








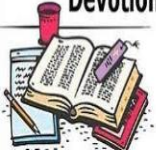












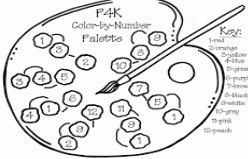











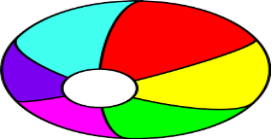











2021 The Hughes Center's July Activities Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| <p>Andy Griffith Show or Golden Girls at 8-10:00 am and 2 pm daily</p> <p>Let's Make a Deal Game Show 2 pm daily</p> <p>Newspapers & Coffee-Morning Hours</p> <p>Happy Birthday to all July's Residents, Family Members, & Employees</p> |  | <p>July is the 7th month of the year and has 31 days. Season (Northern Hemisphere): Summer</p> <p>National Ice Cream Month</p> <p>National Blueberry Month</p> <p>National Hot Dog Month</p> <p>National Picnic Month</p> <p>National Pickle Month</p> | <p>SYMBOLS:</p> <p>BIRTHSTONE:</p> <p>RUBY</p> <p>FLOWERS: LARKSPUR AND WATER LILY</p> <p>ZODIAC SIGNS: CANCER & LEO</p>  | <p>(1) 10:00 Snack/Hydration 10:15 Devotion/Exercise/The Memories of Independence Day/ (Reading and Discussion)/Red, White & Blue Door Decor /Art Therapy</p>  <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ TV Westerns 3:00 Hands and Nails Care/</p>  <p>Mediation (15 minutes) with soft Music/ Easy Does Trivia Cognitive Stimulation Activities (Activities Folders) 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p> | <p>(2) 9:45 Devotion/Exercise 10:15 Fourth of July Social (Atrium)</p>  <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ TV Oldies Hour/ Cognitive Stimulation Activities 3:00 Fourth of July T-shirt Décor</p>  <p>4:30 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Music Therapy and Relaxation</p> | <p>(3) 10:00 -11:30 Devotion/ Snack/Hydration/ Exercise/ Cognitive -Trivia and Table Games</p>  <p>1:00 TV Sports / Rest & Relaxation 2:00 Magazine Scavenger Hunt 4:00 Bingo 4:30 Stretching Exercises 7:00 Lawrence Welk Social</p>  |

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| <p>(4) 9:00 TV MASS On Unit 9:45 Snack/ Hydration 10:00 Worship Service in the Atrium</p> <p><i>Praise and give thanks to the Lord</i></p> <p>10:30 Flexibility Exercise 11:00 Current Events/Art Therapy/ Word Search Puzzles/Patio 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy 6:00 Music Therapy</p> <p>HAPPY 4TH OF JULY!</p>  | <p>(5) 10:00 Snack/Hydration 10:15 Devotion/ Daily Devotions</p>  <p>Exercise/ Large Picture Painting/ Which Word Does Not Belong Cognitive Stimulation Activities 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:00 Snacks/ Reading Club 3:00 Balloon/Beach Volleyball/ Tennis Balloon/ Dance and Music Therapy 4:30 Trivia 6:30 Music Therapy and Relaxation</p> | <p>(6) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/ Dear Abby/The Monthly Gazette/Patio Hour 1:00 Activities in the Binder or Activities Cart/Music Therapy 1:30 Bridge with Nancy & Priscilla</p>  <p>BRIDGE 2:15 Snack Time & Hydration/ Hand Massage Therapy/ Reminiscence 3:00 July's MAD LIB Story/ Reading and Discussion/Cross Off Word/Word Search Puzzle Cognitive Stimulation</p>  <p>4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns</p> | <p>(7) 10:00 Snack/ Hydration 10:15 Devotion/ Chair Exercise/DVD/ Mediation (15 Minutes) with soft music/ Walk</p>  <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Art Therapy 3:00 Bingo/ UNO (Sorting by numbers and colors)/Connect Four</p>   <p>4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p> | <p>(8) 10:00 Snack/ Hydration Destination Stations: 10:15 Devotion/Exercise/ Cross Off the Word/ Chapman House Skit/Lets Go Walking Mississippi 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Spelling Independence Cognitive Stimulation/TV Western</p>  <p>3:00 Hand and Nail Care/ Andy Griffith Show 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p> | <p>(9) 10:00 Snack/ Hydration/Devotion 10:15 NATIONAL SUGAR COOKIE DAY (COOKING SHOW)</p>  <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Patio Hour 3:00 Relaxing Foot Care/Soft Music 4:30 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Music Therapy and Relaxation</p> | <p>(10) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence/Table Games 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p>  |
| <p>(11) 9:00 Worship Service on the Television 9:45 Snack Time/Hydration 10:00 Worship Service in the Atrium</p> | <p>(12) 10:00 Snack/ Hydration/ Devotion 10:15 Balloon Volleyball/Music Therapy/ Tennis Balloon</p> | <p>(13) 10:00 Snack/Hydration 10:15 Devotion/ Exercise/ Phrases and Proverbs/ Backyard Barbeque Item Locator/ Art Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 1:30 Bridge with Nancy & Priscilla</p> | <p>(14) 10:00 Snacks/Hydration/ Devotion 10:15 Parachute/Kickball and Ball Toss (Atrium)</p>  <p>1:00 Activities in the Binder or Activities Cart/Music Therapy</p> | <p>(15) 10:00 Snack/Hydration</p>  <p>10:15 Devotion/Exercise/ Summer Olympics Quiz & Paint Categories Cognitive Stimulation Activities</p> | <p>(16) 9:45 Devotion/Exercise 10:15 Spiritual Movie and Popcorn</p> | <p>(17) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p> |

