



**July
2008**

**Jewish Seniors Agency
COMPREHENSIVE ADULT DAY CENTER**

All activities focus on social and cognitive stimulation, fine and gross motor skills, motion and flexibility...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 st	2 nd	3 rd	4 th
JULY IS: National Blueberry Month National Hot Dog Month National Ice Cream Month	Morning exercise w/Ana Baking w/Colleen Tuesday Excursion Bowling w/ Mary Elizabeth	Bend and Stretch w/Kerry Baking w/Ana Trivia Planning for cook out 4 th of July Banner craft	SHOW YOUR COLORS (RED, WHITE and BLUE) We celebrate July 4 w/Cook Out Senior Aerobics w/Colleen Making a Flag Cake Pinwheel crafts July 4 th BINGO	JULY 4TH HOLIDAY IS CELEBRATED DAY CENTER IS CLOSED
7 th	8 th	9 th	10 th	11 th
Working with Weights Chorus Group w/Colleen Jewish Pictionary w/Michele Weekend Review w/Karen Coupon Cutting BINGO	Morning exercise w/Ana Where are YOUR Roots? Baking muffins Trivia w/Karen Tai Chi with Bob	Bend and Stretch w/Kerry Finish Where are YOUR Roots? Jewlery Designs w/Colleen Person Place or Thing w/Karen Ana's Tea Party	Senior Aerobics w/Colleen Baking muffins DOMINO Tournament Sing Along to the Oldies Miss Art Visits	Sittercise w/Karen Spanish Lesson w/Ana Word Games w/Karen Hand and Nail care w/Colleen Nutrition class w/Karen
14 th	15 th	16 th	17 th	18 th
Working with Weights Crafts w/Ana Client Council Meeting w/Karen Chorus Group w/Colleen Music w/Stanley Ice cream social	Morning exercise w/Ana Art Therapy w/Colleen Making a cookbook w/Ana Donut Movie:"Grease"	Bend and Stretch w/Kerry 60's planning & activities "That was the year" w/ Karen Tie Dye T-shirts Farmer's Market Trip	60's Day Celebration Senior Aerobics w/Colleen Let's Make Smoothies Art w/Mark Hangman word game	Sittercise w/Karen Crafts w/Rachel Walking Group w/ Ana Nutrition class w/Karen Bird House BINGO
21 st	22 nd	23 rd	24 th	25 th
Staff Reminisce Day-"Who am I?" Working with Weights Baking w/Ana Chorus Group w/Colleen Health class w/Kerry "Sun Awareness"	Morning exercise w/Ana Making a Genealogy Tree Golf Putting Challenge Baking for Beach Party Tai Chi with Bob Name that Tune	BEACH PARTY!!!! Music w/Mike Colletta Beach Ball Volleyball Wednesday Excursion Spelling Bee Track walking w/Ana	Senior Aerobics w/Colleen Finish Genealogy Trees Quilting w/Ana Art w/ Mark The Price is Right-Come on Down	Sittercise w/Karen Spanish Lesson Art class w/Michelle BINGO Chorus Class w/Colleen
28 th	29 th	30 th	31 st	
Working with Weights Chorus Group w/Colleen Craft Corner w/Karen Walking Group Pet Therapy and stores w/Lori	Morning exercise w/Ana Baking for Tea Party Foot Massages w/Ana/Colleen Ana's Tea Party	Bend and Stretch w/Kerry Spelling Beew/Karen Horse Racing Spanish Bingo w/Ana Farmer's Market Trip	Senior Aerobics w/Colleen Bazaar Craft w/Karen Word Games w/Karen Beauty Day w/Avon Lady Art w/Blanche	

