

July 2024



BUCKINGHAM HEIGHTS.
MEMORY CARE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 Using Weights 11:00 20 Questions 1:30 Basketball 2:00 Java Music 3:00 Art With Jen 3:30 Fast Facts: Wine 6:00 <i>Travelogues: Tuscany</i>	2 10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Brain Games 1:30 Patriotic Decor 3:00 Bingo 6:00 Cool Down with Shay	3 10:00 Stretch & Shape 11:00 Road Trip Bingo 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Unscramble 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	4 Fourth of July 10:00 Dance to Fitness 11:00 Proverbs 12:00 Rick Grills Out 2:00 Patriotic Sing Along 3:00 Patio Groups 6:00 Movement with Shay	5 10:00 Lower Body Focus 11:00 Name Five 1:30 Red & Yellow 3:00 This Friday... We Reminisce 6:00 Scarf Dancing	6 10:00 Morning Exercise 11:00 Remember When 1:30 Musical Memories with Marge 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
7 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 2:00 Finish the Phrase 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 5:30 Strauss Music Recital	8 10:00 Using Weights 11:00 Flash Cards 1:30 Basketball 2:00 Java Music 3:00 Dice Race 3:30 Fast Facts: Animals 6:00 <i>Travelogues: World Zoos</i>	9 10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Cornhole 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay	10 10:00 Tai Chi 11:00 BEACH Words 1:30 Tootle-loo CM 1:30 Larry Batter 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	11 10:00 Dance to Fitness 11:00 Kids Say the Darnedest 1:30 Karaoke 2:00 Ring Toss 3:00 Activity Tables 3:45 Who Said 6:00 Movement with Shay	12 10:00 Lower Body Focus 11:00 In Other Words 11:00 <i>Reflections</i> 1:30 Truth or Tumble 3:00 On Friday... We Sing 6:00 Scarf Dancing	13 10:00 Morning Exercise 11:00 Video Trivia 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
14 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	15 10:00 Using Weights 11:00 Today in History 1:30 Basketball 2:00 Java Music 3:00 Dominoes 3:30 Fast Facts: Underwater Life 6:00 <i>Travelogues: Great Barrier Reef</i>	16 10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Toss Across 1:30 Cooking with Jen CCK 3:00 Bingo 6:00 Cool Down with Shay	17 10:00 Stretch & Shape 11:00 SUMMER Words 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Arms Up! 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	18 10:00 Dance to Fitness 11:00 Catchphrase 1:30 ZUMBA 2:00 Rootbeer Floats 3:00 Activity Tables 3:45 60's Favorites 6:00 Movement with Shay	19 10:00 Lower Body Focus 11:00 Finish My Line 11:00 <i>Reflections</i> 1:30 Pillow Polo with Staff 3:00 On Friday... We Sing 6:00 Scarf Dancing	20 10:00 Morning Exercise 11:00 Did You Know? 1:30 Legends Entertainment 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
21 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	22 10:00 Using Weights 11:00 Worksheets 1:30 Basketball 2:00 Java Music 3:00 Make Me Laugh 3:30 Fast Facts: Golf 6:00 <i>Travelogues: Scotland</i>	23 10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Cornhole 1:30 Cooking with Jen CCK 2:00 Resident Council 3:00 Bingo 6:00 Cool Down with Shay	24 10:00 Tai Chi 11:00 It's Trivial 1:30 Tootle-loo CM 1:30 Patio Groups C 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	25 10:00 Dance to Fitness 11:00 Picture This 1:30 Stump Me 2:00 Patio Group B 3:00 Activity Tables 6:00 Movement with Shay	26 10:00 Lower Body Focus 11:00 Name that Tune 11:00 <i>Reflections</i> 1:30 Cocktails and Catchphrases 3:00 On Friday... We Sing 6:00 Scarf Dancing	27 10:00 Morning Exercise 11:00 Where in the USA? 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
28 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	29 10:00 Using Weights 11:00 Lyrics and Rhymes 1:30 Basketball 2:00 Java Music 3:00 Scattergories 3:30 Fast Facts: Archeology 6:00 <i>Travelogues: Egypt</i>	30 10:00 Range of Motion 10:30 <i>Sensory Screens</i> 11:00 Pictionary 1:30 Cooking with Jen CCK 2:00 Crosswords 3:00 Bingo 6:00 Cool Down with Shay	31 10:00 Stretch & Shape 11:00 Fill in The Blank 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Smoothies 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	Dining Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 5:00 P.M. Evening Refreshments 7:00 P.M.		Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen <i>Italics is an IN2L program</i>

All programming is subject to change to suit the needs of the community and our residents.