

## July 2019 The Hughes Center Activities

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
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| <p style="text-align: center;"><b>HAPPY<br/>BIRTHDAY TO<br/>ALL OF THE<br/>JULY'S<br/>RESIDENTS</b></p> <p><b>Birthday Party<br/>will be held on the<br/>24<sup>th</sup> of July in the<br/>Atrium at 10:15<br/>am</b></p> | <p><b>(1)</b><br/>10:00 Devotion<br/>10:15 Balloon<br/>Volleyball /Music<br/>Therapy<br/>2:15 Snack Time/TV<br/>Oldies Hour<br/>3:00 Fourth of July<br/>Pom Pom Craft<br/>4:00 Lets Go Walking<br/>(Aerobic Exercise)<br/>/Trivia<br/>6:30 Music Therapy<br/>and Relaxation</p> | <p><b>(2)</b><br/>10:15<br/>Devotion/Exercise<br/>Ball/ Memories of<br/>Independence Day<br/>(Reading)<br/>11:00 Hymns with<br/>Nancy and Friends<br/>(Vickie Hightower,<br/>Sitters, LLC)<br/>2:15 Snack Time/<br/>Paint By<br/>Number/Music<br/>Therapy<br/>3:00 The Gaither's<br/>Musical (DVD)<br/>4:00 Upper Limbs<br/>Exercises/Trivia<br/>6:30 TV Westerns</p> | <p><b>(3)</b><br/>10:00 Devotion/Exercise<br/>10:15 Yankee Doodle<br/>Dandy Social<br/>2:15 Snack Time/ TV<br/>Oldies Hour/Patio Hour<br/>3:00 Hands and Nails<br/>Care<br/>4:00 Chair Exercises<br/>(DVD)/ Lets Walk/<br/>Trivia<br/>6:30 Music Therapy and<br/>Relaxation</p> | <p><b>(4)</b><br/>10:15<br/>Devotion/ Exercise/ Bingo<br/>(On the Hall)<br/>2:15 Snack Time/ Music<br/>Therapy<br/>3:00 July's Item Locator/ I<br/>Love USA Art Therapy<br/>4:00 Lower Limbs<br/>Exercises/ Dice<br/>Music Therapy/ Trivia<br/>6:30 TV Westerns</p> <p style="text-align: center;"><b>Happy Independence Day</b></p> | <p><b>(5)</b><br/>10:00<br/>Devotion/Exercise<br/>10:15 Spiritual<br/>Movie/Popcorn/<br/>CC/THC's Country<br/>Store<br/>2:15 Snack Time/ TV<br/>Westerns/ Spelling<br/>Words Related to the<br/>Month of July<br/>3:00 Relaxing Foot<br/>Care<br/>4:00 Chair Exercises<br/>(DVD)/ Lets Walk/<br/>Trivia<br/>6:30 Music Therapy<br/>and Relaxation</p> | <p><b>(6)</b><br/>10:00 Devotion/<br/>Exercise/ Unit<br/>Games<br/>11:00 Lets Walk<br/>1:00 Rest and<br/>Relaxation<br/>2:00 Popcorn Social<br/>3:00 Bingo<br/>4:00 Stretching<br/>Exercises<br/>6:30 TV Westerns</p> |

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| <p><b>(7)</b><br/> <b>10:00</b> TV Church<br/> <b>10:30</b> Family<br/> Worship Service<br/> (Atrium)<br/> <b>11:00</b> Lg. Group:<br/> Flexibility Exercises/<br/> Current Events<br/> <b>2:00</b> Movie and<br/> Popcorn<br/> <b>3:00</b> Unit Games<br/> <b>4:00</b> Aerobic<br/> Exercises<br/> <b>6:00</b> TV News</p>  | <p><b>(8)</b><br/> <b>9:00 Resident's<br/> Fishing Trip</b><br/> <b>10:00</b><br/> Devotion/Exercise/<br/> <b>Creative Activities</b><br/> <b>Day On the Hall</b><br/> <b>2:00 Cooking with<br/> Mrs. Cathi</b><br/> <b>3:00</b> Balloon<br/> Volleyball and Music<br/> Therapy<br/> <b>4:00</b> Lets Walk<br/> (Aerobic