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| ***Bright Horizons Activities for July 2018*** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**  | **Saturday** |
| **1****Personal Care Mass on TV Exercise** **Walking Group 1:00 United Parish Church Service Bingo** **Helping Around the House** **Coffee Hour/ (Monthly Gazette) Personal Care Evening Small Talk** **Bedtime Reading 8:05 RED SOX** **Canada Day**canadian_flag | **2****Personal Care Mass on TV Gardening** **Exercise** **Bingo** **2:00 Piano Music in the Lobby with Joann** **Walking Group Ring Toss** **Personal Care Evening Small Talk 7:05 RED SOX Bedtime Reading** | **3****Personal Care** **Mass on TV Walking Group 10:00 Arts &****Crafts/ Festive 4th Hats****Exercise** **Bingo** **Nails & Tales** **2:30 Errand Trip 3:30 Country Store Opened** **Personal Care**  **Evening Small Talk** **6:05 RED SOX Bedtime Reading**  | **4****Personal Care Mass on TV Exercise****10:00 Baking/** **Peanut Butter Fudge****Open Air Discussion/R&R****12:00 July 4th BBQ featuring The Cavaliers****Bingo** **Bowling** **Personal Care** **Evening Small Talk** **Bedtime Reading 11:05 RED SOX** | **5****Personal Care** **Exercise**10:30Clark YMCA (POOL)**Bingo**  **List It!**  **Walking Group**  **2:30 Ice cream trip**  **(Murdock)** **3:30 Country Store Opened**  **Personal Care**  **Evening Small Talk Bedtime Reading****National Apple Turnover Day**[This Photo](http://bigboldbeautifulfood.blogspot.com/2009/10/apple-turnovers.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) | **6****“Hair Day”****Personal Care** 10:15 Clark YMCA (Silver Sneakers)**Exercise** **Walking Group Bingo****2:30 Social Hour/** **Dave Andrews Word Game Open-Air Discussion/R&R Ring Toss Helping Around the House Personal Care** **Evening Small Talk Bedtime Reading****8:15 RED SOX** | **7****Personal Care United Parish or Mass on TV Bingo** **Exercise** **1:30 Mystery Ride (weather permitting) Walking Group Cards** **Trivia** **Personal Care Evening Small Talk** **7:15 RED SOX Bedtime Reading National Chocolate Day &****National Strawberry Sundae Day** |
| **8****Personal Care Mass on TV Exercise** **Bingo** **Helping Around the House** **Coffee Hour/ (Reminiscence) 2:15 RED SOX Personal Care Evening Small Talk** **Bedtime Reading** | **9****Personal Care** **Mass on TV Gardening** **Exercise** **Bingo** **2:00 Piano Music in the Lobby with Joann** **Walking Group** **Ring Toss** **Personal Care Evening Small Talk Bedtime Reading****7:10 RED SOX** | **10****Personal Care** **Mass on TV Walking Group 10:00 Arts & Crafts/ Paper Mache Cacti** **Exercise** **Bingo****Nails & Tales** **2:30 Errand Trip 3:30 Rosary****3:30 Country Store Opened** **Personal Care** **7:10 RED SOX Evening Small Talk Bedtime Reading**[This Photo](https://whydyoueatthat.wordpress.com/2014/06/20/introducing-the-hodgepodge/) by Unknown Author is licensed under [CC BY-ND](https://creativecommons.org/licenses/by-nd/3.0/) | **11****“Hair Day”****Personal Care** **Mass on TV** **10:00 Baking/****Pimento cream cheese finger sandwiches****Exercise** **Open Air Discussion/ R & R Bingo** **2:30 Ice Cream Social** **Bowling** **Personal Care** **7:10 RED SOX Evening Small Talk Bedtime Reading****National Make your own Sunday Day** | **12****Personal Care** **10:00 Catholic Mass with Fr. Mike** 10:30 Clark YMCA (POOL)**Exercise** **11:30 Lunch Trip/****Kay’s Dairy Bar** **Bingo** **List It!