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| <div></div> <div>10:30 Flexibility Exercise/ Current Events 2:00 Popcorn and TV Oldies/Rest Time 3:00 1:1 Therapy 6:00 Music Therapy</div> | <div></div> <div>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time & Hydration/ Rosie the Cyclone (Reading and Discussion 3:00 Large Patio/Fly a Kite/Bubble Machine 4:30 1:1Therapy 6:30 Music Therapy and Relaxation</div> | <div>2:15 Snack Time/ Paint by Number</div> <div></div> <div>3:00 The Gaither's Musical/ Sing along/ Genesis 44 Bible Discussion</div> <div></div> <div>4:30 Upper Limbs Extremities Exercises/Music Therapy 6:30 TV Westerns</div> | <div>2:15 Snack Time/ 24/48 Pieces Jigsaw Puzzles/Connect Four</div> <div></div> <div>3:00 Bingo (Wing) /Walk 4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</div> | <div>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Magazine Scavenger Hunt</div> <div></div> <div>3:00 Hands and Nails Care/ Mediation (15 minutes) with soft music/ Patio Hour and Ice Cream Social 4:30 Music Therapy 6:30 TV Westerns</div> | <div></div> <div>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ TV Oldies Hour 3:00 Relaxing Foot Care/Soft Music</div> <div></div> <div>4:30 Lets Walk (Aerobic Exercise)/ Trivia 6:00 Music Therapy and Relaxation</div> | <div></div> |
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| <p>(18) 9:00 Worship Service on the Television 9:45Snack Time/Hydration 10:00 Worship Service in Atrium</p> <p></p> <p>10:30 Flexibility Exercise/ Current Events 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy (reading, etc.) 6:00 Music Therapy</p> | <p>(19) 10:00 Snack/Hydration 10:15 Devotion/ Chair Exercise (DVD)/Art Therapy/Patio Hour</p> <p></p> <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Word Search Puzzle/Reading Club 3:00 Balloon Volleyball/ Music therapy/Dance Therapy</p> <p></p> <p>4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p> | <p>(20) 10:00 Snack/ Hydration 10:15 Devotion/Fun Fitness with Terry 1:00 Activities in the Binder or Activities Cart/Music Therapy 1:30 Bridge with Nancy & Priscilla 2:15 Snack Time/ Hand Massage Therapy</p> <p></p> <p>/ Reminiscence/ Word Search Puzzle /Connect Four/ UNO 3:00 Patio Hour/Dance and Music Therapy/Ice Cream Social 4:30 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns</p> | <p>(21) 10:00 Snack/ Hydration 10:15 July's Birthday Party/ July's Birthday Poem/Favorite Songs Sing Along</p> <p></p> <p>1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/TV Western 3:00 NATIONAL HOTDOG DAY/BEACH PARTY</p> <p></p> <p>4:30 1:1 Therapy 6:30 Music Therapy and Relaxation</p> | <p>(22) 10:00 Snack/Hydration Destination Stations: 10:15 Devotion/National Park Fitness Trial/Petal to the Park (Reading and Discussion)/Lets Go Walking Mississippi 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Music Therapy/TV