

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2009 LIFE Adult Medical Day Care Activity Calendar			1 9:30 Regal Movie Outing- Spiderwick Chronicles 10:00 Group Sessions 10:30: Travelogue and Craft: Canada 1:00 Group Session 1:00 After Lunch Health Walk Canada Day	2 Halfway Point of the Year 10:00 Range of Motion 10:00 Group Sessions 10:30 Open Area Art: Patriotic Crafts 1:00 Group Session 1:00 After Lunch Health Walk 1:00 Halfway Day Social	3 10:00 Group Sessions 10:30 Open Area Games: Star Toss 11:00 Honor the USA 11:00 Assisted Walking Group 1:00 Red, White and Blue Pre 4 th of July Picnic and Celebration	4  Independence Day
5 Bathing Suit and Bikini Month 	6 10:00 Group Sessions 10:30 Cooking Corner: Berry Blue Smoothies for Blue Monday 11:00 Independent Walkers Group 1:00 Group Sessions 1:00 After Lunch Health Walk	7 10:00 Range of Motion 10:00 Group Sessions 10:30 Open Area Discussion and Project: Tanabata (Japan) 1:00 Group Session 1:00 After Lunch Health Walk	8 9:30 RC Movie Outing 10:00 Group Sessions 10:30: Open Area Craft: Passports for Passport Day 1:00 Group Session 1:00 After Lunch Health Walk	9 10:00 Range of Motion 10:00 Group Sessions 10:30 Catonsville Community Park Outing 12:45 Afternoon at the Movies ft. Tom Hanks (celebrates birthday today) 1:00 Group Session 1:00 After Lunch Health Walk	10 9:00 Blueberry Muffin Social 10:00 Group Sessions 10:30 Ceremony Decoration and Preparation 11:00 Assisted Walking Group 1:00 Friendship Ceremony 	11 Blueberry Muffin Day 
12 Ladybug Month 	13  10:00 Group Sessions 10:30 Open Area Craft: Ladybugs 11:00 Independent Walkers Group 1:00 Group Sessions 1:00 After Lunch Health Walk	14 Bastille Day  10:00 Range of Motion 10:00 Group Sessions 10:30 Beginner French Lesson 1:00 Group Session 1:00 After Lunch Health Walk 2:00 Foods of France Social	15 9:30 RC Movie Outing 10:00 Group Sessions 10:30: Open Area Game: "Old School Games" 1:00 Group Session 1:00 After Lunch Health Walk	16 Orville Redenbacher Day 10:00 Range of Motion 10:00 Group Sessions 10:30 Cooking: Country Cousin Popcorn Balls 1:00 Group Session 1:00 After Lunch Health Walk 	17 Disneyland Birthday 10:00 Group Sessions 10:30 4H County Fair Outing 10:30 Disney DVD Trivia 11:00 Assisted Walking Group 1:00 <i>Disney Themed Monthly Birthday Party</i> 	18 Recreation and Parks Month 
19 Make Someone Smile Week 	20 10:00 Group Sessions 10:30 Story time: Stories to Make You Smile 11:00 Independent Walkers Group Diamond Ridge Park Outing 1:00 Group Sessions 1:00 After Lunch Health Walk	21 Summer Leisure Day 10:00 Range of Motion 10:00 Group Sessions 10:30 Sensory Stimulation: At the Beach 1:00 Group Session 1:00 After Lunch Health Walk 	22 9:30 Regal Movie 10:00 Group Sessions 10:30 Wheelchair Decoration 1:00 Group Session 1:00 After Lunch Health Walk 1:00 <i>Wheelchair Beautification Contest</i>	23 Birthday of the Ice Cream Cone 10:00 Range of Motion 10:00 Group Sessions 10:30 Ice Cream Magnet Craft 1:00 Group Session 1:00 Ice Cream Store Outing 1:00 After Lunch Health Walk 2:00 Ice Cream Social 	24 10:00 Group Sessions 10:30 Thomas Dixon Aircraft Observation Area Outing 11:00 Assisted Walking Group 1:00 <i>Christmas in July Party</i> Women Aviator's Day 	25 Wheelchair Beautification Month 
26 Merry-Go-Round Day 	27 Hula Hoop Day 10:00 Group Sessions 10:30 Open Area Exercise: Hula Hoops 11:00 Independent Walkers Group 1:00 Group Sessions 1:00 After Lunch Health Walk	28 Peaches and Cream Day 10:00 Range of Motion 10:00 Group Sessions 10:30 Women's Group: Just Peachy Facials 1:00 Group Session 1:00 After Lunch Health Walk 	29 NASA Day 9:30 Regal Movie Outing- Star Wars: Clone Wars 10:00 Group Sessions 10:30 Open Area Art: Space Capsule Craft 1:00 Group Session 1:00 After Lunch Health Walk 	30 Corn Flakes Day 10:00 Range of Motion 10:00 Group Sessions 10:30 Cooking: Corn Flakes Macarons 10:30 Men's Group Dave and Buster Outing 1:00 Group Session 1:00 After Lunch Health Walk	31  10:00 Group Sessions 10:30 Morning Movie: Harry Potter (JK Rowling's Birthday) 11:00 Assisted Walk Group 1:00 Medical Day Summer Gala 	Calendar Notes  <i>Each group session consists of Arts and Crafts, Exercise, Table Games, Puzzles, Story Hour, Sensory Stimulation, Sports and Physical Activity, Music Appreciation, Wii Games, Computer Lab and Grooming for Men and Women.</i> <i>Sessions rotate daily to accommodate each group</i>

Activities are subject to change



Outdoor Activities are Weather Permitting