**July 2025** 

Liberty Living   Memory Ca	re	Life	Life Enrichment Monthly Calendar			Activities are subject to change.	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		*10:00 Catholic Rosary in AL 1 10:30 July Trivia 11:00 Bridgetown Music and Movement 1:45 Patriotic Bouquet Photo Craft 2:45 Bible Study 3:45 The Perk 6:00 Piano Music for Relaxation	10:30 Hymn Sing Along 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Uno Card Game 2:30 Sing Along with Rebel 3:30 Bingo 3:45 The Perk 6:15 Adult Coloring	3 10:30 Interactive Music Session with Senior Music Connection 11:45 June Fun Facts 1:45 Sticker Flag Art 4:00 Thirsty Thursday 4:30 Keep It Moving 5:00 The Perk 6:15 Sing Along with Rebel	Independence Day  10:30 Danbury Drummers Cardio Exercise  11:30 Red, White, and Blue Paper Pinwheel Craft  2:00 Patriotic Sing Along  3:00 Adult Coloring  3:45 The Perk  8:00 "Macy's 4 <sup>th</sup> of July Fireworks Special" (NBC tv)	5 10:30 Saturday Stretches 11:00 Noodle Ball 11:45 Finish the Phrase 1:45 Tabletop Balloon Bop 2:30 The Perk 3:00 "The Derby Stallion" movie 7:00 "Lawrence Welk" (TV ch.16)	
10:00 Chair Yoga 10:45 Parachute Fun 11:30 Photo Reminiscing 1:30 Sunday Social 2:30 The Perk 3:00 Spiritual Eldercare Video Church Service	7 10:30 Patriotic Music 11:00 Hearthside Book Club 1:30 Courtyard Conversations 2:30 Wheel of Fortune 3:45 The Perk 4:15 Hand Massages 6:30 Indoor Stargazing	*10:00 Catholic Rosary in AL 10:30 Keep It Moving 11:00 Bridgetown Music and Movement 1:30 Finish the Phrase 2:45 Bible Study 3:45 The Perk 6:00 Spa Music for Relaxation	9 10:30 Junk Drawer Detective 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Reminiscence Dice Game 2:15 Sing Along with Rebel 3:00 Bingo 3:45 The Perk 6:15 Adult Coloring	10 10:30 Kick Ball 11:00 Trivia Talk 1:45 Toss Game 3:00 Thirsty Thursday 4:00 Keep It Moving 5:00 The Perk 6:15 Scrambled Words	11 10:30 Danbury Drummers Cardio Exercise 1:45 Chicken Soup Stories 2:00 Volleyball in AL 2:30 Name that Tune 3:45 The Perk 6:00 Funny Animal Videos	10:30 Saturday Stretches 11:00 Kickball 11:45 Dot Art 1:30 Fairy Gardening 2:30 The Perk 3:00 Lifelong Learning: Flag Day 7:00 "Lawrence Welk" (TV ch.16)	
13 10:00 Seated Stretches 10:45 Parachute Fun 11:30 Household Reminiscing 1:30 Sunday Social 2:30 The Perk 3:00 Spiritual Eldercare Video Church Service	10:30 Country Music 11:00 Hearthside Book Club 1:45 Keep it Moving 2:30 Balloon Badminton 3:45 The Perk 4:15 Ladies' Nail Polish 6:30 Indoor Stargazing	*10:00 Catholic Rosary in AL 10:30 Wheel of Fortune 11:00 Bridgetown Music and Movement 1:45 Courtyard Conversations 2:45 Bible Study 3:45 The Perk 6:00 Nature Sounds for Relaxation	16 10:30 50s Sing Along 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Window Decal Craft 2:15 Out to AL for Ice Cream 3:00 Bingo 3:45 The Perk 6:15 Adult Coloring	17 10:30 Interactive Music Session with Senior Music Connection 11:45 Bean Bag Toss Game 1:00 Finish the Phrase 1:45 Tabletop Balloon Bop 3:00 Thirsty Thursday 4:00 Kickball 5:00 The Perk 6:15 Uno Card Game	18 10:30 Danbury Drummers Cardio Exercise *Men's Luncheon in AL 11:30 Make a Word 1:45 Horse Race Game 3:00 Volleyball in AL 3:45 The Perk 6:00 "Andy Griffith" show	19 10:30 Saturday Stretches: Resistance Bands 11:00 Swat the Fly 11:45 Fill in the Blank 1:45 Ring Toss 2:30 The Perk 3:00 Travelogue: Tennessee 7:00 "Lawrence Welk" (TV ch.16)	
20 10:00 Chair Yoga 10:45 Parachute Fun 11:30 Puzzle Pals 1:30 Dot Art 2:30 The Perk 3:00 Spiritual Eldercare Video Church Service	21 10:30 50s Music 11:00 Hearthside Book Club 1:45 Keep it Moving 2:30 Photo Cards 3:45 The Perk 4:15 Hand Massages 6:30 Indoor Stargazing	*10:00 Catholic Rosary in AL 10:30 Finish the Phrase 11:00 Bridgetown Music and Movement 1:45 Outing: Ice Cream 2:45 Bible Study 3:45 The Perk 6:00 Spa Music for Relaxation	10:30 Food Trivia 11:00 Exercise with Lauryn from Total Care Therapy 1:45 Funny Animal Videos 2:30 Sing Along with Rebel 3:45 The Perk 6:15 Adult Coloring	10:30 Golf Putter Game 11:15 Noodle Ball 1:45 Golf Words Game 3:00 Thirsty Thursday 5:00 The Perk 6:15 Summer Memories	10:30 Danbury Drummers Cardio Exercise 11:30 Finish the Phrase 1:45 Poetry 2:00 Volleyball in AL 2:30 Uno Card Game 3:45 The Perk 6:00 Shirley Temple movie	10:30 Saturday Stretches: 11:00 Kickball 11:45 Finish the Phrase 1:45 Keep it Moving 2:30 The Perk 3:00 Travelogue: Alaska 7:00 "Lawrence Welk" (TV ch.16)	
10:00 Seated Stretches 10:45 Noodle Ball 11:30 Dice Reminiscing Game 1:30 Sunday Social 2:30 The Perk 3:00 Spiritual Eldercare Video Church Service	10:30 Elvis Music 11:00 Hearthside Book Club 1:45 Tabletop Balloon Bop 2:00 Horse Race Game 3:45 The Perk 4:15 Ladies' Nail Polish 6:30 Indoor Stargazing	*10:00 Catholic Rosary in AL 10:30 Wheel of Fortune 11:00 Bridgetown Music and Movement 1:45 Courtyard Conversations 2:45 Bible Study 3:45 The Perk 6:00 Nature Sounds for Relaxation	30 10:30 Junk Drawer Detective 11:00 Exercise with Lauryn from Total Care Therapy 1:30 Reminiscence Dice Game 2:15 Sing Along with Rebel 3:00 Bingo 3:45 The Perk 6:15 Adult Coloring	31 10:30 Kick Ball 11:00 Trivia Talk 1:45 Toss Game 3:00 Thirsty Thursday 4:00 Keep It Moving 5:00 The Perk 6:15 Scrambled Words			
Calendar Key:  *Activities listed as "in AL"	like to attend these events, please let a staff member	*Therapy Dog visits occur 2-3x per month.	*Sunshine Alert: On beautiful days,			Danbury	

take place in the other side of the building. If you would arrangements as needed.

know so we can make

we will change to outdoor activities!

