

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10am Happy News w/ Rachel <u>or</u> Sand Art Fireworks</p> <p>11am Exercise</p> <p>1pm Classical Piano w/ Theresa <u>or</u> Parachute</p>	<p>2</p> <p>10am Olympic Trivia <u>or</u> Paper Fireworks</p> <p>11am Exercise</p> <p>1pm Scattgories <u>or</u> BINGO</p> 	<p>3</p> <p>10am Armchair Travels w/Rachel <u>or</u> Garden Project w/ Mark <u>or</u> Bookmobile</p> <p>11am Exercise</p> <p>1pm Rockin' w/ Regi <u>or</u> Flyswatter Tennis</p>	<p>CLOSED 4</p> 	<p>5</p> <p>10am Social Change w/ Rachel <u>or</u> Turtle Mandalas</p> <p>11am Exercise <u>or</u> Meditation w/ Bill</p> <p>1pm Stories w/ Polly <u>or</u> BINGO</p>
<p>8</p> <p>10am Happy News w/ Rachel <u>or</u> Stencil Art</p> <p>11am Exercise</p> <p>1pm Sing-Along <u>or</u> Oh No Tic Tac Toe</p>	<p>9</p> <p>10am Trivia Tuesday <u>or</u> Seagulls</p> <p>11am Exercise</p> <p>1pm Horseshoes <u>or</u> BINGO</p>	<p>10</p> <p>10am Armchair Travels w/ Rachel <u>or</u> Garden Project w/ Mark <u>or</u> Bookmobile</p> <p>11am Exercise</p> <p>1pm Drum Circle w/ Jane <u>or</u> Olympic Noodle Hockey</p>	<p>11</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Seahorses</p> <p>11am Exercise</p> <p>1pm Scattgories <u>or</u> Bowling <u>or</u> 🐻 Teddy</p>	<p>12</p> <p>10am Social Change w/ Rachel <u>or</u> Popsicles</p> <p>11am Exercise <u>or</u> Meditation w/ Bill</p> <p>1pm Anna on Piano <u>or</u> BINGO</p>
<p>15</p> <p>10am Happy News w/Rachel <u>or</u> Owls</p> <p>11am Exercise</p> <p>1pm Classical Piano w/ Theresa <u>or</u> Flyswatter Tennis</p>	<p>16</p> <p>10am Trivia Tuesday <u>or</u> Creative Collage</p> <p>11am Exercise</p> <p>1pm Maddaline on Piano <u>or</u> BINGO</p>	<p>17</p> <p>10am Armchair Travels w/ Rachel <u>or</u> Garden Project w/ Mark <u>or</u> Bookmobile</p> <p>11am Exercise</p> <p>1pm Choraliers of Cupertino <u>or</u> Meditative Coloring</p>	<p>18</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Bookmarks</p> <p>11am Exercise</p> <p>1pm Darts <u>or</u> Olympic Categories <u>or</u> 🐻 Teddy</p>	<p>19</p> <p>10am Social Change w/ Rachel <u>or</u> Peacocks</p> <p>11am Exercise <u>or</u> Meditation w/ Bill</p> <p>1pm Stories w/ Polly <u>or</u> BINGO</p>
<p>22</p> <p>10am Happy News w/ Rachel <u>or</u> Paper Flowers</p> <p>11am Exercise</p> <p>1pm Indigo Fire w/ Javier on Piano <u>or</u> Fishing Game</p>	<p>23</p> <p>10am Trivia Tuesday <u>or</u> Beaded Bracelets</p> <p>11am Exercise</p> <p>1pm Scattgories <u>or</u> BINGO</p>	<p>24</p> <p>10am Armchair Travels w/ Rachel <u>or</u> Garden Project w/ Mark <u>or</u> Bookmobile</p> <p>11am Exercise</p> <p>1pm Bel Canto Flute Choir <u>or</u> Parachute</p>	<p>25</p> <p>10am Bay Area Food Culture w/ Mark <u>or</u> Clothespin Dolls</p> <p>11am Exercise</p> <p>1pm Luau w/ Timo playing the Steel Drum <u>or</u> Aloha Coloring <u>or</u> 🐻 Teddy</p>	<p>26</p> <p>10am Social Change w/ Rachel <u>or</u> Olympic Stars</p> <p>11am Exercise <u>or</u> Meditation w/ Bill</p> <p>1pm Anna on Piano <u>or</u> BINGO</p>
<p>29</p> <p>10am Happy News w/Rachel <u>or</u> Olympic Watercolors</p> <p>11am Exercise</p> <p>1pm Polka w/ the Three Bees <u>or</u> Golfing</p>	<p>30</p> <p>10am Trivia Tuesday <u>or</u> Dried Flower Art</p> <p>11am Exercise</p> <p>1pm Scattgories <u>or</u> BINGO</p>	<p>31</p> <p>10am Armchair Travels w/ Rachel <u>or</u> Garden Project w/ Mark <u>or</u> Bookmobile</p> <p>11am Exercise</p> <p>1pm Sing-Along <u>or</u> Duck Hunt</p>	 <p>JULY 2024</p> <p>ARKC Activities Calendar</p> <p>Every day @ 9-10 am Social Hour w/ coffee & tea</p> <p>Every day @ 12pm Lunch</p>	

