
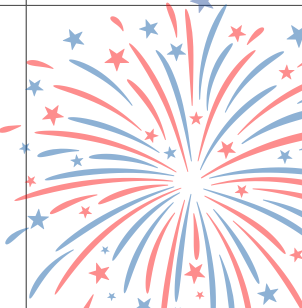




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>HAPPY Independence DAY</b></p>			<sup>1</sup> 10:00 Strength Training 10:30 Letter-Gories 10:45 Church 1:15 BINGO 2:45 DIY American Flag Pins	<sup>2</sup> 9:30 YMCA 10:00 Flexibility 10:30 4 <sup>th</sup> of July Trivia 11:00 Finish the Lyrics 1:15 4 <sup>th</sup> of July Scratch Art 2:00 DIY Tye Dye Tote Bags	<sup>3</sup> 10:00 Chair Yoga 10:30 Cribbage 11:00 4 <sup>th</sup> of July Diamond Art 1:15 DIY Waterbottles 2:45 4 <sup>th</sup> of July Table Project 4:30 Raffle Drawing	<sup>4</sup> 9:15 Fourth Of July Parade 11:00 Popcorn Tasting 1:15 BINGO 2:45 4 <sup>th</sup> of July Fun in The Sun <b>INDEPENDANCE DAY</b>
<sup>5</sup> <b>SALON OPEN</b> 10:00 Tai Chi 10:30 Mug Club 11:00 DIY Lego Bird Feeders 1:15 Crafting Hour 2:45 Giant Connect Four	<sup>6</sup> 10:00 Seated Dance Workout 10:30 DIY Kites 1:15 BINGO 2:45 DIY Hand Fans 4:00 Walking Group	<sup>7</sup> 9:30 YMCA 10:00 Chair Yoga 10:30 Kite Flying 1:00 Chris Heard Music 1:15 Errands 2:00 Ice Cream Truck 3:00 Soap Making	<sup>8</sup> 10:00 Strength Training 10:30 Daily Delights 10:45 Church 1:15 BINGO 2:45 Air Dry Clay 3:45 Freeze Pops on the Deck <b>NATIONAL FREEZE POP DAY</b>	<sup>9</sup> 9:30 YMCA 10:00 Flexibility 10:30 Giant Jenga 1:15 Shermans Bookstore 3:45 Walking Group	<sup>10</sup> 10:00 Chair Yoga 10:30 Bird is the Word 11:00 Comedy Time 1:15 DIY Buttons 3:00 Left, Right, Center 4:30 Raffle Drawing	<sup>11</sup> 10:00 Strength Training 10:30 The Americas Ep. 1 11:00 Roller Cup 1:15 BINGO 2:45 DIY Pressed Flower Bookmarks
<sup>12</sup> 10:00 Tai Chi 10:30 Mug Club 11:00 DIY Zen Garden 1:15 Crafting Hour 2:45 DIY Fuse Beads	<sup>13</sup> 10:00 Seated Dance Workout 10:30 Dog Park Visit 1:15 BINGO 2:45 DIY Sand Painting 4:00 Walking Group	<sup>14</sup> 9:30 YMCA 10:00 Chair Yoga 10:30 DIY Cow Pens 11:30 Pemaquid Beach Picnic and Visit 2:00 Ice Cream Truck 3:00 Cottage Meeting <b>COW APPRECIATION DAY</b>	<sup>15</sup> 10:00 Strength Training 10:30 DIY Pin Wheels 10:45 Church 1:15 BINGO 2:45 Scenic Bus Ride 4:00 Happy Hour on the Deck	<sup>16</sup> 9:30 YMCA 10:00 Flexibility 10:30 Group Crossword 1:15 R. M. Tates Trip 3:45 Walking Group	<sup>17</sup> 10:00 Chair Yoga 10:30 Trivia 1:15 Knitting/Crochet Group 2:15 DIY Button Magnets 3:00 Lottery Ticket Prize Collection 4:30 Raffle Drawing <b>NATIONAL LOTTERY DAY</b>	<sup>18</sup> 10:00 Strength Training 10:30 The Americas Ep. 2 1:15 BINGO 2:45 DIY Ocean Wind Chimes <b>NATIONAL HOT DOG DAY</b>
<sup>19</sup> <b>SALON OPEN</b> 10:00 Tai Chi 10:30 Mug Club 11:00 Beach Ball Conversations 1:15 Crafting Hour 2:45 DIY Book Ends	<sup>20</sup> 10:00 Seated Dance Workout 10:30 Words in Words 11:00 Journaling Group 1:15 BINGO 2:45 DIY Shell Decorating 4:00 Walking Group	<sup>21</sup> 9:30 YMCA 10:00 Chair Yoga 10:30 Travis Talks 11:00 Newspaper Races 1:15 Errands 1:15 Disc Golf 2:00 Ice Cream Truck 3:00 Open Board Games	<sup>22</sup> 10:00 Strength Training 10:30 Ant Farm 10:45 Church 1:15 BINGO 2:45 Welcome Mixer 3:45 Axe Throwing	<sup>23</sup> 9:30 YMCA 10:00 Flexibility 11:00 Lemonade on the Deck 11:30 Pats Pizza & Dollar Tree Trip 3:45 Walking Group <b>NATIONAL LEMON DAY</b>	<sup>24</sup> 10:00 Chair Yoga 10:30 Foodie Quiz 11:00 Anagrams 1:15 DIY Faux Stained Glass 3:00 Red Challenge 4:30 Raffle Drawing	<sup>25</sup> 10:00 Strength Training 10:30 The Americas Ep. 3 1:15 BINGO <b>BLOCK PARTY 4PM - 7PM</b>
<sup>26</sup> 10:00 Tai Chi 10:30 Mug Club 11:00 Dice Conversations 1:15 Crafting Hour 2:45 Second Chance Crafts	<sup>27</sup> 10:00 Seated Dance Workout 10:30 Book Club 10:30 Adult Coloring 1:15 BINGO 2:45 DIY Mirrors 4:00 Walking Group	<sup>28</sup> 9:30 YMCA 10:00 Chair Yoga 10:30 Jeopardy 1:00 Resident Meeting 2:00 Ice Cream Truck 3:00 Bubbles and Beverages	<sup>29</sup> 10:00 Strength Training 10:30 Name That Cake 10:45 Church 1:15 BINGO 2:45 DIY Cat Painting	<sup>30</sup> 9:30 YMCA 10:00 Flexibility 10:30 Golf Cart Rides 1:00 Sam Saltonstal Music 2:00 Paint and Sip 3:45 Walking Group	<sup>31</sup> 10:00 Chair Yoga 10:30 Button Art Greeting Cards 11:00 Ladder Ball 1:15 Mardens 4:30 Raffle Drawing <b>NATIONAL TALK IN AN ELEVATOR DAY</b>	

