




# JULY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p><b>Birthdays this month: Dolly Happy Birthday!</b></p> <hr/> <p><b>Special days this month: Independence Day, July 4th</b></p>					<p>9:30 Morning Moves 10:30 Party Plan Cmte. 1:30 Fun with ARDEN 3:30 Tea Time 4:00 Travel Club</p>	<p>9:30 Seated Exercise 10:30 Word Games 1:00 4th of July Craft 2:30 Cursive Practice 4:00 Noodle Workout</p>	<p>9:30 Sing Along 10:30 Bingo 1:00 Dancing! 2:30 Art Tables 3:30 Nature Film</p>
<p>9:30 Chairzercise 10:30 Patriotic Songs 1:00 Card Games 2:30 Bubble Fun 3:30 Trivia Games</p>	<p>9:30 Birdwatchers 10:00 <b>4th of July PARTY!</b> 2:30 Musical Tour 4:00 Poetry Reading</p>	<p>9:30 Sunrise Stretch 10:30 Gardening 1:00 Photography 2:30 Volley Balloon 3:30 Word Scramble</p>	<p>9:30 Wed. Workout 10:30 Cursive Practice 1:00 Puzzle Tables 2:30 Hangman 4:00 Fun w/ Bubbles</p>	<p>9:30 Chair Yoga 10:30 Wheel of Fun 1:30 Fun with ARDEN 3:30 Birdwatchers 4:00 Beanbag Toss</p>	<p>9:30 TGIF Exercises 10:30 Card Games 1:00 Painting Craft 2:30 Bingo 3:30 Giant Jenga</p>	<p>9:30 Morn Warm-up 10:30 Drawing 1:00 Name that Tune 2:30 Volley Balloon 3:30 Birdwatchers</p>	
<p>9:30 Chair Yoga 10:30 Bingo 1:00 Hymn Singing 2:30 Parachute Ball 3:30 Travel Club</p>	<p>9:30 Mon. Movement 10:30 Rolling the Dice 1:00 Reading Group 2:30 Travel Club 4:00 Gardening</p>	<p>9:30 Morning Moves 10:30 Sudoku 1:00 Drawing Tables 2:30 Beach Boxes 3:30 Birdwatchers</p>	<p>9:30 Seated Dance 10:30 Photography 1:00 Word Puzzles 2:00 <b>Performance — LIVE music featuring Rod Robles!</b></p>	<p>9:30 Sunrise Stretch 10:30 Math Games 1:30 Fun with ARDEN 3:30 Bubble Fun 4:00 Volley Balloon</p>	<p>9:30 Posture Practice 10:30 Gardening 1:00 Friday Movie 2:30 Wheel of Fun 3:30 Poetry Reading</p>	<p>9:30 Seated Dance 10:30 Puzzle Tables 1:00 Bingo 2:30 Ball Toss 3:30 Bubble Fun</p>	
<p>9:30 Sunday Stretch 10:30 Watercolor Art 1:00 Name that Tune 2:30 Bowling 3:30 Sunday Social</p>	<p>9:30 Chair Yoga 10:30 Bingo 1:00 Pun Fun 2:30 Sing Along 4:00 World Trivia</p>	<p>9:30 Seated Exercise 10:30 Cursive Practice 1:00 Card Games 2:30 Volley Balloon 3:30 Hangman</p>	<p>9:30 Morning Moves 10:30 Wheel of Fun 1:00 Sudoku 2:00 Tea Time 3:30 Sing Along</p>	<p>9:30 Seated Dance 10:30 Art Tables 1:30 Fun with ARDEN 3:30 Patio Social 4:00 Gardening</p>	<p>9:30 Noodle Workout 10:30 Numbers Fun 1:00 Book Club 2:30 Nature Film 3:30 Puzzle Tables</p>	<p>9:30 Sunrise Stretch 10:30 Card Games 1:00 Parachute Ball 2:30 Drawing 3:30 Hand Massage</p>	
<p>9:30 Sunday Moves 10:30 World Trivia 1:00 Writing Group 2:30 Bingo 3:30 Sing Along</p>	<p>9:30 Morning Moves 10:30 Manicures 1:00 Sing Along 2:30 Nature Film 4:00 Ball Toss</p>	<p>9:30 Chairzercise 10:30 Bingo 1:30 Trivia Games 3:00 Bubble Fun 4:00 Volley Balloon</p>	<p>9:30 Sunrise Stretch 10:30 Puzzle Tables 1:00 Hand Massages 2:30 Parachute Ball 3:30 Birdwatchers</p>	<p>9:30 Wake-up Workout 10:30 Sing Along 1:00 Numbers Games 2:30 Art w/ TONYA 4:00 Bubble Fun</p>	<p>9:30 Seated Exercise 10:30 Food Trivia 1:00 Bingo 2:00 Friday Movie 4:00 Bowling</p>	<p>9:30 Chair Yoga 10:30 Name that Tune 1:00 Penny Ante 2:30 Ball Toss 3:30 Reading Aloud</p>	

**Villa Alamar**

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Schedule is subject to change. Snacks are served daily at 10 a.m. and 2 p.m.