











July 2021

Ella Springs (MC)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DIMENSIONS OF WELLNESS  Physical  Spiritual  Vocational  Intellectual  Nutritional  Emotional  Environmental  Social  Health Services  Purposeful	MEETING PLACES AMC - Activity Room - MC CY - Court Yard Th - Theater	<p style="text-align: center;">It is better to have less thunder in the mouth and more lightning in the hand</p> <p style="text-align: center;">- Apache proverb</p>				
4 9:30am Rise and Shine, AMC 10:00am Church service w/ Reverend Anthony Lemon, Th 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Game Time, AMC 1:00pm Daily Chronicle, AMC 1:30pm Independence/July 4th Facts, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm Board Games, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, AMC	5 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Einstein Facts, AMC 1:00pm Daily Chronicle, AMC 1:30pm Pet therapy, Th 1:30pm Stories and Tales, AMC 2:00pm exercise, AMC 2:30pm Transformative Leaders: Mao Zedong, AMC 3:00pm Live Music with Luke Sanchez, Th 3:00pm True or False Quiz, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, CY	6 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:00pm Pete Varney Piano Recital, AMC 12:30pm Travel Tuesday: Trinidad & Tobago, AMC 1:00pm Daily Chronicle, AMC 1:30pm Current Events, AMC 2:00pm Exercise, AMC 2:30pm Word Search, AMC 3:00pm Human Body Facts and Quiz, AMC 3:30pm Patio Soft Drink Gathering, CY	7 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Concentration Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Odd One Out Worksheet, AMC 2:00pm Exercise, AMC 2:30pm Coloring Aesthetics, AMC 3:00pm Green Thumb Forum, CY 3:30pm Game Time, AMC 5:30pm Movie & Popcorn, AMC	8 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Math Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Contemporary Adventures: Andrzej Bargiel, AMC 2:00pm Exercise, AMC 2:30pm Board Games, AMC 3:00pm Wacky Wordy Puzzle, AMC 3:30pm Happy Hour, CY 5:30pm Movie & Popcorn, AMC	9 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Foreign language Basics: Jamaican Patois, AMC 1:00pm Daily Chronicle, AMC 1:30pm Aroma Therapy, AMC 2:00pm Outing: Buzzles Shaved Ice, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm coloring Aesthetics, AMC 3:30pm Ice Cream Social, AMC 5:30pm Suzie Q sing A Long, AMC 10:00pm Music Melodies, AMC	10 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Factoids: Chewing gum, AMC 1:00pm Daily Chronicle, AMC 1:30pm Humor: Jokes and Funny Passages, AMC 2:00pm Exercise, AMC 2:30pm Card Sharks, AMC 3:00pm Coloring Aesthetics, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Movies & Popcorn, AMC
11 9:30am Rise and Shine, AMC 10:00am Church service w/ Reverend Anthony Lemon, Th 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Game Time, AMC 1:00pm Daily Chronicle, AMC 1:30pm Riddles, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm Board Games, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, AMC	12 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Nikola Tesla Facts, AMC 1:00pm Daily Chronicle, AMC 1:30pm Pet therapy, Th 1:30pm Stories and Tales, AMC 2:00pm exercise, AMC 2:30pm Transformative Leaders: Jeff Bezos, AMC 3:00pm True or False Quiz, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, CY	13 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:00pm Pete Varney Piano Recital, AMC 12:30pm Travel Tuesday: Argentina, AMC 1:00pm Daily Chronicle, AMC 1:30pm Current Events, AMC 2:00pm Exercise, AMC 2:30pm Word Search, AMC 3:00pm Weather Facts and Quiz, AMC 3:30pm Patio Soft Drink Gathering, CY 5:30pm Movie & Popcorn, AMC	14 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Concentration Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Odd One Out Worksheet, AMC 2:00pm Exercise, AMC 2:30pm Coloring Aesthetics, AMC 3:00pm Green Thumb Forum, CY 3:30pm Game Time, AMC 5:30pm Movie & Popcorn, AMC	15 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Math Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Contemporary Adventures: Eruc, AMC 2:00pm Exercise, AMC 2:30pm Board Games, AMC 3:00pm Wacky Wordy Puzzle, AMC 3:30pm Happy Hour, CY 5:30pm Movie & Popcorn, AMC	16 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Foreign language Basics: Italian, AMC 1:00pm Daily Chronicle, AMC 1:30pm Aroma Therapy, AMC 2:00pm Outing: Ponderosa Park, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm coloring Aesthetics, AMC 3:30pm Ice Cream Social, AMC 5:30pm Suzie Q sing A Long, AMC 10:00pm Music Melodies, AMC	17 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Factoids: Cotton candy, AMC 1:00pm Daily Chronicle, AMC 1:30pm Humor: Jokes and Funny Passages, AMC 2:00pm Exercise, AMC 2:30pm Card Sharks, AMC 3:00pm Coloring Aesthetics, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Movies & Popcorn, AMC
