

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Calm Column: Discussions aimed at helping to navigate delicate topics</p> <p>Memory Wellness: Gentle games for memory support</p> <p>Field Trip: Recreational activities offsite (transportation provided)</p> <p>*Please note that you can expect slight adjustments to activities if there is a field trip or if a recreation coordinator is out (such as board games, trivia, etc.)</p>		<p>1</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts: Painting w/ Geri</p>	<p>2</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Virtual Travel!</p>	<p>3</p> 
<p>6</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Calm Column</p> <p>12:00 pm Lunch</p> <p>1:00 pm Trivia</p>	<p>7</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Memory Wellness</p> <p>12:00 pm Lunch</p> <p>1:00 pm Board Games</p> <p>12:30 – 2:00 pm Nutrition Clinic w/Laura</p>	<p>8</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts: Bird Suncatchers</p>	<p>9</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Virtual Travel!</p>	<p>10</p> <p>10:00AM – 2:00PM GNJ Event</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Jewelry Making (w/ Regina)</p> <p>12:00 pm Lunch</p> <p>1:00 pm BINGO</p>
<p>13</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Calm Column</p> <p>12:00 pm Lunch</p> <p>1:00 pm Trivia</p>	<p>14</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Sewing</p> <p>12:00 pm Lunch</p> <p>1:00 pm Board Games</p>	<p>15</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts: Tie Dye</p>	<p>16</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Nutrition Talk w/ Laura</p>	<p>17</p> <p>10:00AM – 2:00PM Hibachi Grill</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Jewelry Making (open studio)</p> <p>12:00 pm Lunch</p> <p>1:00 pm BINGO</p>
<p>20</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Calm Column</p> <p>12:00 pm Lunch</p> <p>1:00 pm Trivia</p>	<p>21</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Program Planning Meeting</p> <p>12:00 pm Lunch</p> <p>1:00 pm Memory Wellness</p>	<p>22</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts: Mug Mosaics pt.1</p>	<p>23</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Virtual Travel!</p>	<p>24</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Jewelry Making (w/ Regina)</p> <p>12:00 pm Lunch</p> <p>1:00 pm BINGO</p>
<p>27</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Calm Column</p> <p>12:00 pm Lunch</p> <p>1:00 pm Trivia</p>	<p>28</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Sewing</p> <p>12:00 pm Lunch</p> <p>1:00 pm Board Games</p> 	<p>29</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts: Mug Mosaics pt. 2</p>	<p>30</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Photography Club</p>	<p>31</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Jewelry Making (open studio)</p> <p>12:00 pm Lunch</p> <p>1:00 pm BINGO</p>
<p>8/3</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Calm Column</p> <p>12:00 pm Lunch</p> <p>1:00 pm Trivia</p>	<p>8/4</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Memory Wellness</p> <p>12:00 pm Lunch</p> <p>1:00 pm Board Games</p>	<p>8/5</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Colony House Cinema</p> <p>12:00 pm Lunch</p> <p>1:00 pm Arts & Crafts</p>	<p>8/6</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Chair Exercise w/ video</p> <p>12:00 pm Lunch</p> <p>1:00 pm Photography Club</p>	<p>8/7</p> <p>10:00 am Coffee & Conversation</p> <p>11:00 am Jewelry Making (open studio)</p> <p>12:00 pm Lunch</p> <p>1:00 pm BINGO</p>