

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2022

TerraBella Lake Norman

<p>9:30am St. Therese Catholic Church Shuttle(Outing) 3</p> <p>10:00am Non-Denominational Church Service(Chapel)</p> <p>2:00pm Bingo(AR)</p> <p>3:00pm Catchphrase(AR)</p> <p>6:30pm Scrabble – Resident Lead(AR)</p> <p>6:30pm Drama Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 4</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Pretty Nails(AR)</p> <p>2:00pm Hangman Game(AR)</p> <p>3:00pm Chair Volleyball(GR)</p> <p>5:00pm 4th of July Dinner Celebration(Dining Room)</p> <p>6:30pm Rummikub with Friends(AR)</p> <p style="text-align: center;">Independence Day (US)</p>	<p>9:00am Tech Tuesday 5</p> <p>9:30am Walking Club(FD)</p> <p>10:00am Sit & Stretch(GR)</p> <p>10:30am Sweet Treats(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Resident Activity Meeting(AR)</p> <p>2:00pm Happy Hour(Bistro)</p> <p>3:00pm Communion with Ginger(Chapel)</p> <p>3:30pm Joy in Crafting(AR)</p> <p>6:30pm Tuesday Poker Night(2nd Floor)</p>	<p>9:30am Walking Club(FD) 6</p> <p>10:00am Tai Chi with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>1:30pm Ice Cream Social(Bistro/GR)</p> <p>2:00pm Just Us Band(GR)</p> <p>3:30pm Corn Hole(GR)</p> <p>3:30pm Book Worm Club Kick-Off(LIB)</p> <p>6:30pm Classic Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 7</p> <p>10:00am Get Fit Exercise(GR)</p> <p>10:00am Shopping Shuttle(O)</p> <p>10:30am Coffee Time(Bistro)</p> <p>10:30am New Resident Meet & Greet(AR)</p> <p>2:00pm David Domingo(GR)</p> <p>3:00pm Virtual Sudoku(GR)</p> <p>6:30pm Hand & Foot(AR)</p>	<p>9:30am Walking Club(FD) 1</p> <p>10:00am Moving with Mike(GR)</p> <p>10:00am Happiness & Flowers(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>10:30am Bingo(Activity Room)</p> <p>11:30 Lunch Trip(Outing)</p> <p>2:00pm Bridge(AR)</p> <p>2:00pm Rejoice Music with Meredith(GR)</p> <p>3:00pm Rummikub(AR)</p> <p>6:30pm Dominos Mexican Train(2nd Floor)</p> <p>6:30pm Comedy Movie Night(GR)</p> <p style="text-align: center;">Canada Day</p>	<p>9:30am Morning Stretch(GR) 2</p> <p>10:00am Bible Study with Russ(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Bingo(AR)</p> <p>3:30pm Visit with Friends(Memory Care)</p> <p>6:00pm Hallmark Movie Night(Great Room)</p>
<p>9:30am St. Therese Catholic Church Shuttle(Outing) 10</p> <p>10:00am Non-Denominational Church Service(Chapel)</p> <p>2:00pm Bingo(AR)</p> <p>3:00pm Catchphrase(AR)</p> <p>6:30pm Scrabble – Resident Lead(AR)</p> <p>6:30pm Drama Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 11</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Pretty Nails(AR)</p> <p>2:00pm Carnival/Fair Themed Hangman(AR)</p> <p>3:00pm Chair Volleyball(GR)</p> <p>6:30pm Rummikub with Friends(AR)</p>	<p>9:00am Tech Tuesday 12</p> <p>9:30am Walking Club(FD)</p> <p>10:00am Sit & Stretch(GR)</p> <p>10:30am Carnival Sweet Treats(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Sing Along with Carol(GR)</p> <p>2:00pm Happy Hour(Bistro)</p> <p>3:00pm Communion with Ginger(Chapel)</p> <p>3:30pm Joy in Painting(AR)</p> <p>6:30 Tuesday Poker Night(2nd Floor)</p>	<p>9:30am Walking Club(FD) 13</p> <p>10:00am Tai Chi with Mike(GR)</p> <p>10:30am Bingo with with Beth(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Chef Demo – Carnival Foods(AR)</p> <p>2:30pm Dining Council Meeting(AR)</p> <p>3:30pm Corn Hole(GR)</p> <p>6:30pm Classic Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 14</p> <p>10:00am Get Fit Exercise(GR)</p> <p>10:00am Shopping Shuttle(O)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am History of World's Fairs(AR)</p> <p>2:00pm Ice Cream Social</p> <p>3:00pm 3:00pm Wheel of Fortune(GR)</p> <p>4:00pm Resident Council Meeting(AR)</p> <p>6:30pm Hand & Foot(AR)</p>	<p>9:30am Walking Club(FD) 8</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:30 Lunch Trip(Outing)</p> <p>2:00pm Bridge(AR)</p> <p>2:30pm Happiness & Flowers(AR)</p> <p>3:00pm Rummikub(AR)</p> <p>6:30pm Dominos Mexican Train(2nd Floor)</p> <p>6:30pm Comedy Movie Night(GR)</p>	<p>9:30am Morning Stretch(GR) 9</p> <p>10:00am Bible Study with Russ(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Bingo(AR)</p> <p>3:30pm Visit with Friends(MC)</p> <p>6:00pm Hallmark Movie Night(GR)</p>
