



ActivCare Brittany House

July 2023



Daily Activities

Newsorthy
Current Events

Walker's Club
Neighborhood Strolls

Thinking & Doing
Cognitive Exercises

Musical Moments
Interactive Entertainment

Fitness Activity
Stretching & Strength

Creative Arts
Artistic Expression

SPECIAL EVENTS



July 4

Independence Day
BBQ

July 27

Birthday Party



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 World UFO Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Paper Plate Flags 1:00 Word Search Puzzles 3:00 Coffee Social 3:30 Videos on World UFO Day 4:00 Neighborhood Walk 6:00 NAME 10	3 9:15 Today in History & Current Events 9:45 Grooming 10:00 Morning Exercise: Stretch Bands 10:30 Coffee Social 11:00 Firework Craft 1:00 Table Top Puzzles 3:00 Coffee Social 3:30 Prize Bingo 4:30 Sing Along 6:00 Relaxing To Music	4 Independence Day Put It on the Grill Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 4th Of July Activity & BBQ 2:00 Music Entertainment: ELVIS 3:00 Coffee Social 3:30 Independence Day Craft Nature Walk 4:30 Music & Me 6:00 Firework Show	5 Cracker Jack Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Artistic Expression 1:00 Quiet Activities & Puzzles 3:00 Cracker Jack & Coffee Social 3:30 Table Top Games Nature Walk 4:30 Finish The Lyrics 6:00 Funny Home Puppy Videos	6 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Travelogue: Key West Florida 1:00 Quiet Activities & Puzzles 2:00 Cooking For The Senses 3:00 Coffee Social 3:30 Pamper Me Lovely Nature Walk 4:30 Puzzles & Music 6:00 Easy Listening Music	7 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Paint & Sip: Beach Scene 1:00 Birdwatching 3:00 Coffee Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Story Time	8 Evening Stretch 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Outdoor Gardening 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Spa Day 4:30 Beach Ball Toss 6:00 Evening Stretch
9 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Artistic Expression 1:00 Yoga to Relaxing Music 3:00 Coffee Social 4:30 Working with Watercolors 6:00 Continue Watercolors 6:00 Moonlight Movie	10 Lady Godiva Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Documentary: Lady Godiva 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Prize Bingo 4:30 Sing Along 6:00 Funniest Home Videos	11 MLB All-Star Game 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Abstract Art 1:00 Wordsearch Puzzles 3:00 Coffee Social 3:30 Creative Writing: Favorite Baseball Team 4:00 Writing & Music 6:00 MLB All-Star Game	12 Summer Songs Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Sun Catchers 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 4:30 Karaoke Music & Me Nature Walk 4:30 Yoga to Relaxing Music 6:00 Moonlight Movie	13 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Craft: Pinwheels 1:00 Quiet Activities & Puzzles 2:00 Cooking For The Senses 3:00 Coffee Social 3:30 Ball Toss Nature Walk 4:30 Wordsearch Puzzles 6:00 Random Trivia	14 Summer Crafts 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Summer Paper Craft 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Name 10	15 Christmas in July Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Santa On the Beach 1:00 Water The Garden 3:00 Coffee Social 3:30 Saturday Matinee Nature Walk 4:30 Discussion: Christmas in July 6:00 Table Top Puzzles
16 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Fun In The Sun 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Pamper Me Lovely 4:30 Evening Stretch with Music 6:00 Story Time	17 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Travelogue: Different Beaches 2:00 Chair Yoga with Brian 3:00 Coffee Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Sounds of the 60s	18 Nelson Mandela's Birthday 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Documentary: Nelson Mandela 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Ballroom Swat Nature Walk 4:00 Name That Tune 6:00 Random Trivia	19 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Artistic Expression 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Table Top Games 4:30 Evening Stretch 6:00 Table Top Puzzles	20 Dance Party Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Music & Movement 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Exercise Hour & Music 4:30 Wordsearch Puzzle Exercise 6:00 Funny Puppy Home Videos	21 Junk Food Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Name that Junk Food 1:00 Cleaning Out Junk Drawers 3:00 Coffee Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Moonlight Movie	22 Sports Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Ball Toss 1:00 Cleaning Out Junk Drawers 3:00 Coffee Social 3:30 Creative Writing: My Favorite Sport Nature Walk 4:30 Puzzles 6:00 Easy Listening Music
23 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Outdoor Gardening 1:00 Random Wordsearch Puzzles 3:00 Coffee Social 3:30 Spa Day 4:30 Name That Tune 6:00 Name 10	24 Blue Monday 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 Abstract Art: Family of Blue 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Random Trivia	25 Hot Fudge Sundae Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 In The Kitchen: Hot Fudge Sundae 1:00 Cleaning Out Junk Buckets 3:00 Coffee Social 3:30 Pamper Me Lovely Nature Walk 4:30 Dance With Me 6:00 Moonlight Movie	26 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Magazine Craft 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Sounds Of The 60s Nature Walk 4:30 Evening Stretch 6:00 Table Top Puzzles	27 Bugs Bunny's Birthday Birthday Party 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 11:00 Birthday Cards 1:00 Bugs Bunny Movie 2:30 Birthday Party 3:30 Birthday Hat Craft Nature Walk 4:30 Ball Toss 6:00 Funny Home Videos	28 National Chocolate Milk Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 11:00 Paint & Sip 1:00 Table Top Puzzles 3:00 Chocolate Milk Social 3:30 Prize Bingo Nature Walk 4:30 Sing Along 6:00 Moonlight Movie & Popcorn	29 Global Tiger Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Artistic Expression: Tigers 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Table Top Games 4:30 Watering The Garden 6:00 Evening Stretch
30 International Day of Friendship 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise 10:30 Coffee Social 11:00 Creative Writing: Letters To Friend 1:00 Quiet Activities & Puzzles 3:00 Coffee Social 3:30 Sunday Matinee w/Popcorn Nature Walk 6:00 Evening Stroll	31 National Avocado Day 9:15 Today in History & Current Events 9:45 Grooming 10:00 Good Morning Exercise: ActivFit 10:30 Coffee Social 11:00 In The Kitchen: Guacamole Dip 2:00 Chair Yoga with Brian 3:00 Coffee Social 3:30 Prize Bingo 4:30 Sing Along 6:00 Funniest Home Videos					

Activities are subject to change without notice.