

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
				9am: Breakfast 10:45am: Movie Matinee 12pm: Seated Exercise 12:45pm: Lunch 2pm: Flower Vases 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Armchair Travel 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1s/Small Group 3pm: Prize Bingo 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Documentary 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Coloring 6pm: Dinner 7pm: Movie Night
INDEPENDENCE DAY 4	5	6	7	8	9	10
9am: Breakfast 10:45am: Catholic Mass 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Patriotic Sing-Along 4pm: TV Fireworks 6pm: Dinner 7pm: Patriotic Opry	9am: Breakfast 10:45am: YouTube Concert 12pm: Seated Exercise 12:45pm: Lunch 2pm: Prize Bingo 3pm: 1-on-1s/Small Group 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Sing Along Songs 12pm: Seated Exercise 12:45pm: Lunch 2pm: Putting Practice 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Spiritual Care 12pm: Seated Exercise 12:45pm: Lunch 2pm: Lawn Music (AL) 3pm: Milkshake Social 4pm: 1-on-1s/Small Group 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Movie Matinee 12pm: Seated Exercise 12:45pm: Lunch 2pm: Scenic Drive* 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Armchair Travel 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1s/Small Group 3pm: Prize Bingo 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Documentary 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Coloring 6pm: Dinner 7pm: Movie Night
11	12	13	14	15	16	17
9am: Breakfast 10:45am: Catholic Mass 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: This Day in History 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: YouTube Concert 12pm: Seated Exercise 12:45pm: Lunch 2pm: Prize Bingo 3pm: 1-on-1s/Small Group 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Sing Along Songs 12pm: Seated Exercise 12:45pm: Lunch 2pm: Lawn Music (AL) 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Spiritual Care 12pm: Seated Exercise 12:45pm: Lunch 2pm: Arts & Crafts 3pm: Smoothie Social 4pm: 1-on-1s/Small Group 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Movie Matinee 12pm: Seated Exercise 12:45pm: Lunch 2pm: Scenic Drive* 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Armchair Travel 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1s/Small Group 3pm: Prize Bingo 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Documentary 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Coloring 6pm: Dinner 7pm: Movie Night
18	19	20	MEETING DAY 21	22	23	24
9am: Breakfast 10:45am: Catholic Mass 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: This Day in History 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: YouTube Concert 12pm: Seated Exercise 12:45pm: Lunch 2pm: Prize Bingo 3pm: 1-on-1s/Small Group 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Sing Along Songs 12pm: Seated Exercise 12:45pm: Lunch 2pm: Lawn Music (AL) 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Spiritual Care 12pm: Seated Exercise 12:45pm: Lunch 3pm: Meeting Day 4pm: 1-on-1s/Small Group 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Movie Matinee 12pm: Seated Exercise 12:45pm: Lunch 2pm: Scenic Drive* 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Armchair Travel 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1s/Small Group 3pm: Prize Bingo 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Documentary 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Coloring 6pm: Dinner 7pm: Movie Night
25	26	27	28	29	30	31
9am: Breakfast 10:45am: Catholic Mass 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: This Day in History 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: YouTube Concert 12pm: Seated Exercise 12:45pm: Lunch 2pm: Prize Bingo 3pm: 1-on-1s/Small Group 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Sing Along Songs 12pm: Seated Exercise 12:45pm: Lunch 2pm: Lawn Music (AL) 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Spiritual Care 12pm: Seated Exercise 12:45pm: Lunch 2pm: Arts & Crafts 3pm: Milkshake Social 4pm: 1-on-1s/Small Group 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Movie Matinee 12pm: Seated Exercise 12:45pm: Lunch 2pm: Scenic Drive* 3pm: 1-on-1s/Small Group 4pm: Hand Rubs 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Armchair Travel 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1s/Small Group 3pm: Prize Bingo 4pm: Sensory Activity 6pm: Dinner 7pm: Movie Night	9am: Breakfast 10:45am: Documentary 12pm: Seated Exercise 12:45pm: Lunch 2pm: 1-on-1 Visits 3pm: Coloring 6pm: Dinner 7pm: Movie Night