

JULY 2024 SOUTH HAMPTON ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information.</p>	<p style="text-align: center;">1</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Music with The Secords (Old Time Country) ALC</p> <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p style="text-align: center;">2</p> <p>10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:00 Afternoon Update</p> <p>2:30 Arts & Crafts</p> <p>4th of July Fireworks</p>  <p>3:45 Documentary</p>	<p style="text-align: center;">3</p> <p>10:00 Exercise Balloon</p> <p style="text-align: center;">10:45 Grounds of Sherwood Coffee Shop in the Windsor Room</p>  <p>2:00 Afternoon Update</p> <p>2:30 In the Kitchen</p> <p>3:30 Snack Time</p> <p>4:00 Remember When...</p>	<p style="text-align: center;">4</p> <p>10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">3:00 Stars & Stripes & Root Beer Delights Happy Hour In the Windsor Room</p> 	<p style="text-align: center;">5</p> <p>10:00 Morning Greeting</p> <p>10:30 Let's Get Growing!</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Music with Washington Old Time Fiddlers (Country) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p style="text-align: center;">6</p> <p>11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p style="text-align: center;">7</p> <p>11:00 Music and Movement</p> <p>2:30 Sing along with Jacob</p>	<p style="text-align: center;">8</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p style="text-align: center;">9</p> <p>10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:30 Music with Buck Ellard (Country Western) ALC</p> <p>3:45 Documentary</p>	<p style="text-align: center;">10</p> <p>10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>2:00 Afternoon Update</p> <p>2:30 In the Kitchen</p> <p>3:30 Snack Time</p> <p>4:00 Remember When...</p>	<p style="text-align: center;">11</p> <p>10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">1:30 Movie Matinee</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">12</p> <p>10:00 Morning Greeting</p> <p>10:30 Let's Get Growing!</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Music with Buttercup Lane (50s/Variety) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p style="text-align: center;">13</p> <p>11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p style="text-align: center;">14</p> <p>11:00 Music and Movement</p> <p>3:30 Sing along with Jacob</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">15</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Arts & Crafts Pt 1 A Bug's Wreath (ALC)</p>  <p>4:00 Music Monday</p>	<p style="text-align: center;">16</p> <p>10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:30 Hawaii Amore Music with Roma ALC</p> <p>3:45 Documentary</p>	<p style="text-align: center;">17</p> <p>10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p style="text-align: center;">2:00 Worship Message & Music With Gary, Larry & Company ALC</p> <p>4:00 Remember When....</p>	<p style="text-align: center;">18</p> <p>10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">1:30 Movie Matinee</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">19</p> <p>10:00 Morning Greeting</p> <p>10:30 Let's Get Growing!</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Music with Claudia Nash (Big Band/Variety) ALC</p> <p>3:30 Odie's Walkabout</p> <p>4:00 Station Exploration</p>	<p style="text-align: center;">20</p> <p>11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p style="text-align: center;">21</p> <p>11:00 Special Delivery to Dads!</p> <p>3:30 Sing along with Christine</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">22</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Relaxing with Color Therapy</p>  <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p style="text-align: center;">23</p> <p>10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p style="text-align: center;">2:30 Music with Dennis Blair (Variety/Folk) ALC</p> <p>11:30 What's Cookin'?</p> <p>3:45 Documentary</p>	<p style="text-align: center;">24</p> <p>10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p style="text-align: center;">2:00 Music with Jason & Cheryl (Bossa Nova/Variety) ALC</p> <p>4:00 Remember When...</p>	<p style="text-align: center;">25</p> <p>10:00 Reading with Tiffany</p> <p>10:30 "Thor's day" dog visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">1:30 Movie Matinee</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">26</p> <p>10:00 Morning Greeting</p> <p>10:30 Range of Motion</p> <p>11:00 Glasses Tune-up with EJ (ALC)</p> <p>11:30 What's Cookin'?</p> <p>2:30 Arts & Crafts Sunny Suncatchers</p>  <p>3:30 Pixie's Walkabout</p> <p>4:00 Station Exploration</p>	<p style="text-align: center;">27</p> <p>11:00 Exercise Balloon</p> <p>2:30 Afternoon Stroll</p> <p>3:00 Table Time</p> <p>3:30 Remember When...</p>
<p style="text-align: center;">28</p> <p>11:00 Music and Movement</p> <p style="text-align: center;">3:00 Dungeness Valley Mennonite Church Chorus ALC</p> <p>4:00 Individual Engagement</p>	<p style="text-align: center;">29</p> <p>11:00 Range of Motion</p> <p>11:30 What's Cookin'?</p> <p style="text-align: center;">2:00 Cooldown in the Courtyard — ALC</p>  <p>3:30 Hand Spa</p> <p>4:00 Music Monday</p>	<p style="text-align: center;">30</p> <p>10:00 Morning Greeting</p> <p>10:30 Resident Room Visits</p> <p>11:00 Full Body Fitness</p> <p>11:30 What's Cookin'?</p> <p>2:00 Afternoon Update</p> <p style="text-align: center;">2:30 Music with Pianist Gloria Hancock ALC</p> <p>3:45 Documentary</p>	<p style="text-align: center;">31</p> <p>10:00 Morning Greeting</p> <p>10:30 Browse the Library</p> <p>11:00 Exercise Balloon</p> <p>11:30 What's Cookin'?</p> <p>2:00 Arts & Crafts Pt 2 A Bug's Wreath (ALC)</p>  <p>4:00 Remember When...</p>	<p style="font-size: 2em; color: #0056b3; font-weight: bold;">Happy Birthday!</p> <p style="font-size: 1.5em; font-weight: bold;">Joan Brunn — 7/11</p> <p style="font-size: 1.5em; font-weight: bold;">Elizabeth Thacker — 7/29</p>		