

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Happy July Birthdays! Galo A.- 3rd Lucy G.- 6th Ruth C. H.- 7th Sonja Z. - 9th Bernard W.- 14th	Lawrence J.- 20th Linda T. - 21st Nancy F. - 30th Helen O.- 30th	Daily Chronicle Chat Seated Yoga Freeze Dance 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures Audrey Hepburn Documentary	Daily Chronicle Chat Silver Sneakers Exercise 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Songs of the Red, White & Blue 11:00 4 th of July Social - AR	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics Thank God It's Monday (TGIM) E.T. the Extra-Terrestrial 10:00 Bus Trip: Wegmans 1:15 Bus Trip: The Garden Factory	Daily Chronicle Chat Tai Chi Giant Bowling 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Strength & Balance Manicures Explore Earth's Tropical Islands I BBC Earth Documentary 10:00 Bus Trip: Irondequoit Library	Daily Chronicle Chat Silver Sneakers Exercise Patsy Cline Documentary 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Frank Sinatra: The Golden Age of an American Idol Documentary 11:30 Bus Trip: Genesee Brew House 1:00 Sing-A-Long with Kathy	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics 11:00 Bus Trip: Wild Wings with a Packed Lunch 2:30 July Birthday Social - AR 6:00 Senior Helpers Meet & Greet - Family and Friends are Welcome to Join!	Daily Chronicle Chat Seated Yoga Brain Games 11:00 Church Service with Pastor Angelo - CH 2:00 Tom Dunn - LR	Daily Chronicle Chat Sit & Be Fit Manicures 10:00 Bus Trip: Dollar Tree	Daily Chronicle Chat Silver Sneakers Exercise The Wizard of Oz 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Olivia Newton-John Documentary 1:00 Sing-A-Long with Kathy 2:30 Magician Josh Farley -LR	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics Shake Loose a Memory The Beatles: In the Life Documentary 10:00 Bus Trip: Wegmans	Daily Chronicle Chat Tai Chi 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Strength & Balance Manicures 10:00 Bus Trip: Irondequoit Library	Daily Chronicle Chat Silver Sneakers Exercise Shirley Temple Documentary 10:00 Bus Trip: Roch. Red Wing Game & Lunch 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Romeo and Juliet 1:00 Sing-A-Long with Kathy	Weekend Workout (AR) Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics West Side Story 10:00 Bus Trip: Five Below 1:15 Bus Trip: Casino	Daily Chronicle Chat Seated Yoga Love is Kind Day - Love Songs 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Manicures 3:30 Don Mancuso - LR	Daily Chronicle Chat Silver Sneakers Exercise Elizabeth Taylor Documentary 2:30 BINGO BASH! - AR	AR- Activity Room MR- Media Room CH- Chapel GR- Game Room ILDR- Independent Living Dining Room Independent- Self directed, materials are available in the activity room	

July 2025
Gardens



ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Casey Jurs
Community Life Director
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Activities Led By
Kristen, Lukus, Tammy, Lauren & Casey

Italics - Entertainer Performance Bus

Trips - Sign up in Lobby (Bus Trips must be signed up for before the day of the outing)

FD- Front Desk
AS- Art Studio
LR- Living Room
PA- Patio