



# July 2018

## MEMORY CARE LIFE ENRICHMENT CALENDAR

*"In these divine pleasures permitted to me of walk in the June night under moon and stars, I can put my life as a fact before me and stand aloof from its honor and shame." ~ Ralph Waldo Emerson*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1 Morning Donuts</b> 9:15 Spiritual Melodies <u>9:30 Church Service</u> <u>10:00 Donut Social</u> 10:45 Guess The Word 1:15 Let's Move 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Book Club</b> <b>Sequoia: Evening Manicures</b>	<b>2 Happy Birthday S.</b> 9:15 Let's Move <u>10:00 Scenic Drive</u> 10:15 Munch Brunch <u>10:45 Bowling</u> 1:15 Joyful Songs 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Bowling</b> <b>Sequoia: Stretches</b>	<b>3</b> 9:00 Let's Move <u>9:30 Pampering Spa</u> 10:00 Munch Brunch 10:30 Name That Tune 1:15 Art Studio <u>2:30 Birthday Celebration w/ Rich Jackson</u> <b>Willow: Manicures</b> <b>Sequoia: Book Club</b>	<b>4 Happy Birthday Robert Z. &amp; Nancy K.</b> <u>9:15 Kitchen Creation</u> 10:00 Munch Brunch <u>10:30 Morning Stroll</u> <u>10:45 Bowling</u> 1:30 Bingo 2:15 Goodie Snack <u>3:00 Fourth of July Social</u> <b>Willow: Trivia Ball</b> <b>Sequoia: Stretches</b>	<b>5</b> <u>9:15 Good Moring Bingo</u> 9:45 Munch Brunch 10:30 True or False <u>1:30 Guess The Object</u> 2:00 Afternoon Stretch <u>2:45 Fruit Stand</u> <u>3:15 Double Bingo</u> <b>Willow: Manicures</b> <b>Sequoia: Spa Time</b>	<b>6</b> 9:15 Let's Move 10:00 Munch Brunch <u>10:45 Bowling</u> 1:15 Art Studio <u>2:15 Ice Cream Social</u> 3:00 Bingo 4:00 Current Events <b>Willow: Trivia</b> <b>Sequoia: Book Club</b>	<b>7</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Riddle Me That 1:15 Movie Social 1:30 Jigsaw Puzzles 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia</b> <b>Sequoia: Aerobics</b>
<b>8</b> 9:15 Spiritual Melodies <u>9:30 Church Service</u> 10:00 Munch Brunch 10:45 Guess The Word 1:15 Let's Move 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Book Club</b> <b>Sequoia: Evening Manicures</b>	<b>9</b> 9:15 Let's Move <u>10:00 Scenic Drive</u> 10:15 Munch Brunch <u>10:45 Bowling</u> 1:15 Joyful Songs 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Bowling</b> <b>Sequoia: Stretches</b>	<b>10</b> 9:00 Let's Move <u>9:30 Pampering Spa</u> 10:00 Munch Brunch 10:30 Name That Tune 1:15 Art Studio <u>2:30 Happy Hour w/ Dan Cabral</u> <b>Willow: Manicures</b> <b>Sequoia: Book Club</b>	<b>11</b> <u>9:15 Kitchen Creation</u> 10:00 Munch Brunch <u>10:30 Morning Stroll</u> <u>10:45 Bowling</u> 1:30 Joyful Songs 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia Ball</b> <b>Sequoia: Stretches</b>	<b>12</b> <u>9:15 Good Moring Bingo</u> 9:45 Munch Brunch 10:30 True or False <u>1:30 Guess The Object</u> 2:00 Afternoon Stretch <u>2:45 Fruit Stand</u> <u>3:15 Double Bingo</u> <b>Willow: Manicures</b> <b>Sequoia: Spa Time</b>	<b>13</b> 9:15 Let's Move 10:00 Munch Brunch <u>10:45 Bowling</u> 1:15 Art Studio <u>2:15 Ice Cream Social</u> 3:00 Bingo 4:00 Current Events <b>Willow: Trivia</b> <b>Sequoia: Book Club</b>	<b>14</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Riddle Me That 1:15 Movie Social 1:30 Jigsaw Puzzles 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia</b> <b>Sequoia: Aerobics</b>
<b>15</b> 9:15 Spiritual Melodies <u>9:30 Church Service</u> 10:00 Munch Brunch 10:45 Guess The Word 1:15 Let's Move 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Book Club</b> <b>Sequoia: Evening Manicures</b>	<b>16</b> 9:15 Let's Move <u>10:00 Scenic Drive</u> 10:15 Munch Brunch <u>10:45 Bowling</u> 1:15 Joyful Songs 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Bowling</b> <b>Sequoia: Stretches</b>	<b>17</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Name That Tune <u>Town Square Lunch Panda Express</u> 1:15 Art Studio <u>2:30 Happy Hour w/ Susie Spadier</u> <b>Willow: Evening Manicures</b> <b>Sequoia: Evening Book Club</b>	<b>18</b> <u>9:15 Kitchen Creation</u> 10:00 Munch Brunch 10:45 Bingo 1:15 Afternoon Stretch <u>2:15 Polynesian Dancers</u> 3:00 Bingo <b>Willow: Trivia Ball</b> <b>Sequoia: Stretches</b>	<b>19</b> <u>9:15 Good Moring Bingo</u> 10:00 Munch Brunch 10:45 True or False <u>1:30 Guess The Object</u> 2:00 Afternoon Stretch <u>2:45 Fruit Stand</u> <u>3:15 Double Bingo</u> <b>Willow: Manicures</b> <b>Sequoia: Spa Time</b>	<b>20</b> 9:15 Let's Move 10:00 Munch Brunch <u>10:45 Bowling</u> 1:15 Art Studio <u>2:15 Ice Cream Social</u> 3:00 Bingo 4:00 Current Events <b>Willow: Trivia</b> <b>Sequoia: Book Club</b>	<b>21</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Riddle Me That 1:15 Movie Social 1:30 Jigsaw Puzzles 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia</b> <b>Sequoia: Aerobics</b>
<b>22</b> 9:15 Spiritual Melodies <u>9:30 Church Service</u> 10:00 Munch Brunch 10:45 Guess The Word 1:15 Let's Move 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Book Club</b> <b>Sequoia: Evening Manicures</b>	<b>23</b> 9:15 Let's Move <u>10:00 Scenic Drive</u> 10:15 Munch Brunch <u>10:45 Bowling</u> 1:15 Joyful Songs 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Bowling</b> <b>Sequoia: Stretches</b>	<b>24</b> 9:00 Let's Move <u>9:30 Pampering Spa</u> 10:00 Munch Brunch 10:30 Name That Tune 1:15 Art Studio <u>2:30 Happy Hour w/ Richie Blue</u> <b>Willow: Evening Manicures</b> <b>Sequoia: Evening Book Club</b>	<b>25</b> <u>9:15 Kitchen Creation</u> 10:00 Munch Brunch <u>10:30 Morning Stroll</u> <u>10:45 Bowling</u> 1:30 Joyful Songs 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia Ball</b> <b>Sequoia: Stretches</b>	<b>26</b> <u>9:15 Good Moring Bingo</u> 10:00 Munch Brunch 10:45 True or False <u>1:15 Guess The Object</u> 2:00 Afternoon Stretch <u>2:45 Fruit Stand</u> <u>3:15 Double Bingo</u> <b>Willow: Manicures</b> <b>Sequoia: Spa Time</b>	<b>27</b> 9:15 Let's Move 10:00 Munch Brunch <u>10:45 Bowling</u> 1:15 Art Studio <u>2:15 Ice Cream Social</u> 3:00 Bingo 4:00 Current Events <b>Willow: Trivia</b> <b>Sequoia: Book Club</b>	<b>28</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Riddle Me That 1:15 Movie Social 1:30 Jigsaw Puzzles 2:15 Goodie Snack 3:00 Bingo <b>Willow: Trivia</b> <b>Sequoia: Aerobics</b>
<b>29</b> 9:15 Spiritual Melodies <u>9:30 Church Service</u> 10:00 Munch Brunch 10:45 Guess The Word 1:15 Let's Move 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Book Club</b> <b>Sequoia: Evening Manicures</b>	<b>30</b> 9:15 Let's Move 10:00 Munch Brunch <u>10:45 Bowling</u> 1:15 Joyful Songs 2:30 Goodie Snack 3:10 Bingo <b>Willow: Evening Bowling</b> <b>Sequoia: Stretches</b>	<b>31</b> 9:15 Let's Move 10:00 Munch Brunch 10:30 Name That Tune <u>Town Square Lunch, In &amp; Out</u> 1:15 Art Studio <u>2:30 Happy Hour w/ Jan Bevil</u> <b>Willow: Evening Manicures</b> <b>Sequoia: Evening Book Club</b>	<b>All Activities are Subject to Change</b>			