** **Walking Group** **3:30 Country Store Opened** **Personal Care** **7:10 RED SOX Evening Small Talk Bedtime Reading** | **13****“Hair Day”****Personal Care** 10:15 Clark YMCA (Silver Sneakers)**Exercise Gardening** **Bingo** **2:30 Social****Hour/****Walter Deery****Word Game Afternoon Stretch** **Open-Air Discussion/R&R** **Personal Care 7:10 RED SOX Evening Small Talk** **Bedtime Reading****Barber Shop Music Appreciation Day** | **14****Personal Care United Parish or Mass on TV Bingo** **Exercise** **1:05 RED SOX****1:30 Mystery Ride (weather permitting) Walking Group Cards** **4:05 RED SOX Trivia** **Personal Care Evening Small Talk Bedtime Reading** |
| **15****Personal Care Mass on TV** **Exercise** **Bingo** **1:05 RED SOX Helping Around the House** **Coffee Hour/ (Reminiscence) Personal Care Evening Small Talk Bedtime Reading****National Ice Cream Day**sorvete | **16****Personal Care** **Mass on TV** **Exercise** **Bingo** **2:00 Piano Music in the Lobby with Joann****Walking Group Visualization** **Personal Care** **Wii SPORTS** **Evening Small Talk Bedtime Reading** **8:00 RED SOX**  | **17****Personal Care** **Mass on TV** **10:00 Arts &****Crafts/ Homemade Bird Feeders** **Exercise** **Bingo** **2:30 Animal Craze****Nails & Tales**  **3:30 Country Store Opened** **Personal Care** **8:00 NL vs AL ALL STAR GAME** **Evening Small Talk Bedtime Reading** | **18****“Hair Day”****Personal Care** **Mass on TV** **10:00 Baking/****Jam Filled Butter Cookies****Exercise** **Open Air Discussion/ R & R 2:30 Yoga Class****Bingo** **Noodle Ball Personal Care Evening Small Talk Bedtime Reading**[This Photo](http://flickr.com/photos/cig/2869034186) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/2.0/) | **19****Personal Care** **10:00 Catholic Mass with Fr. Mike** 10:30 Clark YMCA (POOL) **Exercise** **Bingo** **List It!** **3:30 Country Store Opened** **Afternoon Stretch Personal Care** **Evening Small Talk Wii SPORTS** **Bedtime Reading 10:10 RED SOX****National Hot Dog Day**[This Photo](http://commons.wikimedia.org/wiki/File%3AHot_dog_on_a_plate_-_Evan_Swigart.jpg) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **20****“Hair Day”****Personal Care** 10:15 Clark YMCA (Silver Sneakers)**Exercise Gardening** **Bingo****2:30 Social****Hour/ Dan Kirouac** **LIST IT Afternoon Stretch** **Open-Air Discussion/R&R** **Personal Care Evening Small Talk** **7:10 RED SOX****Bedtime Reading** **National Ice Cream Soda Day** | **21****Personal Care United Parish or Mass on TV** **Bingo** **Exercise** **1:30 Mystery Ride (weather** **permitting) Afternoon Stretch Cards** **Trivia** **Personal Care** **8:15 RED SOX****Evening Small Talk** **Bedtime Reading**  |
| ***Bright Horizons Activities for July 2018*** |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **22****Personal Care** **Mass on TV** **Exercise** **1:10 RED SOX Helping Around the House** **Personal Care Evening Small Talk Bedtime Reading** | **23****Personal Care Mass on TV Gardening Exercise** **Bingo** **2:00 Piano Music in the Lobby with Joann** **Walking Group Personal Care** **7:05 RED SOX****Evening Small Talk** **Bedtime Reading** | **24****Personal Care** **Mass on TV** **10:00 