

Monday

Tuesday

Wednesday

Thursday

Friday

Monday		Tuesday		Wednesday		Thursday		Friday	
 <h2 style="text-align: center;">Senior Moments</h2> <h1 style="text-align: center;">July 2021</h1> <h2 style="text-align: center;">Activity Calendar</h2>									
 <p style="text-align: center;"><b>Independence Day</b></p>		<p><b>5</b> Closed for</p>	<p><b>6</b> Monthly Gazette/July IQ <b>Music with Ron</b> Exercise: Seated Stations Noodle Javelin Word Scramble</p>	<p><b>7</b> 80's Food Fads Bingo Exercise: Chair Boxing Ladder Bolo "A Bite to Eat"</p>	<p><b>8</b> Yankee Doodle Dandy <b>Patriotic Music with Ron</b> Exercise: Chair Yoga Bowling Independence Day Word Mining</p>	<p><b>9</b> Red White and Blue Trivia Bingo Exercise: Roll the Dice Musical Balls <b>Crooning with Karen</b></p>			
<p><b>12</b> "Survey Says" Remembering Family Feud <b>Music with Ron</b> Exercise: Qigong Bowling Family Feud</p>	<p><b>13</b> Dreamcatchers History &amp; Symbolism I Got It!/Craft: Dreamcatchers Exercise: Hokey Pokey <b>Music with Ron</b> Riddle Me This: Interactive Video</p>	<p><b>14</b> Motorcycle Mamas Dice and Strikes/ Craft: Motorcycle Sun Catchers Exercise: The Mash Shooters Word Jumbles</p>	<p><b>15</b> History of the Hawaiian Luau <b>Music with Ron</b> Exercise: Fishing Trip Corn Hole Junior Mixed up Whiteboard</p>	<p><b>16</b> Hot Tips for Keeping Cool Bingo Exercise: Swimming in the Bay Bucket Brigade <b>Crooning with Karen</b></p>					
<p><b>19</b> Brain Busters <b>Music with Ron</b> Exercise: Chair Yoga Hula Hoop Challenge A Trip to the Zoo - Part 1</p>	<p><b>20</b> 1969 Moon Landing Anniversary Bingo Exercise: Roll the Dice <b>Music with Ron</b> Moonwalk</p>	<p><b>21</b> Exploring Our National Parks Elevenses/Craft: Campfire Centerpiece Exercise: Seated Stations Bowling Parks Categories</p>	<p><b>22</b> Morning Laugh <b>Music with Ron</b> Exercise: Chair Boxing Ping Pong Pyramid A Trip to the Zoo - Part 2</p>	<p><b>23</b> Mermaid Magic Five Alive/Craft: Mini Mermaids Exercise: Wild Card Clown Toss <b>Crooning with Karen</b></p>					
<p><b>26</b> We All Scream for Ice Cream <b>Music with Ron</b> Exercise: Rainforest Hike Slotz Ball Rhymes With...</p>	<p><b>27</b> Sequins With a Smile: Phyllis Diller E Z Yahtzee/Craft: Sequin Magic Wands Exercise: Qigong <b>Music with Ron</b> Spelling Bee</p>	<p><b>28</b> Unique Beaches Around the World Bingo Exercise: Hokey Pokey Horseshoes Word Generation</p>	<p><b>29</b> Flashy Fireflies <b>Music with Ron</b> Exercise: The Mash Bowling Summer Word Association</p>	<p><b>30</b> New England Barns Nix the Six/Craft: Water Color Barns Exercise: Fishing Trip Golf <b>Crooning with Karen</b></p>					