Cottonwood Court would like to wish  
our residents a Happy Birthday!



Sylvia G. — July. 2  
Robert Z. — July. 4  
NancyK. — July. 4  
Jesus G. — July. 22

*Our June Memories At Cottonwood Court*



*Alzheimer Support Group*

July 25, 2018 Wednesday 6:00 p.m.  
Namaste Room  
Memory Care Building



# July 2018

*This Month*

**Sunday**  
Church Service  
**Monday**  
Scenic Drive  
Bowling  
**Tuesday**  
Pampering Spa  
Name That Tune  
Happy Hour  
**Wednesday**  
Kitchen Creations  
Morning Stroll  
Pet Therapy  
**Thursday**  
Double Bingo  
Pet Therapy  
Spiritual Harmony  
Fruit Stand

*Special Events*

**Friday**  
Bowling  
Ice Cream Social  
**Saturday**  
Movie Social  
Pampering Spa  
**July 1**  
Donuts Social  
**July 4**  
Fourth of July Social  
**July 17**  
Birthday Celebration  
**July**  
Town Square Lunch  
Panda Express  
**July 18**  
Polynesian Dancers  
**July 31**  
Town Square Lunch  
In & Out

**Cottonwood Court Senior Living**

**7468 N Millbrook Ave., Fresno, 93720  
(559) 446-1266**