Arts & Crafts/ Eatable Aquarium** **Exercise** **Bingo** **Nails & Tales** **3:30 Rosary****3:30 Country Store Opened** **Visualization Personal Care Evening Small Talk Bedtime Reading** **7:05 RED SOX** **Amelia Earhart Day** | **25****“Hair Day”****Personal Care** **Mass on TV** **10:00 Baking/** **Ants on a Log****Exercise** **Open Air Discussion/ R & R****11:30 Picnic Lunch to Mt. Wachusett**  **Bingo** **Ring Toss** **Personal Care Evening Small Talk Wii SPORTS Bedtime Reading 7:05 RED SOX****Culinarians Day**chef | **26****Personal Care** **10:00 Catholic Mass with Fr. Mike** **10:45 Fishing trip/ Dunn’s Park****Exercise**  **Bingo** **List It!** **3:30 Country Store Opened** **Afternoon Stretch Personal Care**  **Evening Small Talk****7:10 RED SOX** **Wii SPORTS** **Bedtime Reading** | **27****“Hair Day”****Personal Care** 10:15 Clark YMCA (Silver Sneakers)**Exercise** **Walking Group Bingo** **2:30 Social****Hour/** **Terry Nally** **Patio Bowling** **Open-Air Discussion/R&R Helping Around the House** **Personal Care** **7:10 RED SOX Evening Small Talk Bedtime Reading** | **28****Personal Care United Parish or Mass on TV Bingo** **Exercise Afternoon** **Stretch** **1:30 Mystery Ride (weather permitting) Cards** **Trivia** **Personal Care 7:10 RED SOX Evening Small Talk** **Bedtime Reading** |
| **29****Personal Care** **Mass on TV** **Exercise** **Gardening** **1:05 RED SOX** **Ring Toss** **Helping Around** **the House** **Coffee Hour/ (TRIVIA)** **Personal Care** **Evening Small Talk Bedtime Reading** | **30****Personal Care Mass on TV Exercise** **2:30 Resident Birthday Party/Richard Erickson****Gardening** **Bingo** **Walking Group Personal Care Evening Small Talk** **7:10 RED SOX****Bedtime Reading****International Day of Friendship**Iedereen-heeft-Minstens-één-Zielsverwant-nodig-want-Eenzaamheid-kan-onze-Grootste-Vijand-Zijn-Easy-Branches | **31****Personal Care** **Mass on TV** **10:00 Arts & Crafts/ Picking Blueberries****Exercise** **Bingo** **2:30 Errand Trip****Nails & Tales**  **3:30 Country Store Opened Visualization Personal Care** **7:10 RED SOX Evening Small Talk Bedtime Reading** | **National Blueberry Month**blueberriesAmerican_Pooh_RGB | **Birthdays****Lyle N. 7/5****Helen N. 7/28**Birthday-HD-Wallpaper-16 |  | ice_cream_by_yogilimon-d3i6lx3 |
| **Main Events****Country Store is open on Tuesday & Thursday - 3:30 PM and by Request.**

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| **1-1:00 United Parish Church Service** | **13-2:30 Social Hour/ Walter Deery** |
| **2, 9, 16 & 23 -2:00 Piano Music in the Lobby with Joann** | **18- 2:30 Yoga Class** |
| ***3, 17 & 31-*2:30 Errand Trip** | **20-2:30 Social Hour/ Dan Kirouac** |
| **4-12:00 July 4th BBQ & The Cavaliers** | **25- 11:30 Picnic Lunch to Mt. Wachusett**  |
| **5 -Ice cream trip to Murdock Dairy Bar** | **26- 10:45 Fishing Trip Dunn’s Park** |
| ***6-* 2:30 Social Hour/ Dave Andrews** | **27-2:30 Social Hour/ Terry Nally** |
| **7, 14, 21 & 28- 1:30 Mystery Ride (weather permitting)** | **30-2:30 Resident Birthday Party/Richard Erickson** |
| **10 & 24- 3:30 Rosary** |  |
| **11-2:30 Ice Cream Social** |  |
| **12, 19, & 26-10:00 Catholic Mass with Fr. Mike** |  |
| **12-11:30 Lunch Trip/ Kay’s Dairy Bar** |  |

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