| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|--|--|--|
| Ha  | F July<br>ven 2025   | 10:00 Chair Yoga w/Sara & Isha<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br><b>1:30 National Gingersnap Day: Baking</b><br><b>Demo</b><br>2:15 Afternoon Chair Exercises<br>3:00 Table Bowling Tuesday<br><b>3:30 Canada Day: Famous Landmarks</b><br>3:00 Afternoon Refreshments<br><b>4:00 Tuesday Tunes with Sara &amp; Isha</b><br>6:00 Movie Night w/Care Team<br>Canada Day | 10:00 Move & Groove Exercises<br>10:30 Morning Refreshments<br>10:35 Daily Chronicle Reading<br>1:30 Catholic Mass21:30 Waffle Wednesday<br>2:00 Pool Noodle Day: Afternoon<br>Exercises<br>3:00 Afternoon Refreshments<br>3:00 Painting a Birthday Banner for<br>Judith A!<br>3:35 Live Performance by Steve Barke!<br>6:00 Movie Night w/Care Team2                 | 10:00 Chair Dancing Exercise<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments31:30 Table Bowling Thursday<br>2:30 Afternoon Chair Exercises with Lisa<br>3:00 Afternoon Refreshments<br>3:00 Ice Cream Birthday Party for<br>Judith A!<br>   | 10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>11:15 History of Independence Day<br>2:00: 4th of July Cross Campus<br>Celebration ~ Parking Lot<br>3:30 4th of July DIY Craft Kit with<br>Alyssa<br>4:15: Afternoon Chair Exercises<br>6:00 Movie Night w/Care Team<br>Independence Day (U.S.)   | 10:00 Morning Exercise510:30 Daily Chronicle Reading111:00 Morning Refreshments11:30 Art Corner: Summer Craft Kit2:00 Afternoon Chair Exercises withKenitra2:45 Crazy Cornhole3:00 Afternoon Refreshments3:15 Live Performance by Rita &Richard Clarke!4:15 Puzzle Club6:00 Movie Night w/Care Team  |
| 10:00 Chair Aerobics610:35 Daily Chronicle Reading11:00 Morning Refreshments1:30 Sugar Cookie Sunday with Isha2:15 Afternoon Chair Exercises3:00 Afternoon Refreshments3:00 Happy Birthday Frida Kahlo!Biography Reading3:30 Scenic Ride3:35 Sing-a-long Sunday with Isha4:00 Coloring with Frida Kahlo!6:00 Movie Night w/Care Team  | 10:00 Tone & Sculpt Monday710:45 Daily Chronicle Reading11:00 Morning Refreshments1:30 National Strawberry Sundae Day: IceCream Demo2:15 Afternoon Chair Exercises with Daryl2:45 Crazy Cornhole3:00 Afternoon Refreshments3:00 Hawaiian Day: Explore Hawaii3:30 Scenic Ride3:40 Make Music Monday with Daryl6:00 Movie Night w/Care Team  | 10:00 Chair Yoga810:30 Daily Chronicle Reading11:00 Morning Refreshments1:30 Cow Appreciation Day: Fun Facts &Coloring2:15 Afternoon Chair Exercises withDaryl3:00 Table Bowling Tuesday3:00 Afternoon Refreshments3:45 Tuesday Tunes with Daryl: GuitarLessons6:00 Movie Night w/Care Team  | 10:00 Move & Groove Exercises<br>10:30 Morning Refreshments<br>10:35 Daily Chronicle Reading<br>1:30 Catholic Mass<br>1:30 Waffle Wednesday<br>2:00 Afternoon Chair Exercises with Lisa<br>3:00 Afternoon Refreshments<br>3:00 Noodle Volleyball<br>3:35 Live Performance by Serhii<br>Morozov!<br>6:00 Movie Night w/Care Team                                       | 10:00 Chair Dancing Exercise 10<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>11:30 Outing to Windridge Vineyards<br>1:30 Table Bowling Thursday<br>2:30 Afternoon Chair Exercises with<br>Daryl<br>3:00 Afternoon Refreshments<br>3:15 Words That Start With<br>3:45 Make Music with Marie<br>6:00 Movie Night w/Care Team                        | 10:00 Morning Exercise1110:30 Daily Chronicle Reading11:00 Morning Refreshments11:15 Friday Opposites Word Game1:30 National French Fry Day: Loaded FriesCulinary Demo2:00 Afternoon Chair Exercises