



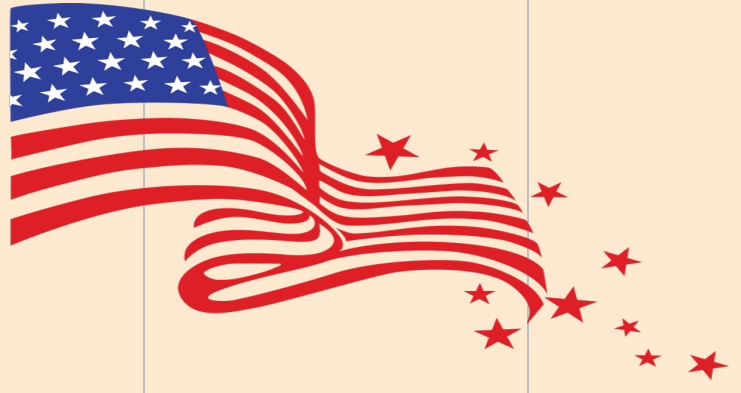


MONTHLY ACTIVITY SCHEDULE

July 2019

ISLAND SHORES SENIOR RESIDENCE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Catholic Mass 11:15 Exercise 11:30 General Store Open 1:00 Monday Melodies 2:00 Independence Day Trivia 2:45 Bingo 3:30 Computer Help 6:00 Residents' Choice Movie	2 8:30 Physical Therapist 9:00 Beautician 9:45 CASC Shopping Bus 10:15 Adult Coloring: <i>Patriotic Theme</i> 11:00 Chair Dance Aerobics I 1:00 Easy Music Listening 1:00 Rosary Group Gathering 1:45 Tchaikovsky's <i>Sleeping Beauty</i> 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Residents' Choice Movie	3 10:15 Carol's Book Club 10:15 Morning Poker 11:00 Chair Exercises 11:30 General Store Open 1:00 Easy Music Listening 1:45 Current Events 2:45 Jackpot Bingo 6:00 Guys Night at the Movies 6:20 Poker Night	 10:30 Rosary Group Gathering 11:00 Chair Dance Aerobics 1:00 Patriotic Tunes 1:15 Annie's 4th of July Candy Craze 2:30 Coffee Social 2:45 Resident Bingo 6:00 Movie: The Patriot 	 9:00 Beautician 11:00 Exercise 11:30 General Store Open 1:00 Patriotic Tunes 1:00 Avon Calling 2:00 Outdoor 4th of July Party 2:00 Live Music w/ Bill T. & Co. 2:30 Strawberry Daquiris 3:00 Flag Cake, Snacks & Coffee 6:00 Movie: National Treasure	6 8:30 Physical Therapist 10:15 Independent Crafting 11:00 Exercise 11:30 General Store Open 1:00 Connie Frances Tunes 2:00 Information Session: Fall Prevention for Seniors 2:30 Coffee & Conversation 2:45 Bingo 6:00 Saturday Movie
7 FAMILY DAY 11:00 Easy Chair Exercises 1:15 Sunday Movie Matinee 1:30 Rosary Group Gathering 2:30 Coffee, Tea & Cookies 2:45 Resident Bingo 6:00 Movie	8 9:00 Podiatrist 10:30 Catholic Mass 11:15 Exercise 11:30 General Store Open 1:00 Monday Melodies 2:00 July Trivia 3:00 Bingo 6:00 Hallmark Romance	9 8:30 Physical Therapist 9:00 Beautician 9:45 CASC Shopping Bus 10:15 Summer Crafts 11:15 Chair Dance Aerobics I 1:00 Easy Music Listening 1:00 Rosary Group Gathering 1:45 Family Feud Card Game 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Turner Movie Classics	10 10:15 <i>Wii Bowling</i> 11:00 Chair Exercises 11:30 General Store Open 1:00 Easy Music Listening 1:45 Current Events 2:45 Jackpot Bingo 3:30 Resident Garden Pruning 6:00 Guys Night at the Movies 6:20 Poker Night	11 8:30 Physical Therapist 10:15 Uno 10:30 Rosary Group Gathering 11:00 Stretch & Exercise 1:00 Country Tunes 1:30 Fairy Tales, Fables & More w/ Jordana, NYPL 2:30 Coffee, Tea & Cookies 2:45 Outdoor <i>Bullseye Target Toss</i> 6:00 Movie & Popcorn 6:20 Tabletop Horse Racing	12 9:00 Beautician 10:15 Morning Manicures 11:00 Exercise 11:30 General Store Open 1:00 The Platter's Tunes 2:15 Wine & Cheese Social 2:45 Bingo 3:00 Coffee & Tea 3:30 Resident Garden Pruning 6:00 Comedy	13 8:30 Physical Therapist 10:15 Independent Crafting 11:00 Exercise 11:30 General Store Open 1:00 Big Band Tunes 2:00 Marianna's Trivia Picks 2:30 Coffee & Conversation 2:45 Bingo 6:00 Saturday Movie
14 BASTILLE DAY 11:00 Easy Chair Exercises 1:15 Sunday Movie Matinee 1:30 Rosary Group Gathering 2:30 Coffee, Tea & Cookies 2:45 Resident Bingo 6:00 Movie 	15 10:30 Catholic Mass 11:15 Seniorcise 11:30 General Store Open 1:00 Monday Melodies 2:00 July Crosswords 2:30 Coffee, Tea & Cookies 2:45 Bingo 3:30 Computer Help 6:00 Residents' Choice Movie	16 8:30 Physical Therapist 9:00 Beautician 9:45 CASC Shopping Bus 10:15 Vive la France - Make Chocolate Fondue Fruits 11:00 Exercise Tape 1:00 Easy Music Listening 1:00 Rosary Group Gathering 2:00 Word Teasers: <i>Funny Sayings</i> 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Movie: Les Miserables	17  Celebrate France/Bastille Day 10:15 Spotlight on History: Why is Bastille Day Celebrated in France? 11:00 Chair Exercises 11:30 General Store Open 1:00 Easy Music Listening 1:45 Armchair Travel: The Palace of Versailles 2:30 French Wines & Cheese 3:00 Jackpot Bingo 6:00 Movie: Marie Antoinette 6:20 Poker Night 	18 8:30 Physical Therapist 10:15 Morning Poker 10:30 Rosary Group Gathering 11:00 Seniorcise 1:00 Rod Stewart Tunes 12:30 Avon Calling 1:30 Tai Chi w/ Connie 2:00 Therapist 2:30 Coffee Social 2:45 Outdoor Shuffleboard 6:00 Movie & Popcorn 6:20 Left, Right, Center Dices	19 9:00 Beautician 10:00 Physician 10:15 Rummikube 11:00 Chair Exercises 11:30 General Store Open 1:00 Johnny Mathis Tunes 2:15 Wine & Cheese Social 2:45 Bingo 3:00 Coffee & Tea 6:00 Movie	20 8:30 Physical Therapist 10:15 Independent Crafting 11:00 Exercise 11:30 General Store Open 1:00 Classical Tunes 2:00 Dominos 2:30 Coffee, Tea & Snacks 2:45 Bingo 6:00 Saturday Movie

<p style="text-align: center;">21</p> <p style="text-align: center;">FAMILY DAY</p> <p>11:00 Easy Chair Exercises 1:15 Sunday Movie Matinee 1:30 Rosary Group Gathering 2:30 Coffee, Tea & Cookies 2:45 Resident Bingo 6:00 Movie</p>	<p style="text-align: center;">22</p> <p>9:00 Podiatrist 10:30 Catholic Mass 11:15 Exercise 11:30 General Store Open 1:00 Monday Melodies 2:00 Resident Garden Pruning 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Hallmark Romance</p>	<p style="text-align: center;">23</p> <p>8:30 Physical Therapist 9:00 Beautician 9:45 CASC Shopping Bus 10:15 Summer Crafts 11:15 Chair Dance Aerobics 1 1:00 Frank Sinatra Tunes 1:00 Rosary Group Gathering 1:45 Toss 'n Talk-About Ball 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Turner Movie Classics</p>	<p style="text-align: center;">24</p>  <p>10:15 Boggle 11:00 Chair Exercises 11:30 General Store Open 11:30 Restaurant Outing 1:00 Easy Music Listening 2:30 Coffee Social 2:45 Jackpot Bingo 3:30 Shopping on the Web 6:00 Guy's Night at the Movies 6:20 Poker Night</p>	<p style="text-align: center;">25</p>  <p>8:30 Casino Trip 8:30 Physical Therapist 10:15 Morning Poker 10:30 Rosary Group Gathering 11:00 Stretch & Exercise 1:00 Barbra Streisand Tunes 1:45 Current Events 2:30 Coffee Social 3:00 Board Games 6:00 Movie & Popcorn</p>	<p style="text-align: center;">26</p>  <p>9:00 Beautician 10:15 Adult Coloring w/ Nancy 11:00 Chair Aerobics 11:30 General Store Open 1:00 Rod Stewart Tunes 2:15 Wine Time! 2:30 July Birthday Party w/ <i>Benny R.</i> 3:00 B'Day Cake, Coffee & Tea 6:00 Comedy</p>	<p style="text-align: center;">27</p> <p>8:30 Physical Therapist 10:15 Independent Crafting 11:00 Exercise 11:30 General Store Open 1:00 Sinatra Tunes 1:45 Wii Bowling 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Saturday Movie</p>
<p style="text-align: center;">28</p> <p style="text-align: center;">FAMILY DAY</p> <p>11:00 Easy Chair Exercises 1:15 Sunday Movie Matinee 1:30 Rosary Group Gathering 2:30 Coffee, Tea & Cookies 2:45 Resident Bingo 6:00 Movie</p>	<p style="text-align: center;">29</p> <p>10:30 Catholic Mass 11:15 Seniorcise 11:30 General Store Open 1:00 Monday Melodies 1:45 Current Events 2:00 Board Games 2:30 Coffee, Tea & Cookies 2:45 Bingo 6:00 Residents' Choice Movie</p>	<p style="text-align: center;">30</p> <p>8:30 Physical Therapist 9:00 Beautician 9:45 CASC Shopping Bus 10:15 Summer Crafts w/ Marianna 11:00 Exercise 11:30 General Store Open 1:00 Easy Music Listening 1:00 Rosary Group Gathering 1:30 Hot Topics w/ Rob, NYPL 2:30 Coffee, Tea & Cookies 2:45 Bingo 3:30 Resident Garden Pruning 6:00 Residents' Choice Movie</p>	<p style="text-align: center;">31</p> <p>10:15 Wii <i>Bowling</i> 11:00 Chair Exercises 11:30 General Store Open 1:00 Easy Music Listening 1:30 Information Session by VCS* <i>*Veteran Care Services</i>  3:00 Jackpot Bingo 3:30 Computer Help 6:00 Guys Night at the Movies 6:20 Poker Night</p>			

Activity Schedule is Subject to Change.

Rev. 7/1/19