Exercise)<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p> | <p><b>(9)</b><br/> <b>10:15</b><br/> Devotion/Exercise<br/> Ball/ Dear Abby/ The<br/> Monthly Gazette<br/> <b>11:00 Hymns with<br/> Nancy and Friends<br/> (Vickie Hightower,<br/> Sitters, LLC)</b><br/> <b>2:15</b> Snack Time/<br/> Hand Massage<br/> Therapy<br/> <b>3:00</b> Worship<br/> Service/Book of<br/> Genesis Chapter 22<br/> Bible Discussion<br/> <b>4:00</b> Upper Limbs<br/> Extremities<br/> Exercises/Music<br/> Therapy/ Trivia<br/> <b>6:30</b> TV Westerns</p> | <p><b>(10)</b><br/> <b>9:45</b> Devotion<br/> <b>10:00 Master's<br/> Gardener Program</b><br/> <b>10:30</b> Chair Exercise<br/> (DVD)<br/> <b>2:15</b> Snack Time/ 24<br/> Jigsaw Puzzles/TV<br/> Oldies Hour<br/> <b>3:00</b> Kick Ball/ Ball<br/> Toss/ Sing Along<br/> <b>4:00</b> Chair Exercises<br/> (DVD)/ Lets Walk/<br/> Trivia<br/> <b>6:30</b> Music Therapy and<br/> Relaxation</p> | <p><b>(11)</b><br/> <b>10:00</b> Devotion/Exercise<br/> <b>10:30 Resident of the<br/> Month Celebration</b><br/> <b>11:00-11:30 Pet Therapy<br/> with Bella</b><br/> <b>2:15</b> Snack Time/ Music<br/> Therapy<br/> <b>3:00</b> Hands and Nails Care<br/> <b>(Kathy Briner-<br/> Compassus Hospice and<br/> Pallative Care)</b><br/> <b>4:00</b> Lower Limbs<br/> Extremities Exercises/<br/> Music Therapy<br/> <b>6:30</b> TV Westerns</p> | <p><b>(12)</b><br/> <b>9:45</b> Devotion/Exercise<br/> <b>10:00 Scenic Ride</b><br/> <b>2:15</b> Snack Time/ TV<br/> Oldies Hour<br/> <b>3:00</b> Relaxing Foot<br/> Care<br/> <b>4:00</b> Lets Walk<br/> (Aerobic Exercise)/<br/> Trivia<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p>  | <p><b>(13)</b><br/> <b>10:00</b> Devotion/<br/> Exercise/ Unit<br/> Games<br/> <b>11:00</b> Lets Walk<br/> <b>1:00</b> Rest and<br/> Relaxation<br/> <b>2:00</b> Popcorn Social<br/> <b>3:00</b> Reminiscence<br/> Activity<br/> <b>4:00</b> Stretching<br/> Exercises<br/> <b>6:30</b> TV Westerns</p> |
| <p><b>(14)</b><br/> <b>10:00</b> TV Church<br/> <b>10:30</b> Family<br/> Worship Service<br/> (Atrium)<br/> <b>11:00</b> Lg. Group:<br/> Flexibility Exercises/<br/> Current Events<br/> <b>2:00</b> Movie and<br/> Popcorn<br/> <b>3:00</b> Unit Games<br/> <b>4:00</b> Aerobic<br/> Exercises<br/> <b>6:00</b> TV News</p> | <p><b>(15)</b><br/> <b>10:00</b> Devotion/<br/> Exercise<br/> <b>10:15</b> Picture Painting<br/> <b>2:00 Garden Party<br/> with Mrs. Sue Berry</b><br/> <b>3:00</b> Patio Hour/<br/> Socialization<br/> <b>4:00 Lets Walk<br/> (Aerobic Exercise)</b><br/> <b>6:30 Music Therapy<br/> and Relaxation</b></p>  | <p><b>(16)</b><br/> <b>10:15</b> Devotion/<br/> Exercise Ball/ July's<br/> Cross Off the Word<br/> <b>11:00 Hymns with<br/> Nancy and Friends</b><br/> <b>2:15</b> Snack Time/<br/> Paint By Number/<br/> Music Therapy<br/> <b>3:00</b> The Gaither's<br/> Musical (DVD)<br/> <b>4:00</b> Upper Limbs<br/> Extremities<br/> Exercises/Music<br/> Therapy/ Trivia<br/> <b>6:30</b> TV Westerns</p>  | <p><b>(17)</b><br/> <b>10:00</b> Devotion/ Exercise<br/> <b>10:15</b> July's Bingo<br/> <b>2:15</b> Snack Time/ Patio<br/> Hour/Easy Does It Trivia<br/> <b>3:00 Fun Fitness with<br/> Terry</b><br/> <b>4:00</b> Lets Walk (Aerobic<br/> Exercise)<br/> <b>6:30</b> Music Therapy and<br/> Relaxation</p>  | <p><b>(18)</b><br/> <b>Destination Station</b><br/> <b>10:15</b> Devotion/<br/> Exercise/Which Word is<br/> Spelled Correctly/ Shooting<br/> the Moon Reading/ Lets Go<br/> Walking<br/> <b>2:15</b> Snack Time/ Word<br/> Search Puzzle/Music<br/> Therapy<br/> <b>3:00</b> Hand and Nail Care<br/> <b>4:00</b> Lower Limbs<br/> Extremities Exercises/<br/> Music Therapy<br/> <b>6:30</b> TV Westerns</p>                                  | <p><b>(19)</b><br/> <b>10:00</b><br/> Devotion/Exercise<br/> <b>10:15 The Quilting<br/> Club (Lindsey<br/> Leggett, Kindred<br/> Hospice)</b><br/> <b>2:15</b> Snack Time/TV<br/> Westerns/ Art Therapy<br/> <b>3:00</b> Relaxing Foot<br/> Care<br/> <b>4:00</b> Lower Limbs<br/> Extremities Exercises/<br/> Music Therapy<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p> | <p><b>(20)</b><br/> <b>10:00</b> Devotion/<br/> Exercise/ Unit<br/> Games<br/> <b>11:00</b> Lets Walk<br/> <b>1:00</b> Rest and<br/> Relaxation<br/> <b>2:00</b> Popcorn Social<br/> <b>3:00</b> Bingo<br/> <b>4:00</b> Stretching<br/> Exercises<br/> <b>6:30</b> TV Westerns</p>                      |

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| <p><b>(21)</b><br/> <b>10:00</b> TV Church<br/> <b>10:30</b> Family<br/> Worship Service<br/> (Atrium)<br/> <b>11:00</b> Lg. Group:<br/> Flexibility Exercises/<br/> Current Events<br/> <b>2:00</b> The Sound of<br/> Music (Movie and<br/> Popcorn <b>3:00</b> Unit<br/> Games<br/> <b>4:00</b> Aerobic<br/> Exercises<br/> <b>6:00</b> TV News</p> | <p><b>(22)</b><br/> <b>10:00</b> Devotion/<br/> Exercise<br/> <b>10:15</b> <b>Cooking with<br/> Sharon</b><br/> <b>2:15</b> Snack Time/ TV<br/> Oldies Hour/ Swim<br/> Categories<br/> <b>3:00</b> Patio Hour/<br/> Socialization<br/> <b>4:00</b> Lets Walk<br/> (Aerobic Exercise)<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p>              | <p><b>(23)</b><br/> <b>10:15</b><br/> Devotion/Exercise<br/> Ball/Item Locator<br/> <b>11:00</b> <b>Hymns with<br/> Nancy and<br/> Friends(Vickie<br/> Hightower, Sitters,<br/> LLC)</b><br/> <b>2:15</b> Snack<br/> Time/Hand Massage<br/> Therapy/Music<br/> Therapy<br/> <b>3:00</b> Worship<br/> Service/Book of<br/> Genesis Chapter 23<br/> Bible Discussion<br/> <b>4:00</b> Upper Limbs<br/> Extremities<br/> Exercises/Music<br/> Therapy/ Trivia<br/> <b>6:30</b> TV Westerns</p> | <p><b>(24)</b><br/> <b>10:00</b> Devotion/Exercise<br/> <b>10:15</b> <b>July's Resident<br/> Birthday Party</b><br/> <b>2:00</b> Snack Time/24<br/> Pieces Jigsaw Puzzle<br/> <b>3:00</b> Bingo<br/> <b>4:00</b> Chair