



July 2019 Cottages Activities Calendar

lic: 197607149/197607155

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SNACKS Snacks are available after 8:00 p.m. for those who wish it The Montessori Method Program is from 1:00 to 4:30 every day. This calendar is subject to change.	1 10:00 Chair Exercise 10:30 Snack 11:30 Trivia 11:30 Energizing Kickball 1:00 Montessori Program 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>Grace and Frankie</i>	2 Beauty & Nail Salon 10:00 Chair Exercise 10:30 Snack 11:00 Word Games 11:30 Energizing Stretch 1:00 Montessori Program 3:00 Snack 3:30 Arts & Crafts 6:00 Ladies Movie Night <i>Wine Country</i>	3 10:00 Healthy Joints Club w/Yolly 10:30 Snack 11:00 Brain Gym Movement 1:00 Montessori Program 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>When They See Us</i>	4 Independence Day 10:00 Muscle Sculpting 10:30 Snack 11:00 Trivia 11:30 Water Color w/Gabrielle 12:00 4th of July Lunch Cook Out 1:00 Montessori Program 3:00 Ice Cream Sandwich Social 6:00 Docuseries <i>Ken Burns Presents the West</i>	5 10:00 Stretch Circuit 10:30 Snack 11:00 Food Trivia 11:30 Low Leg Blast 1:00 Montessori Program 3:00 Snack 3:30 Active Games 6:00 Friday Night Netflix Movie <i>DaVinci Code</i>	6 10:00 Saddleback Church Services 10:30 Snack 11:00 Montessori Program 1:30 Jazz w/Marc Bosserman 3:00 Snack 3:30 Nature Prints on Paper 6:00 Netflix Docuseries <i>Our Planet</i>
7 9:00 Catholic Mass 10:00 Chair Aerobics 10:30 Snack 11:00 Whiteboard Quiz 11:30 Move to the Music 1:00 Montessori Program 1:30 Pet Therapy w/Limor Ness 3:00 Snack 3:30 Active Game 6:00 Men's Movie Night <i>All the Devils Men</i>	8 10:00 Chair Yoga 10:30 Snack 11:00 Compound Words Brain Game 11:30 Energizing Kickball 1:00 Montessori Program 3:00 Snack 3:30 Active Game 6:00 Netflix Series <i>Grace and Frankie</i>	9 Beauty & Nail Salon 10:00 Chair Zumba 10:30 Snack 11:00 True or False Word Game 11:30 Plastic Darts 1:00 Montessori Program 3:00 Snack 3:30 Active Games 6:00 Ladies Movie Night <i>The Nutcracker and The Four Realms</i>	10 10:00 Healthy Joints Club w/Yolly 10:30 Snack 11:00 Trivia 11:30 Bucket of Bean Bags Game 1:00 Montessori Program 3:00 Snack 3:30 Community Walk 6:00 Netflix Series <i>When They See Us</i>	11 Beauty Salon 10:00 Muscle Sculpting 10:30 Snack 11:00 Brain Fitness 11:30 Indoor Basketball 1:00 Montessori Program 3:00 S'more Pops Social 3:30 Active Games 6:00 Docuseries <i>Ken Burns Presents the West</i>	12 10:00 Stretch Circuit 10:30 Snack 11:00 Name the Body Parts 11:30 Balloon Toss 1:00 Montessori Program 3:00 Snack 3:30 Active Games 6:00 Friday Night Netflix Movie <i>Good Will Hunting</i>	13 10:00 Saddleback Church Services 10:30 Snack 11:30 Bingo 1:30 Serenading Guitar w/David Kaufman 3:00 Snack 3:30 Montessori Program 6:00 Netflix Docuseries <i>Forensic Files Collection</i>
14 9:00 Catholic Mass 10:00 Sing Along 10:30 Snack 11:00 The Price is Right 11:30 What's That Sound on YouTube w/Neck Massage 1:30 Nerf Target Practice 3:00 Snack 6:00 Men's Movie Night <i>Dumb and Dumber</i>	15 10:00 Chair Yoga 10:30 Snack 11:00 Brain Workout 11:30 Plastic Ball Relay Race 1:00 Pump Up Workout 1:30 Violin w/Yasha 2:30 Montessori Program 3:00 Snack 3:30 Kickball 6:00 Netflix Series <i>Grace and Frankie</i>	16 Beauty & Nail Salon 10:00 Tai Chi (YouTube) 10:30 Snack 11:00 Fun Trivia 11:30 Balloon Exercise 1:00 Montessori Program 3:00 Snack 3:30 Active Games 6:00 Ladies Movie Night <i>Patrick</i>	17 10:00 Healthy Joints Club w/Yolly 10:30 Snack 11:00 Word Attack 11:30 Musical Instruments 1:00 Montessori Program 3:00 Cucumber Sandwich Bites 3:30 Sing Along 6:00 Netflix Series <i>When They See Us</i>	18 Beauty Salon 10:00 Lower Leg Blast 10:30 Snack 11:00 Basketball 11:30 Upper Body Blast 1:00 Montessori Program 3:00 Snack 3:30 Active Games 6:00 Docuseries <i>Ken Burns Presents the West</i>	19 10:00 Chair Simon Says! 10:30 Snack 11:00 Trivia 11:30 Football Target Practice 1:00 Montessori Program 3:00 Snack 3:30 Watercolor Art 6:00 Friday Night Netflix Movie <i>My Week with Marilyn</i>	20 10:00 Saddleback Church Services 10:30 Snack 11:00 Rummikub 11:30 Water Pool Game 1:30 Guitar Concert w/Michael Quest 3:00 Snack 3:30 Montessori Program 6:00 Netflix Docuseries <i>Planet Earth II</i>
21 9:00 Catholic Mass 10:00 Chair Dance w/Dawn 10:30 Snack 11:00 Brain Exercises 11:30 Patriotic Ices & Sing Along 1:00 Montessori Program 3:00 Snack 3:30 Active Game 6:00 Men's Movie Night <i>The Imitation Game</i>	22 10:00 Morning Exercise 10:30 Snack 11:00 Core Exercises 11:30 Beach Ball Volleyball 1:00 Montessori Program 3:00 Snack 6:00 Netflix Series <i>Grace and Frankie</i>	23 Beauty & Nail Salon 10:00 Morning Exercise 10:30 Snack 11:00 Body Coordination 11:30 Bowling 1:00 Montessori Program 3:00 Snack 3:30 Hand-Painted Rocks 6:00 Ladies Movie Night <i>Tulip Fever</i>	24 10:00 Healthy Joints Club w/Yolly 10:30 Snack 11:00 Bingo 11:30 Miniature Golf 1:00 Montessori Program 3:00 Snack 3:30 Sing-a-Long 6:00 Netflix Series <i>When They See Us</i>	25 Beauty Salon 10:00 Name That Place 10:30 Snack 11:00 Daily Chronicle Discussion 11:30 Balloon Volleyball 1:00 Montessori Program 3:30 Flower Arrangements 5:00 June Birthday Celebrations! w/Piano Player Neil Elliott 6:00 Docuseries <i>Ken Burns Presents the West</i>	26 10:00 Cardio Workout 10:30 Snack 11:30 Plastic Darts 1:00 Montessori Program 3:00 Snack 3:30 Hangman 6:00 Friday Night Netflix Movie <i>The Physician</i>	27 10:00 Saddleback Church Services 10:30 Snack 11:00 Energized Stretching 11:30 Bingo 1:30 Rock & Roll w/Greg 3:00 Snack 4:00 Art Activity 6:00 Netflix Docuseries <i>Medal of Honor</i>
28 9:00 Catholic Mass 10:00 Chair Dance 10:30 Snack 11:00 Dance to the Music 11:30 Bingo 1:30 Pet Therapy w/Limor Ness 3:00 Cheesy Pepperoni Pizza Sticks 3:30 Basketball 6:00 Men's Movie Night <i>Hostiles</i>	29 10:00 Flexibility Exercise 10:30 Snack 11:00 Trivia Challenge 11:30 Noodle Ball 1:00 Montessori Program 3:00 Snack 3:30 Corn Hole 6:00 Netflix Series <i>Grace and Frankie</i>	30 Beauty & Nail Salon 10:00 Stretch Circuit 10:30 Snack 11:00 Memory Matching Game 11:30 Parachute Ball 1:00 Montessori Program 3:00 Snack 6:00 Ladies Movie Night <i>Our Souls at Night</i>	31 10:00 Healthy Joints Club w/Yolly 10:30 Snack 11:00 Word Games 11:30 Low Impact Strength Exercise 1:00 Montessori Program 3:00 Snack 3:30 Sing-a-Long 6:00 Netflix Series <i>When They See Us</i>	July Days to Note... 01 National Postal Worker Day 03 National Eat Your Beans Day 05 National Hawaii Day 06 National Fried Chicken Day 07 Father Daughter Take a Walk Day 11 Cheer Up the Lonely Day 12 Eat Your Jello Day 13 Beans 'N' Franks Day 14 National Mac & Cheese Day 15 I Love Horses Day 16 National Personal Chef's Day 18 Get to Know Your Customers Day 20 Toss Away the "Could Haves" and "Should Haves" Day 21 National Ice Cream Day 24 National Cousins Day 26 National Bagelfest Day 28 National Parent's Day 30 National Whistleblower Day		Month of July Birthstone: Ruby (Contentment) Flowers: Delphinium, Larkspur, Water Lily (Alt. Honeysuckle) Colors: Green, Russet, Red