<p>9:30am St. Therese Catholic Church Shuttle(Outing) 17</p> <p>10:00am Non-Denominational Church Service(Chapel)</p> <p>2:00pm Bingo(AR)</p> <p>3:00pm Catchphrase(AR)</p> <p>6:30pm Scrabble – Resident Lead(AR)</p> <p>6:30pm Drama Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 18</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Pretty Nails(AR)</p> <p>2:00pm Hangman Game(AR)</p> <p>3:00pm Chair Volleyball(GR)</p> <p>6:30pm Rummikub with Friends(AR)</p>	<p>9:00am Tech Tuesday 19</p> <p>9:30am Walking Club(FD)</p> <p>10:00am Sit & Stretch(GR)</p> <p>10:30am Sweet Treats(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Sing Along with Carol(GR)</p> <p>1:30pm Happy Hour(Bistro)</p> <p>2:00pm One Man Band(GR)</p> <p>3:00pm Catholic Mass(Chapel)</p> <p>3:00pm Chair Massage(LIB)</p> <p>3:30pm Joy in Crafting(AR)</p> <p>6:30pm Tuesday Poker Night(2nd Floor)</p>	<p>9:30am Walking Club(FD) 20</p> <p>10:00am Tai Chi with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Ice Cream Social(Bistro/GR)</p> <p>2:30pm Favorite Carnival Game(AR)</p> <p>2:30pm Trivia Time(GR)</p> <p>3:00pm Corn Hole(GR)</p> <p>3:30pm Book Worm Club(LIB)</p> <p>6:30pm Classic Movie Night(GR)</p>	<p>9:30am Veterans Club Coffee Shop(O) 21</p> <p>9:30am Walking Club(FD)</p> <p>10:00am Get Fit Exercise(GR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Favorite Carnival Story(AR)</p> <p>2:00pm Shuttle to Shopping(O)</p> <p>3:00pm Virtual Sudoku(GR)</p> <p>6:30pm Hand & Foot(AR)</p>	<p>9:30am Walking Club(FD) 22</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:30 Lunch Trip(Outing)</p> <p>2:00pm Bridge(AR)</p> <p>2:30pm Happiness & Flowers(AR)</p> <p>3:00pm Rummikub(AR)</p> <p>6:30pm Dominos Mexican Train(2nd Floor)</p> <p>6:30pm Comedy Movie Night(GR)</p>	<p>10:00am Bible Study with Russ(AR) 23</p> <p>2:00pm Bingo(AR)</p> <p>3:30pm Visit with Friends(MC)</p> <p>6:00pm Hallmark Movie Night(GR)</p>
<p>9:30am St. Therese Catholic Church Shuttle(Outing) 24</p> <p>10:00am Non-Denominational Church Service(Chapel)</p> <p>2:00pm Bingo(AR)</p> <p>3:00pm Catchphrase(AR)</p> <p>6:30pm Scrabble – Resident Lead(AR)</p> <p>6:30pm Drama Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 25</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Pretty Nails(AR)</p> <p>2:00pm Top 10 Tourist Destinations(AR)</p> <p>3:00pm Chair Volleyball(GR)</p> <p>6:30pm Rummikub with Friends(AR)</p>	<p>9:00am Tech Tuesday 26</p> <p>9:30am Walking Club(FD)</p> <p>10:00am Sit & Stretch(GR)</p> <p>10:30am Sweet Treats(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Sing Along with Carol(GR)</p> <p>2:00pm Happy Hour(Bistro)</p> <p>3:00pm Communion with Ginger(Chapel)</p> <p>3:30pm Joy in Painting(AR)</p> <p>5:00-7:30pm Patrick on Piano(GR)</p>	<p>9:30am Walking Club(FD) 27</p> <p>10:00am Tai Chi with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>2:00pm Ice Cream Social(Bistro/GR)</p> <p>2:30pm Trivia Time(GR)</p> <p>3:00pm Corn Hole(GR)</p> <p>6:30pm Classic Movie Night(GR)</p>	<p>9:30am Walking Club(FD) 28</p> <p>10:00am Shuttle to Shopping(O)</p> <p>10:00am Get Fit Exercise(GR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:00am Carol on Piano(GR)</p> <p>2:00pm Ride to Concord Airport(O)</p> <p>3:00pm Wheel of Fortune(GR)</p> <p>6:30pm Hand & Foot(AR)</p>	<p>9:30am Walking Club(FD) 29</p> <p>10:00am Moving with Mike(GR)</p> <p>10:30am Bingo(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>11:30 Lunch Trip(Outing)</p> <p>2:00pm Bridge(AR)</p> <p>2:30pm Happiness & Flowers(AR)</p> <p>3:00pm Rummikub(AR)</p> <p>6:30pm Dominos Mexican Train(2nd Floor)</p> <p>6:30pm Comedy Movie Night(GR)</p>	<p>9:30am Morning Stretch(GR) 30</p> <p>10:00am Bible Study with Russ(AR)</p> <p>10:30am Coffee Time(Bistro)</p> <p>1:30pm Visit with Friends(MC)</p> <p>2:00pm Art with Cindy(GR)</p> <p>3:30pm Bingo(AR)</p> <p>6:00pm Hallmark Movie Night(GR)</p>
<p>9:30am St. Therese Catholic Church Shuttle(Outing) 31</p> <p>10:00am Non-Denominational Church Service(Chapel)</p> <p>2:00pm Bingo(AR)</p> <p>3:00pm Catchphrase(AR)</p> <p>6:30pm Scrabble – Resident Lead(AR)</p> <p>6:30pm Drama Movie Night(GR)</p>	<p style="text-align: center;">LOCATIONS:</p> <ul style="list-style-type: none"> *FD = Front Desk *GR = Great Room *AR = Activity Room *LIB = Library *MC = Memory Care *2nd Floor = 2nd Floor Game Room *Bistro *Chapel *Outing 					

