

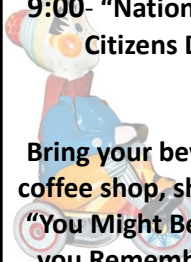











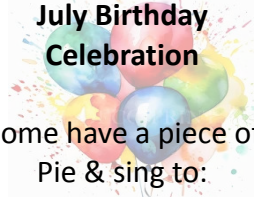








ACTIVITIES CALENDAR July 8– July 13

Monday, 08	TUESDAY, 09	WEDNESDAY, 10	THURSDAY, 11	FRIDAY, 12	SATURDAY, 13	SUNDAY, 14
7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast	7:30 Breakfast
Hydration Station open 9:00-4:30	Hydration Station open 9:00-4:30	Hydration Station opens 9:00-4:30	Hydration Station opens 9:00-4:30	Hydration Station opens 9:00-4:30	Drink Water!	Count your Blessings!
9:00 "Be a Kid Again Day"  Bring your beverage to the Coffee Shop for Chat about childhood memories	9:00 Bring your beverage to the Coffee Shop or Secret Garden where residents gather & Visit	9:00 "National Kitten Day" Bring your beverage to coffee shop for chat & fun Kitten videos & pastries 	9:00- "National Senior Citizens Day"  Bring your beverage to coffee shop, short video "You Might Be Old... If you Remember This"	9:00 Bring your beverage to the Coffee Shop or Secret Garden where residents gather & visit	9:00 Bring your beverage to the Coffee Shop or Secret Garden where residents gather & visit	9:00 Worship Chapel 
10:00 Zumba w/ Kathi <i>Exercise Room</i>  10:15 TLC with Kay (room to room)	10:00 Zumba w/ Kathi <i>Exercise Room</i>  10:15 Mentors Visit MC	10:00 Movement w/ Michelle <i>Exercise Room</i> 	10:00 Zumba w/ Kathi <i>Exercise Room</i>  Trishaw Bike Rides 10:00 Judy D & Barbara 10:30 Suzie & Hugh	10:00 Chair Yoga w/ Jim <i>Exercise Room</i> 	Visit Activities Center 	Enjoy the patios 
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
12:30 AL Ice Cream Social <i>Dining Room</i>  1:15 MC Ice Cream Social MC Dining Room	1:00 Resident Council Meeting Bring your questions, concerns, & praises <i>Exercise Room</i> 	12:30 Bible Study <i>Chapel</i> 1:30 Jigsaw Puzzles <i>Dining Room</i> 	12:30 July Birthday Celebration  Come have a piece of Pie & sing to: <i>Cliff, Ron, Judy E., Inge, & Marguerite</i>	12:30 Ice Cream Truck <i>front entrance</i> Come get your ice cream treat on us! Mocha & Guitar <i>Sunshine Room</i> <div> 2:00 Bus to City Market </div>	 "I've got nothing to do today but smile." ~ Simon and Garfunkel	12:15 Documentaries & Discussions w/ Joan <i>Coffee Shop</i> 
2:30-3:45 BINGO <i>Dining Room</i>	1:45- Winston the Therapy dog visits <i>Activities Center</i> 2:30 Cognitive Games w/ Michelle – <i>Coffee Shop</i> 	3:00 Relaxing Chair Yoga w/ Jim <i>Exercise Room</i> 	1:30 - Adult Coloring & Music- Activities Center 3:00- Hot Topic w/ Jessica - "Adapting" Great discussion for seniors – <i>Exercise Room</i>	2:30 Banjo/Sing-a-long w/ Duane 3:15 Happy Hour <i>Sunshine Room</i> 		Rest...



4:30 Dinner

4:30 Dinner

4:30 Dinner

4:30 Dinner

4:30 Dinner

4:30 Dinner

4:30 Dinner

Week 3 Regular/NAS

Cornerstone Spring Summer 2024

Week At A Glance

M	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL BREAKFAST PASTRY EGG: _____ MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ BLUEBERRY MUFFIN BACON MARGARINE/ JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL BREAKFAST SANDWICH MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ STRAWBERRY FRENCH TOAST MILK	CHOICE OF JUICE CHOICE OF CEREAL SCRAMBLED EGG WITH CHEESE TORTILLA MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: _____ TOAST MARGARINE/JELLY MILK
N O O N	CREAMY GARLIC HERB PORK CHOP SEASONED MINI BAKERS BUTTERED PEAS ROLL/MARG PIE MILK	REUBEN SWEET PEPPER SLAW SEASONAL FRESH FRUIT DESSERT IS ICE CREAM SOCIAL! MILK	ORANGE CHICKEN FRIED RICE VEGETABLES EGG ROLL SHERBET MILK	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY BREAD/MARG CANDIED CARROTS VANILLA CHEESECAKE W/ CHERRY SAUCE MILK	SAUCY RIBS MACARONI & CHEESE GREEN BEANS W/ BACON BREAD/MARG GOOEY BUTTER CAKE MILK	PANKO CRUSTED COD LEMON KISSED ASPARAGUS CHEESY POTATO TOT BAKE BREAD/MARG SEASONAL FRESH FRUIT MILK	MEATBALLS WITH MARINARA SAUCE NOODLES TOSS SALAD/ DRESSING GARLIC TOAST PUDDING SUNDAE MILK
E V E	VEGETABLE SOUP CRACKERS 1/2 EGG SALAD SANDWICH TOSS SALAD/ DRESSING BANANA BERRY CUP MILK	SMOKED SAUSAGE FLATBREAD PIZZA PARMESAN CORN LEMON BAR MILK	COOK'S CHOICE MILK	CHICKEN PARMESAN SOUP CRACKERS TOSS SALAD/ DRESSING GARLIC TOAST FRUIT MILK	TURKEY BLT WRAP POTATO SALAD PICKLED BEETS SEASONAL FRESH FRUIT MILK	CHICKEN CAPRESE SALAD BREADSTICK PEACH CRISP MILK	BBO PORK ON BUN TATER TOTS SEASONAL VEGETABLE MANDARIN ORANGES BROWNIE MILK
H S	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK	CHOICE OF SNACK

Menus Approved By:

CORNERSTONE
Creating Healthy Communities

04/28/24, 06/02/24, 07/07/24, 08/11/24, 09/15/24

Notes: