

Health Care Center Programs ~ July 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Be sure you put your feet in the right place, then stand firm.

~Abraham Lincoln


1
9:30 Coffee Social
10:30 Stretch & Tone
1:30 Relaxation
2:30 Quiet Time
3:00 Trivia
6:30 Movie Night


2
9:30 Coffee Social
10:00 NY Times (Petit Café)
10:00 Walk About
1:30 Church Service
2:30 Quiet Time
3:15 Balloon Kickball
6:30 Movie Night

3
9:15 Jill and Shasta
9:30 Coffee Social
10:30 Exercise with Carl
1:30 Table Talk
2:30 Quiet Time
3:00 Garden w/Fiona
6:30 Movie Night

4 4th of July
9:30 ~~Art with Heather~~
1:30 Sports and Movement
2:30 Quiet Time
3:00 **4th of July Party**
6:30 Movie Night

5
9:30 Coffee Social 
10:30 Exercise with Carl
1:30 Sensory Group
2:30 Quiet Time
3:00 Bingo
5:00 Dinner Music with Si
6:30 Movie Night

6
10:00 Music with Babies 
1:15 Tai Chi with Al
2:30 Quiet Time
3:00 Flower Arranging
6:30 **Music with Jimi James**


7
9:30 Coffee Social 
10:00 Current Events
10:45 Rhythm and Balance
1:30 Literary Corner
2:30 Quiet Time
3:00 **Rita Abrams**
6:30 Movie Night

8
9:30 Coffee Social
10:30 Stretch & Tone
1:30 Relaxation
2:30 Quiet Time
3:00 Trivia
6:30 Movie Night

9
9:30 Coffee Social
10:00 NY Times (Petit Café)
10:00 Walk About
1:30 Church Service
2:30 Quiet Time
3:15 Balloon Kickball
6:30 Movie Night

10
9:15 Jill and Shasta
9:30 Coffee Social
10:30 Exercise with Carl
1:30 Word Games
2:30 Quiet Time
3:30 Poetry w/Phil
6:30 Movie Night

11
9:30 Art with Heather
1:30 Sports and Movement
2:30 Quiet Time
3:00 Bingo
6:30 Movie Night

12
9:30 Coffee Social 
10:30 Exercise with Carl
1:30 Sensory Group
2:30 Quiet Time
3:00 Sing along jukebox
5:00 Dinner Music with Si
6:30 Movie Night

13
10:00 Music with Babies
1:15 Tai Chi w/Al
2:30 Quiet Time
3:00 Flower Arranging
6:30 Movie Night

14
9:30 Coffee Social
10:00 Current Events
10:45 Rhythm and Balance
1:30 Literary Corner
2:30 Quiet Time
3:00 **Happy Hour**
6:30 Movie Night

15
9:30 Coffee Social
10:30 Stretch & Tone
1:30 Relaxation
2:30 Quiet Time
3:00 Trivia
6:30 Movie Night

16
9:30 Coffee Social
10:00 NY Times (Petit Café)
10:00 Walk About
1:30 Church Service
2:30 Quiet Time
3:15 Balloon Kickball
6:30 Movie Night

17
9:15 Jill and Shasta
9:30 Coffee Social
10:30 Exercise with Carl
1:30 Creative Writing
2:30 Quiet Time
3:00 Garden w/Fiona
6:30 Movie Night

18
9:30 Art with Heather
1:30 **Moving into the Circle**
2:30 Quiet Time
3:00 Bingo
6:30 Movie Night

19
9:30 Coffee Social 
10:30 Exercise with Carl
1:30 Sensory Group
2:30 Quiet Time
3:00 Sing along jukebox
5:00 Dinner Music with Si
6:30 Movie Night

20
10:00 Music with Babies
1:15 Tai Chi with Al
2:30 Quiet Time
3:00 Flower Arranging
6:30 Movie Night

21
9:30 Coffee Social
10:00 Current Events
10:45 Rhythm and Balance
1:30 Picture Presentation
2:30 Quiet Time
3:00 **Resident Council**
6:30 Movie Night

22
9:30 Coffee Social
10:30 Stretch & Tone
1:30 Relaxation
2:30 Quiet Time
3:00 Trivia
6:30 Movie Night


23/30
9:30 Coffee Social
10:00 NY Times (Petit Café)
10:00 Walk About
1:30 Church Service
2:30 Quiet Time
3:15 Balloon Kickball
6:30 Movie Night

24/31
9:15 Jill and Shasta
9:30 Coffee Social
10:30 Exercise with Carl
1:30 Word Games
2:30 Quiet Time
3:30 Poetry w/Phil
6:30 Movie Night

25
9:30 Art with Heather
1:30 Sports and Movement
2:30 Quiet Time
3:00 Bingo
6:30 Movie Night

26
9:30 Coffee Social 
10:30 Exercise with Carl
1:30 Sensory Group
2:30 Quiet Time
3:00 **HCC Birthday Party**
5:00 Dinner Music with Si
6:30 Movie Night

27
10:00 Music with Babies
1:15 Tai Chi with Al
2:30 Quiet Time
3:00 Flower Arranging
6:30 Movie Night

28
9:30 Coffee Social 
10:00 Current Events
10:45 Rhythm and Balance
1:30 Literary Corner
2:30 Quiet Time
3:00 **Sausalito Slim**
6:30 Movie Night

29
9:30 Coffee Social
10:30 Stretch & Tone
1:30 Relaxation
2:30 Quiet Time
3:00 Trivia
6:30 Movie Night