B)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Today in History 2B 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Game Show (2B:TV) 7pm: Jeopardy (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Documentary (2B) 12pm: Lunch (2B) 1pm: Olympics (2B: TV) 2pm: Chair Volleyball (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Musical Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Sun Social (1:Lawn) 12pm: Lunch (Floor 2B) 1pm: Video Calls to Family 2pm: Scenic Drive* 3pm: Hors d'oeuvres (2B) 5pm: Dinner (2B) 6pm: Family Film with Popcorn (2B:TV)
25	26	27	28	29	30	31
8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Catholic Mass (2B) 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 2pm: Video Calls to Family 3pm: 1-on-1 Visits 5pm: Dinner (2B) 6pm: Movie Night (2B:TV) 7pm: 60 Minutes (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Sun Social (1:Lawn) 2pm: River Walk & Roll* (1) 3pm: 1-on-1s / Small Group 4pm: Video Calls to Family 5pm: Dinner (2B) 6pm: Western Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Spiritual Care (2B) 12pm: Lunch (2B) 1pm: Nail Painting (2B) 2pm: Live Music* (1:Lawn) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Comedy Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Wii Games (2B:TV) 12pm: Lunch (2B) 1pm: Arts & Crafts (2B) 2pm: 1-on-1s / Small Group 3pm: "Wine Down" Wed. 2B 5pm: Dinner (2B) 6pm: Classic Film (2B)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Today in History 2B 12pm: Lunch (2B) 1pm: Prize Bingo (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Andy Griffith (2B:TV) 7pm: Jeopardy (1:ICP)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Documentary (2B) 12pm: Lunch (2B) 1pm: Current Events (2B) 2pm: Flower Vases (2B) 3pm: 1-on-1s / Small Group 5pm: Dinner (2B) 6pm: Musical Film (2B:TV)	8am: Breakfast (2B) 10am: Seated Exercise (2B) 11am: Sun Social (1:Lawn) 12pm: Lunch (Floor 2B) 1pm: Video Calls to Family 2pm: Scenic Drive* 3pm: Hors d'oeuvres (2B) 5pm: Dinner (2B) 6pm: Family Film with Popcorn (2B:TV)