Western 3:00 Hands and Nails Care/The Andy Griffith Show/National Park Cross Off the Word Cognitive Stimulation Activity 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p> <p></p> | <p>(23) 10:00 Devotion/Exercise 10:15 NATIONAL WINE AND CHEESE DAY (JULY 25TH) 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Rest and Relaxation/</p> <p></p> <p>TV Oldies 3:00 Relaxing Foot Care/Soft Music 4:30 Trivia</p> <p></p> <p>6:00 Music Therapy and Relaxation</p> | <p>(24) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Sorting the Cards (colors and numbers) 1:00 Rest and Relaxation 2:00 Popcorn Social</p> <p></p> <p>3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p> |
| <p>(25) 9:00 Worship Service on the Television 9:45 Snack Time/Hydration 10:00 Worship Service in the Atrium</p> <p></p> <p>10:30 Flexibility Exercise/ Current Events</p> | <p>(26) 10:00 Snack/Hydration 10:15 Devotion/Exercise/ Balloon Volleyball/ Music therapy/Dance Therapy 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Patio Hour 3:00 Karaoke</p> | <p>(27) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Item Locator/Summer Word Search Puzzle Meditation (15 Minutes) with soft music 1:00 Activities in the Binder or Activities Cart/Music Therapy 1:30 Bridge with Nancy & Priscilla 2:15 Snack Time/ Paint by Number 3:00 The Gaither's Musical Performance/Easy Does It Trivia/ Patio Hour</p> | <p>(28) 10:00 Snack/ Hydration 10:15 Devotion/Exercise/Bingo 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Searching for July Word Search Puzzle 3:00 Worship Service – Genesis Chapter 45 Bible Discussion 4:30 1:1 Therapy/Walk 6:30 Music Therapy and Relaxation</p> <p></p> | <p>(29) 10:00 Snack/Hydration Destination Stations: 10:15 Devotion/Exercise/Take Me Out to the Ballgame Skit (Reading and Discussion)/Lets Go Walking Mississippi 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/ Music Therapy/TV Western 3:00 Hands and Nails Care/The Andy Griffith Show 4:30 Lower Limbs Extremities Exercises/ Music Therapy 6:30 TV Westerns</p> | <p>(30) 10:00 Devotion/Exercise 10:15 SPIRITUAL MOVIE AND POPCORN 1:00 Activities in the Binder or Activities Cart/Music Therapy 2:15 Snack Time/Rest and Relaxation/TV Oldies 3:00 Relaxing Foot Care/Soft Music 4:30 1:1 Therapy</p> | <p>(31) 10:00 Snack Time/Hydration 10:15-11:00 Devotion/ Exercise/ Reminiscence 1:00 Rest and Relaxation 2:00 Popcorn Social 3:00 Bible Story 4:00 Stretching Exercises 6:30 TV Westerns</p> <p></p> |

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| 2:00 Popcorn and TV Oldies 3:00 1:1 Therapy 6:00 Music Therapy |  4:30 1:1 Therapy 6:30 Music Therapy and Relaxation | 4:30 Upper Limbs Extremities Exercises/Music Therapy/ Trivia 6:30 TV Westerns | | |  6:30 Music Therapy and Relaxation | |
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*** Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.