18 9:30am Rise and Shine, AMC 10:00am Church service w/ Reverend Anthony Lemon, Th 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Game Time, AMC 1:00pm Daily Chronicle, AMC 1:30pm Riddles, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm Board Games, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, AMC	19 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Alessandro Volta Facts, AMC 1:00pm Daily Chronicle, AMC 1:30pm Pet therapy, Th 1:30pm Stories and Tales, AMC 2:00pm exercise, AMC 2:30pm Transformative Leaders: Elon Musk, AMC 3:00pm Live Music with Luke Sanchez, Th 3:00pm True or False Quiz, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, CY	20 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:00pm Pete Varney Piano Recital, AMC 12:30pm Travel Tuesday: Palestine, AMC 1:00pm Daily Chronicle, AMC 1:30pm Current Events, AMC 2:00pm Exercise, AMC 2:30pm Word Search, AMC 3:00pm Food Facts and Quiz, AMC 3:30pm Patio Soft Drink Gathering, CY 5:30pm Movie & Popcorn, AMC	21 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Concentration Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Odd One Out Worksheet, AMC 2:00pm Exercise, AMC 2:30pm Coloring Aesthetics, AMC 3:00pm Green Thumb Forum, CY 3:30pm Game Time, AMC 5:30pm Movie & Popcorn, AMC	22 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Math Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Contemporary Adventures: Kt Miller, AMC 2:00pm Exercise, AMC 2:30pm Board Games, AMC 3:00pm Wacky Wordy Puzzle, AMC 3:30pm Happy Hour, CY 5:30pm Movie & Popcorn, AMC	23 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Foreign language Basics: Russian, AMC 1:00pm Daily Chronicle, AMC 1:30pm Aroma Therapy, AMC 2:00pm Outing: Lents Dog park, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm coloring Aesthetics, AMC 3:30pm Ice Cream Social, AMC 5:30pm Suzie Q sing A Long, AMC 10:00pm Music Melodies, AMC	24 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Factoids: Dolphins, AMC 1:00pm Daily Chronicle, AMC 1:30pm Humor: Jokes and Funny Passages, AMC 2:00pm Exercise, AMC 2:30pm Card Sharks, AMC 3:00pm Coloring Aesthetics, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Movies & Popcorn, AMC
25 9:30am Rise and Shine, AMC 10:00am Church service w/ Reverend Anthony Lemon, Th 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Game Time, AMC 1:00pm Daily Chronicle, AMC 1:30pm Riddles, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm Board Games, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, AMC	26 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Isaac Newton Facts, AMC 1:00pm Daily Chronicle, AMC 1:30pm Pet therapy, Th 1:30pm Stories and Tales, AMC 2:00pm exercise, AMC 2:30pm Transformative Leaders: Richard Branson, AMC 3:00pm True or False Quiz, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Suzie Q Sing A Long, CY	27 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:00pm Pete Varney Piano Recital, AMC 12:30pm Travel Tuesday: Dominican Republic, AMC 1:00pm Daily Chronicle, AMC 1:30pm Current Events, AMC 2:00pm Exercise, AMC 2:30pm Word Search, AMC 3:00pm Dog Facts and Quiz, AMC 3:30pm Patio Soft Drink Gathering, CY 5:30pm Movie & Popcorn, AMC	28 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Concentration Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Odd One Out Worksheet, AMC 2:00pm Exercise, AMC 2:30pm Coloring Aesthetics, AMC 3:00pm Green Thumb Forum, CY 3:30pm Game Time, AMC 5:30pm Movie & Popcorn, AMC	29 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Math Puzzle, AMC 1:00pm Daily Chronicle, AMC 1:30pm Contemporary Adventures: Matt Rutherford, AMC 2:00pm Exercise, AMC 2:30pm Board Games, AMC 3:00pm Wacky Wordy Puzzle, AMC 3:30pm Happy Hour, CY 5:30pm Movie & Popcorn, AMC	30 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music and Motion, AMC 12:30pm Foreign language Basics: Yiddish, AMC 1:00pm Daily Chronicle, AMC 1:30pm Aroma Therapy, AMC 2:00pm Outing: Lents Family Park East, AMC 2:00pm Exercise, AMC 2:30pm Beauty Spa: Nail salon, AMC 3:00pm coloring Aesthetics, AMC 3:30pm Ice Cream Social, AMC 5:30pm Suzie Q sing A Long, AMC 10:00pm Music Melodies, AMC	31 9:30am Rise and Shine, AMC 10:00am Music Melodies, AMC 10:30am Music & Motion, AMC 12:30pm Factoids: Pandas, AMC 1:00pm Daily Chronicle, AMC 1:30pm Humor: Jokes and Funny Passages, AMC 2:00pm Exercise, AMC 2:30pm Card Sharks, AMC 3:00pm Coloring Aesthetics, AMC 3:30pm Patio Casual Gathering, CY 5:30pm Movies & Popcorn, AMC