with Isha2:45 July Watercolors3:00 Afternoon Refreshments3:00 Bullet in a Bucket3:30 Scenic Ride3:35 Marvelous Manicures & Puzzles6:00 Movie Night w/Care Team                                      | 10:00 Morning Exercise1210:30 Daily Chronicle Reading11:00 Morning Refreshments1:30 Art Corner: Watermelon CanvasPaintings2:00 Afternoon Chair Exercises with Kenitra2:45 Crazy Cornhole3:00 Afternoon Refreshments3:00 Noodle Volleyball3:35 Live Performance by Frank Plumer!6:00 Movie Night w/Care Team                                      |
| 10:00 Chair Aerobics1310:35 Daily Chronicle Reading11:00 Morning Refreshments1:30 Sugar Cookie Sunday with Sara2:15 Afternoon Chair Exercises3:00 Afternoon Refreshments3:00 National Delaware Day: Presentation3:30 Scenic Ride3:35 Sing-a-long Sunday with Sara & Blessy4:00 National Barn Day: Coloring with FarmAnimals6:30 Groves Summer Concert Series: MysticYa Ya ~ Parking Lot | 10:00 Tone & Sculpt Monday 14<br>10:45 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>1:30 Shark Awareness Day: Fun Facts<br>2:15 Afternoon Chair Exercises with<br>Daryl<br>2:45 Crazy Cornhole<br>3:00 Afternoon Refreshments<br>3:00 Summer Poetry Analysis<br>3:30 Scenic Ride<br>3:40 Make Music Monday with Daryl<br>6:00 Movie Night w/Care Team                  | 10:00 Chair Yoga 15<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>1:30 Table Bowling Tuesday<br>2:30 Puzzle Club & Whiteboard Games<br>3:00 Afternoon Refreshments<br>3:00 Afternoon Chair Exercises<br>3:45 Tuesday Tunes with Daryl: Guitar<br>Lessons<br>6:00 Movie Night w/Care Team   | 10:00 Move & Groove Exercises<br>10:30 Morning Refreshments<br>10:35 Daily Chronicle Reading<br>1:30 Catholic Mass<br>1:30 Waffle Wednesday<br>2:00 Afternoon Chair Exercises with Lisa<br>3:00 Afternoon Refreshments<br>3:00 World Snake Day: Fun Facts &<br>Trivia<br>3:35 Live Performance by Chis Covell!<br>6:00 Movie Night w/Care Team                        | 10:00 Chair Dancing Exercise<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br><b>1:30 Table Bowling Thursday</b><br>2:30 Afternoon Chair Exercises with<br>Daryl<br>3:00 Afternoon Refreshments<br>3:15 Words That Start With<br><b>3:45 Make Music with Marie</b><br>6:00 Movie Night w/Care Team  | 10:00 Morning Exercise1810:30 Daily Chronicle Reading11:00 Morning Refreshments11:15 Friday Opposites Word Game1:30 Fun Friday Baking: Summer ThemedCupcakes2:00 Afternoon Chair Exercises with Isha2:45 July Watercolors3:00 Afternoon Refreshments3:00 Bullet in a Bucket3:30 Scenic Ride3:35 Marvelous Manicures & Puzzles6:00 Movie Night w/Care Team  | 10:00 Morning Exercise1910:30 Daily Chronicle Reading11:00 Morning Refreshments11:00 Morning Refreshments2:00 Afternoon Chair Exercises with2:00 Afternoon Chair Exercises withKenitra2:45 Crazy Cornhole3:00 Afternoon Refreshments3:00 Noodle Volleyball3:35 Live Performance by DarrylNichols!6:00 Movie Night w/Care Team                    |
| 10:00 Chair Aerobics2010:35 Daily Chronicle Reading11:00 Morning Refreshments1:30 National Ice Cream Day: Ice CreamDemo2:15 Afternoon Chair Exercises3:00 Afternoon Refreshments3:00 National Moon Day: Remembering NeilArmstrong3:30 Scenic Ride3:35 Sing-a-long Sunday with Sara & Blessy4:00 Ice Cream Waterolors6:00 Movie Night w/Care Team  | 10:00 Tone & Sculpt Monday<br>10:45 Daily Chronicle Reading<br>11:00 Morning Refreshments211:30 Happy Birthday Robin Williams!