July Birthdays: Janet W 7/6, Charlie M 7/7, Doris H 7/9

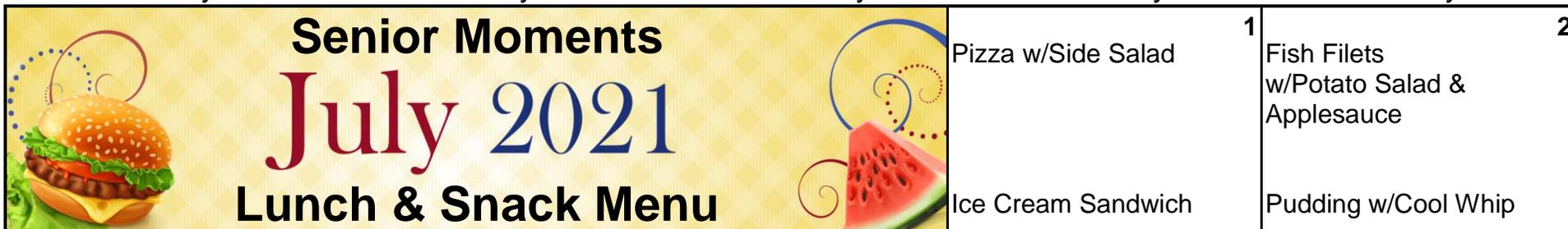
Monday

Tuesday

Wednesday

Thursday

Friday



**Senior Moments**  
**July 2021**  
**Lunch & Snack Menu**

 <p style="text-align: right;"><b>5</b></p> <p><b>Senior Moments Closed</b></p>	<p style="text-align: right;"><b>6</b></p> <p>Ham &amp; Cheese Sandwich w/Pickle and Fritos</p> <p>Peanut Butter Cracker</p>	<p style="text-align: right;"><b>7</b></p> <p>Mac-N-Cheese w/Broccoli &amp; Pears</p> <p>Fiber One Brownies</p>	<p style="text-align: right;"><b>8</b></p> <p>Turkey Dogs w/Coleslaw &amp; Beans</p> <p>Jell-O w/Cool Whip</p>	<p style="text-align: right;"><b>9</b></p> <p>Fish Filets w/Potato Salad &amp; Applesauce</p> <p> pudding w/Cool Whip</p> <p>Peanut Butter &amp; Jelly Sandwich w/Bananas</p> <p>Sugar Free Cookies</p>
<p style="text-align: right;"><b>12</b></p> <p>Turkey &amp; Cheese Sandwich w/Pickle and Veggie Chips</p> <p>Sugar Free Cookies</p>	<p style="text-align: right;"><b>13</b></p> <p>Pizza w/Side Salad</p> <p>Pudding w/Cool Whip</p>	<p style="text-align: right;"><b>14</b></p> <p>Chicken Tenders w/Tater Tots &amp; Green Beans</p> <p>Nilla Wafers w/Nutella</p>	<p style="text-align: right;"><b>15</b></p> <p>Hawaiian Meatballs w/Rice</p> <p>Fiber One Brownies</p>	<p style="text-align: right;"><b>16</b></p> <p>Grilled Cheese w/Tomato Soup</p> <p>Ice Cream Sandwich</p>
<p style="text-align: right;"><b>19</b></p> <p>Egg Salad Sandwich w/Pickle &amp; Rice Crisps</p> <p>Jell-O w/Cool Whip</p>	<p style="text-align: right;"><b>20</b></p> <p>Mac-N-Cheese w/Broccoli &amp; Pears</p> <p>Sugar Free Wafers</p>	<p style="text-align: right;"><b>21</b></p> <p>Pizza w/Side Salad</p> <p>Pudding w/Cool Whip</p>	<p style="text-align: right;"><b>22</b></p> <p>Peanut Butter &amp; Jelly Sandwich w/Bananas</p> <p>Graham Crackers w/Peanut Butter</p>	<p style="text-align: right;"><b>23</b></p> <p>Chili w/Corn Muffins</p> <p>Fiber One Brownies</p>
<p style="text-align: right;"><b>26</b></p> <p>Cheese Ravioli w/Side Salad</p> <p>Ice Cream Sandwich</p>	<p style="text-align: right;"><b>27</b></p> <p>Veggie Lasagna w/Cucumber Salad</p> <p>Jell-O w/Cool Whip</p>	<p style="text-align: right;"><b>28</b></p> <p>Tuna Sandwich w/Pickle &amp; Potato Chips</p> <p>Sugar Free Cookies</p>	<p style="text-align: right;"><b>29</b></p> <p>Pizza w/Side Salad</p> <p>Pudding w/Cool Whip</p>	<p style="text-align: right;"><b>30</b></p> <p>Fish Filets w/Coleslaw &amp; Sweet Potato Fries</p> <p>Peanut Butter Crackers</p>

Menu subject to change without notice