Exercises<br/> (DVD)/Lets Walk<br/> <b>6:30</b> Music Therapy and<br/> Relaxation</p> | <p><b>(25)</b><br/> <b>Destination Station:</b><br/> <b>10:15</b> Devotion/<br/> Exercise/Word Generation/<br/> Cross Off the Word/<br/> Lets Go Walking<br/> <b>2:15</b> Snack Time/ Music<br/> Therapy<br/> <b>3:00</b> Hands and Nails Care<br/> <b>(Kathy Briner-<br/> Compassus Hospice and<br/> Pallative Care)</b><br/> <b>4:00</b> Lower Limbs<br/> Extremities Exercises/<br/> Music Therapy<br/> <b>6:30</b> TV Westerns</p> | <p><b>(26)</b><br/> <b>9:45</b><br/> Devotion/Exercise<br/> <b>10:30</b> <b>Strut Your<br/> Mutt Contest<br/> (Bridget Rochelle,<br/> Home Instead<br/> Senior Care)</b><br/> <b>2:15</b> Snack Time/ TV<br/> Oldies Hour/Pet Word<br/> Search Puzzle<br/> <b>3:00</b> Relaxing Foot<br/> Care<br/> <b>4:00</b> Lets Walk<br/> (Aerobic Exercise)/<br/> Trivia<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p> | <p><b>(27)</b><br/> <b>10-11:30</b><br/> Devotion / Exercise/<br/> Cognitive- Trivia and<br/> Table Games<br/> <b>1:00</b> TV Sports/ Rest<br/> &amp; Relaxation<br/> <b>2:00</b> Reminiscence<br/> Activity<br/> <b>3:00</b> Bible Jingo<br/> <b>4:00</b> Stretching<br/> Exercises<br/> <b>6:30</b> TV Westerns</p> |
| <p><b>(28)</b><br/> <b>10:00</b> TV Church<br/> <b>10:30</b> Family<br/> Worship Service<br/> (Atrium)<br/> <b>11:00</b> Lg. Group:<br/> Flexibility Exercises/<br/> Current Events<br/> <b>2:00</b> Movie and<br/> Popcorn<br/> <b>3:00</b> Unit Games<br/> <b>4:00</b> Aerobic<br/> Exercises<br/> <b>6:00</b> TV News</p>                          | <p><b>(29)</b><br/> <b>9:45</b> Devotion<br/> <b>10:00</b> <b>Chaminade's<br/> Musical<br/> Performance</b><br/> <b>2:00</b> Snack Time//TV<br/> Oldies Hour/ Art<br/> Therapy<br/> <b>3:00</b> Balloon<br/> Volleyball and Music<br/> Therapy<br/> <b>4:00</b> Lets Walk<br/> (Aerobic Exercise)<br/> <b>6:30</b> Music Therapy<br/> and Relaxation</p> | <p><b>(30)</b><br/> <b>10:15</b> Devotion/<br/> Exercise Ball/<br/> Spelling Bee<br/> <b>11:00</b> <b>Hymns with<br/> Nancy and<br/> Friends(Vickie<br/> Hightower, Sitters<br/> LLC)</b><br/> <b>2:15</b> Snack Time/<br/> Paint By Number/<br/> Music Therapy<br/> <b>3:00</b> The Gaither's<br/> Musical (DVD)<br/> <b>4:00</b> Upper Limbs<br/> Extremities<br/> Exercises/Music<br/> Therapy/ Trivia<br/> <b>6:30</b> TV Westerns</p>  | <p><b>(31)</b><br/> <b>10:00</b> Devotion<br/> <b>10:15</b><br/> Parachute/Kickball/ Ball<br/> Toss/ Sing Along<br/> <b>2:15</b> Snack Time/ Patio<br/> Hour<br/> <b>3:00</b> Ice Cream Social<br/> <b>4:00</b> Chair Exercises<br/> (DVD)/Lets Walk<br/> <b>6:30</b> Music Therapy and<br/> Relaxation</p>  |  | <p><b>WE THANK ALL<br/> OF OUR<br/> PRICELESS<br/> VOLUNTEERS<br/> FOR THEIR<br/> DEDICATED<br/> SERVICE TO OUR<br/> RESIDENTS!!!</b></p>   |   |

\*\*\*\* Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.