

# July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July is a Colorful Month	Morning Chat 1 Stretch & Flex Travel to Canada Parachute Fun Lunch Musical Moments  Canada Day	News of the Day 2 Chair Volleyball UFOs Trivia Time Lunch Pokeno  World UFO Day	Today's History 3 Beanbag Toss Pony Express Cranium Crunches Lunch All About the 4th	4  Fourth of July  MHSDC Closed
	News of the Day 7 Sit & Be Fit Lucky Sevens Brain Teasers Lunch Puzzles & Games  Strawberry Sundae Day	Morning Chat 8 Stretch & Flex John Phillips Sousa Mind Games Outing to Chamber Tailgate Luncheon Red Reception Wear Red Day	News of the Day 9 Balloon Tennis Craft Corner Brain Fitness Lunch Movie Time	Today's History 10 Beanbag Toss Cats & Kittens Parachute Fun Lunch Musical Moments  Kitten Day
News of the Day 14 Sit & Be Fit French Revolution Brain Teasers Lunch Learn about Sharks  Bastille Day	Morning Chat 15 Stretch & Flex Travel to France Parachute Fun Lunch Sunshine Soiree  Wear Yellow Day	News of the Day 16 Chair Volleyball All about Snakes Mind Games Lunch Pokeno  World Snake Day	Today's History 17 Connect Four Learn about Emojis Brain Fitness Lunch Puzzles & Games  World Emoji Day	Morning Chat 18 Stretch & Flex Who Am I? Word Games Lunch Green Gathering  Wear Green Day
News of the Day 21 Sit & Be Fit How It's Made Trivia Time Lunch What Am I?  Junk Food Day	Morning Chat 22 Stretch & Flex Tijuana Brass Jeopardy Lunch Blue Bash  Wear Blue Day	News of the Day 23 Balloon Tennis Craft Corner Brain Teasers Lunch County Fairs  Vanilla Ice Cream Day	Today's History 24 Beanbag Toss All about Cowboys Parachute Fun Lunch Musical Moments  Cowboy Day	Morning Chat 25 Stretch & Flex Mind Games Sing Along with Betsy Lunch Spa Sessions Purple Party Wear Purple Day
News of the Day 28 Sit & Be Fit Hershey Chocolate Brain Fitness Lunch Table Games  Milk Chocolate Day	Morning Chat 29 Stretch & Flex Travel to Seychelles Parachute Fun Lunch A Colorful Afternoon  Be Colorful Day!	News of the Day 30 Chair Volleyball Famous Friends Trivia Time Lunch Pokeno  Friendship Day	Today's History 31 Connect Four All about Dogs Brain Teasers Lunch Puzzles & Games  Mutt's Day	

Activities are subject to change.

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