

ANTONINE SISTERS ADULT DAY CARE CALENDAR

JULY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dave Walgreen Entertains Exercise (pm)	2 BINGO Chair Yoga(pm)	3 Olde Car Show Exercise (pm)	4 ADC Closed Happy 4 th of July 	5 Movie Exercise (pm)	
7	8 MYCAP Activity Exercise (pm)	9 Trivia/ Whiteboard Activities Chair Yoga(pm)	10 Beach Ball Toss & Talk Exercise (pm)	1 Jack & Lana Entertain Podiatrist #2 Strength & Balance (pm)	12 BINGO Podiatrist #1 Exercise (pm)	
	15 Bella Trivia Exercise (pm)	16 Unrelated Millers Entertain Chair Yoga(pm)	17 MOVIE Exercise (pm)	18 Minute to Win It w/Pastor Dan Strength & Balance (pm)	19 Craft Exercise (pm)	20
21	22 Bella BINGO Exercise (pm)	23 Craft Chair Yoga (pm)	24 Trivia/ Whiteboard Activities Exercise (pm)	25 Movie Strength & Balance (pm)	26 Southern Care Bingo Exercise (pm)	27
28	29 Bella Bingo Exercise (pm)	30 Whiteboard Activities Chair Yoga (pm)	31 Pastor Dan Sing Along Exercise (pm)			