



JULY

2024



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Mix & Mingle/Daily Dozen Sunrise Stretch (lower) Witty Wellness Checks Brain Bytes Jeopardy BINGO	2	Mix & Mingle/Daily Dozen Chair Charmers Trivia Tuesday Find the Hidden Pictures PIT	3	Mix & Mingle/Daily Dozen Sunrise Stretch (upper body) Brain Bytes Bible Study w/Lori Crafter's Corner (painting)	4	 CLOSED	5	CLOSED
8	Mix & Mingle/Daily Dozen Sunrise Stretch (upper) Brain Bytes Creative Coloring BINGO	9	Mix & Mingle/Daily Dozen  Bowling at Stars & Strikes departure: 10 AM return: 12:15 PM	10	Mix & Mingle/Daily Dozen Sunrise Stretch (lower body) Brain Bytes Bible Study w/Lori Charades	11	Mix & Mingle/Daily Dozen Chair Charmers Puzzlemania Trivia Time Steal the Bundle 	12	Mix & Mingle/Daily Dozen Sunrise Stretch (upper) Brain Bytes BINGO Charades UNO
15	Mix & Mingle/Daily Dozen Sunrise Stretch (lower) Brain Bytes Jeopardy	16	Mix & Mingle/Daily Dozen Chair Charmers Puzzlemania Trivia Tuesday 	17	Mix & Mingle/Daily Dozen Sunrise Stretch (upper) Brain Bytes Bible Study w/Lori BINGO	18	Mix & Mingle/Daily Dozen Drum Fit Cardio Creative Coloring Trivia Time  World Ice Cream Day	19	Ohana Summer Olympics Day 
22	Mix & Mingle/Daily Dozen Sunrise Stretch (upper) Brain Bytes Find the Hidden Pictures Creative Coloring BINGO	23	Mix & Mingle/Daily Dozen Drum Fit Cardio Puzzlemania Trivia Tuesday PIT 	24	Mix & Mingle/Daily Dozen Sunrise Stretch (lower) Brain Bytes Bible Study w/Lori Name that Tune	25	Mix & Mingle/Daily Dozen Bowling at Stars & Strikes departure: 10 AM return: 12:15 PM 	26	Mix & Mingle/Daily Dozen Sunrise Stretch (upper) Brain Bytes Find the Hidden Pictures BINGO UNO
29	Mix & Mingle/Daily Dozen Sunrise Stretch (lower) Brain Bytes Jeopardy BINGO	30	Mix & Mingle/Daily Dozen Chair Charmers Trivia Tuesday Steal the Bundle	31	Mix & Mingle/Daily Dozen Sunrise Stretch (upper body) Brain Bytes Bible Study w/Lori Puzzlemania	ATTENTION MEMBERS & CAREGIVERS If you or your loved one are scheduled to attend the center Tuesday the 9 th , or Thursday the 25 th , please bring \$5.00 for our bowling outing to Stars and Strikes. All members present on those days will be attending this outing, even if you do not plan to bowl.			