

















	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE			1	2	3
10:00 AM	 July 2020 Activities Calendar <div style="border: 1px solid black; padding: 5px; text-align: center;"> "Name That Flower" </div> 			Good morning! Have a lovely cup of coffee & greet the day!	
11:00 AM				<i>Exercise time! Take a walk from your chair - visualize your favorite place</i>	
Noon				Lunchtime - don't forget to eat!	
afternoon & evening				1:30 Zoom exercise w/Eileen https://avenidas.zoom.us/j/95819434442	
DATE	6	7	8	9	10
10:00 AM		10am Activity Chat with Participants, Family and Staff on ZOOM! https://avenidas.zoom.us/j/97726475480		Pull out those old dusty photo albums and reminisce.	
11:00 AM		<i>Exercise time! Put on your favorite music and dance in your chair.</i>		<i>Do some gentle stretching exercises - keep those muscles limber!</i>	
Noon		Lunchtime - don't forget to eat!		Eat something nutritious	
afternoon & evening		Call a family member that you haven't spoken to in a long time.		1:30 Zoom exercise w/Eileen https://avenidas.zoom.us/j/95819434442	
DATE	13	14	15	16	17
10:00 AM		10am SING-ALONG with Participants, Family and Staff on ZOOM! https://avenidas.zoom.us/j/97726475480		Send a greeting card or letter to a friend - everybody loves to get mail from a friend!	
11:00 AM		<i>Exercise time! Put on your favorite music and dance in your chair.</i>		<i>Exercise time! Take a walk from your chair - visualize your favorite place</i>	
Noon		Have a yummy lunch!		Lunchtime - don't forget to eat!	
afternoon & evening		Stretch your legs - turn off that TV and stroll around your house or garden.		1:30 Zoom exercise w/Eileen https://avenidas.zoom.us/j/95819434442	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	20	21	22	23	24
10:00 AM		10am Activity Chat with Participants, Family and Staff on ZOOM! https://avenidas.zoom.us/j/97726475480		Good morning! I miss every single one of you and think about you every day.	
11:00 AM		<i>Exercise time! Put on your favorite music and dance in your chair.</i>		<i>Do some gentle stretching exercises - keep those muscles limber!</i>	
Noon		Lunchtime - don't forget to eat!		Make a sandwich!	
afternoon & evening		Make a list of your favorite foods - give it to whomever does your shopping :)		1:30 Zoom exercise w/Eileen https://avenidas.zoom.us/j/95819434442	
DATE	27	28	29	30	31
10:00 AM		10am Activity Chat with Participants, Family and Staff on ZOOM! https://avenidas.zoom.us/j/97726475480		Write a list of all the things you want to do at the Center when you return.	
11:00 AM		<i>Exercise time! Put on your favorite music and dance in your chair.</i>		<i>Do some gentle stretching exercises - be warmed up for Eileen's class at 1:30</i>	
Noon		Lunchtime - don't forget to eat!		Eat a nutritious lunch	
afternoon & evening		Ask your family or caregiver to help you get a seedling garden growing in your house.		1:30 Zoom exercise w/Eileen https://avenidas.zoom.us/j/95819434442	