# Whats Going on This Month?

## This Month's Errand Trips

July 7<sup>th</sup> at 1:15pm  
July 21<sup>st</sup> at 1:15 pm

Remember to sign up  
downstairs with an  
activities staff member

All our DIY projects listed on the calendar can be found in Activities. Examples of this month's DIY are located on the counter with the dates they are scheduled for. Come check them out!

## July Outings

July 13<sup>th</sup> Dog Park Trip  
July 14<sup>th</sup> Pemaquid Beach Trip  
July 15<sup>th</sup> Scenic Bus Ride  
July 23<sup>rd</sup> Pats Pizza

## This Month's Shopping Trips

July 9<sup>th</sup> Sherman's Book Store  
July 16<sup>th</sup> R.M. Tates  
July 23<sup>rd</sup> Dollar Tree  
July 31<sup>st</sup> Mardens

Live Performances  
July 7<sup>th</sup> Chris Music at 1pm  
July 30<sup>th</sup> Sam Saltonstal Music 1pm

Join us for Bingo every Monday, Wednesday and Saturday at 1:15pm!

## New and exciting activities to check out:

- July 3<sup>rd</sup> Join us in creating a table sized masterpiece in honor of July 4<sup>th</sup>
- July 4<sup>th</sup> We will be attending the parade in Bath. Make sure to sign up downstairs
- July 5<sup>th</sup> Participate in a giant game of the classic connect four
- July 7<sup>th</sup> Fly your DIY made kites from the 6<sup>th</sup> and spend the afternoon learning to make soap
- July 8<sup>th</sup> Get creative with air dry clay and then share a freeze pop with friends while relaxing on the porch
- July 10<sup>th</sup> How well do you know birds? come join us for a little trivia game follow by good laughs as we all share jokes
- July 13<sup>th</sup> We will visit the dog park and enjoy a relaxing morning by the water
- July 14<sup>th</sup> Another beach trip!!!!
- July 16<sup>th</sup> Participate in a Giant Group Cross word
- July 17<sup>th</sup> National lottery day, activities is handing out fun lottery tickets, come see if you are a winner!
- July 21<sup>st</sup> Heads up is a game of guessing with friends, even if you are not good at guessing you are sure to share in the laughs
- July 22<sup>nd</sup> Join us at our welcome mixer we have a lot of new faces in our community
- July 24<sup>th</sup> Test your creative skills with our "Red Challenge". How many red items can you draw?
- July 25<sup>th</sup> is our 3<sup>rd</sup> Annual Block Party event!!!
- July 26<sup>th</sup> Get to know your neighbors with dice conversations
- July 30<sup>th</sup> Golf Cart rides are coming back lets travel around our community and enjoy all the beautiful views

Still have questions about the schedule? Stop by activities and ask, we are always here to answer any questions!