<br>2:15 Afternoon Chair Exercises with<br>Daryl2:45 Crazy Cornhole<br>3:00 Afternoon Refreshments<br>3:00 Summer Poetry Analysis<br>3:30 Scenic Ride<br>3:40 Make Music Monday with Daryl<br>6:00 Movie Night w/Care Team21                         | 10:00 Chair Yoga<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments22130 Table Bowling Tuesday<br>2:30 Live Performance by Gabe Hutter!<br>3:00 Afternoon Refreshments3:30 Tuesday Tunes with Daryl: Guitar<br>Lessons4:15 National Mango Day: History of the<br>Fruit<br>6:00 Movie Night w/Care Team   | 10:00 Move & Groove Exercises<br>10:30 Morning Refreshments<br>10:35 Daily Chronicle Reading<br>1:30 Catholic Mass231:30 Waffle Wednesday<br>2:00 Afternoon Chair Exercises with Lisa<br>3:00 Afternoon Refreshments<br>3:00 Noodle Volleyball<br>3:35 Live Performance by Stephen<br>Kenley!<br>6:00 Movie Night w/Care Team   | 10:00 Chair Dancing Exercise 24<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>12:00 Outing to Class 520: Coffee & Ice<br>Cream<br>1:30 Women Aviators Day: Presentation<br>2:30 Afternoon Chair Exercises with<br>Daryl<br>3:00 Afternoon Refreshments<br>3:15 Words That Start With<br>3:45 Make Music with Marie<br>6:00 Movie Night w/Care Team | 10:00 Morning Exercise2510:30 Daily Chronicle Reading11:00 Morning Refreshments11:15 Friday Opposites Word Game1:30 National Wine & Cheese Day:Charcuterie Board Demo2:00 Afternoon Chair Exercises with Isha2:45 Painting a Birthday Banner for NancieC!3:00 Afternoon Refreshments3:00 Bullet in a Bucket3:30 Scenic Ride3:35 Marvelous Manicures & Puzzles6:00 Evening Performance by Vince Borrelli! | 10:00 Morning Exercise2610:30 Daily Chronicle Reading11:00 Morning Refreshments1:30 Happy Birthday New York State: Fun<br>Facts & Trivia2:00 Afternoon Chair Exercises with Kenitra2:45 Crazy Cornhole3:00 Afternoon Refreshments3:00 Ice Cream Birthday Party for Nancie C!3:35 Live Performance by Harper Denhard!6:00 Movie Night w/Care Team |
| 10:00 Chair Aerobics2710:35 Daily Chronicle Reading11:00 Morning Refreshments11:00 Morning Refreshments2:15 Afternoon Chair Exercises3:00 Afternoon Refreshments3:00 Painting a Birthday Banner for RolandR!3:30 Scenic Ride3:35 Sing-a-long Sunday with Lisa & Blessy4:00 Happy Parents Day: Discussion Corner6:00 Movie Night w/Care Team   | 10:00 Tone & Sculpt Monday<br>10:45 Daily Chronicle Reading<br>11:00 Morning Refreshments281:30 Painting a Birthday Banner for Melvin<br>W!2:15 Afternoon Chair Exercises with Daryl<br>2:45 Ice Cream Birthday Party for Roland R!<br>3:00 Afternoon Refreshments<br>3:00 Crazy Cornhole<br>3:30 Scenic Ride<br>3:40 Make Music Monday with Daryl<br>6:00 Movie Night w/Care Team | 10:00 Chair Yoga 29<br>10:30 Daily Chronicle Reading<br>11:00 Morning Refreshments<br>1:30 Table Bowling Tuesday<br>2:15 Afternoon Chair Exercises with<br>Daryl<br>3:00 Ice Cream Birthday Party for<br>Melvin W!<br>3:00 Afternoon Refreshments<br>3:45 Tuesday Tunes with Daryl: Guitar<br>Lessons<br>6:00 Movie Night w/Care Team  | 10:00 Move & Groove Exercises<br>10:30 Morning Refreshments<br>10:35 Daily Chronicle Reading<br>1:30 Catholic Mass<br>1:30 Waffle Wednesday<br>2:00 Afternoon Chair Exercises with Lisa<br>3:00 Afternoon Refreshments<br>3:00 International Day of Friendship:<br>Froot-Loop Bracelets<br>3:45 Live Performance by Empty<br>Ecstasy!<br>6:00 Movie Night w/Care Team | 1:30 National Mutt Day: Fun Facts &<br>Coloring<br>2:30 Afternoon Chair Exercises with<br>Daryl<br>3:00 Afternoon Refreshments<br>3:15 Words That Start With   | Happy Birthday!<br>7/3 Judith A<br>7/26 Nancie C<br>7/28 Roland R<br>7/29 Melvin W   |  |

Kensington Senior Living Community, 3616 Littledale Rd, 20895