


Harbor Memory Care Activities Calendar July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barbara Zachary 7-5-1927 Irene Holt 7-6-1929	<i>Happy Birthday!</i>		Opal Black July 9, 1927	Theme of the Month America	Hair Salon Wednesday and Thursday 9am-4pm	All appointments are subject to change due to sickness or emergencies
				1	2	3
Dot Rountree 7-16-1930 Sue Baggett 7-16-1941	Mary Wright 7-21-1928	Debi Haynie 7-26-1955	Barbara Engle 7-28-1936	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Enjoying a Musical 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Stretching 12:00 July 4th Picnic Lunch 1:30 Rest and Relaxation 3:00 Bingo and Happy Hour	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Enjoying a Musical 1:30 Rest and Relaxation 4:00 Hand Massage with lotion
4	5	6	7	8	9	10
	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Balloon Tennis 11:00 Short Stories 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Parachute Toss 11:00 Create with clay 2:00 Monthly Birthday 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Bouncing Balls 11:00 Andy Griffith Show 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 String the Noodles 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Stretching 11:00 Puzzles 1:30 Rest and Relaxation 3:00 Bingo and Happy Hour	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Enjoying a Musical 1:30 Rest and Relaxation 4:00 Hand Massage with lotion
11	12	13	14	15	16	17
10:00 Joel Osteen 3:00 Bingo	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Balloon Tennis 11:00 Short Stories 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Parachute Toss 11:00 Colorful Art 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Bouncing Balls 11:00 Tie and Untie the Knots 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Roll Yarn into Balls 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Stretching 11:00 Music and Singing 1:30 Rest and Relaxation 3:00 Bingo and Happy Hour	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Building with LEGO 1:30 Rest and Relaxation 4:00 Hand Massage with lotion
18	19	20	21	22	23	24
11:00 Sunday Service with Lynn and Skipper Hudson 3:00 Bingo	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Balloon Tennis 11:00 Fun with scarves and hats 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Parachute Toss 11:00 Puzzles 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Bouncing Balls 11:00 Fidget Shapes 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Building with LEGO 2:00 Birthday Party 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Stretching 11:00 Music and Singing 1:30 Rest and Relaxation 3:00 Bingo and Happy Hour	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 Nail Care 1:30 Rest and Relaxation 4:00 Hand Massage with lotion
25	26	27	28	29	30	31
10:00 Joel Osteen 3:00 Bingo	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Balloon Tennis 11:00 Fun with scarves and hats 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Parachute Toss 11:00 Puzzles 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Bouncing Balls 11:00 Building with LEGO 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Joints in Motion 11:00 String the Noodles 1:30 Rest and Relaxation 4:00 Hand Massage with lotion	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Stretching 11:00 Music and Singing 1:30 Rest and Relaxation 3:00 Bingo and Happy Hour	8:45 Devotion Time 9:00 Best face forward 10:00 Exercise Parachute Toss 11:00 Colorful Art 1:30 Rest and Relaxation 4:00 Hand Massage with lotion