Activities and locations are subject to change. Please refer to the daily schedule for updates.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2022

Let's Soak up the sun with the ones we love!

						National Postage Day 1 -Writing Pen Pals -This Day in History -Friendship Circle -Making Slime Poolside -In the Kitchen (Cake) -Flower Arrangements <small>Canada Day</small>	2 -Saturday Service W/Russ -Morning Stretches -Kickball -Let's Do Crafts W/CM -Movie Matinee -Visit from Friends 3pm
3 -Morning Audio Verses (Genesis) 15mins -Let's Do Nails W/CM -Movie & Treats -Afternoon Exercise -Darts	HAPPY 4th OF JULY 4 -Patriotic Trivia -Sit n Be Fit -This Day in History -Arts Crafts (Flags) -Patio BBQ -Sing A-Long (Patriotic) <small>Independence Day (US)</small>	National Hawaii Day 5 -Priority One Exercise -Morning Mingle -Friendship Circle -Music W/Meredith -MC Luau Party -Pet Therapy	6 -Morning Massages (Hands) -Mimic My Motions (Stretching) -Just Us W/ CM -Evening Massages (Feet) -In the Kitchen -Women's Wednesday	7 -Morning Blessings (Psalms) -Yoga Session -Music with David W/ CM -Fine Art -Wipe Off Wonders -Pottery Class -Learn A Language (Chinese)	National Freezer Pop Day 8 -Morning Mingle W/ Coffee -Breath & Balance -Audio Book Listening -Make Freeze Pops -Paint & Sip Poolside -Flower Arrangements	9 -Saturday Service W/Russ -Daily Chronicle -Balloon Toss -Let's Do Massages W/CM -I love Lucy Matinee -Visit from Friends 3pm	
10 -Morning Audio Verses (Exodus) 15mins -Storytime W/CM -Name that Tune -Kickball -Finish the Line	11 -Daily Chronicle -Audiobook & Chat -De-Stress W/ Virtual Art -Piano W/Carol -Simon Says (Instruments) -Shop till You Drop -Men's Monday (Wood Craft)	Eat Your Jell-O Day 12 -Morning Meditation -Mix & Mingle (K) -Virtual Nature Walk -Music W/Meredith -Name 5 -Let's Make Jell-O -Women's Wednesday	Cow Appreciation Day 13 -Morning MYM Sessions -Positive Verbs -Cycle Class (1FG) -Glitter Girls (FR) -Pictionary -History of Cows/Crafts	National Mac&Cheese Day 14 -Daily Devotions -This Day in History - "Sew" Much Fun -2pm Poetry W/ Hope -Corn Hole -Learn A Language (French)	15 -Virtual Tour (Museum) -Morning Mingle -Missing Items -Flower Arrangements -Secret Garden W/CM -Knitting Class	16 -Saturday Service W/Russ -Balloon Toss -Morning Stretches - Visit from Friends 3pm -Let's Play Charades W/CM - Visit from Friends 3pm	
17 -Morning Tunes (Jazz) -Chair Exercise W/CM -Movie & Treats -Balloon Ball -Name 5	18 -Memory Lane -Name That Tune -Brunch (BR) -Pet Therapy -Friendship Circle -Piano W/ Carol -Men's Monday (Pool)	Scenic Drive/Daiquiri Day 19 -Daily Talks W/ Tea -Quoting, Quotes (Open Mic) -Corn Hole -Music W/ David -List Making -Women's Wednesday (Nails)	20 -Morning Massages (Hands) -Bend and Groove -Old Wife's Tales -Bingo W/ Theresa (2pm) -Word Within A word -Evening Massages (Feet) -Clipping Coupons	21 -Morning Mingle -Friendship Circle -Cycle Club (1FG) -Glitter Girls (FR) -Knitting Class -Resident Council -Learn A Language (Sign)	22 -Positive Verbs -This Day in History -Wheel of Fortune -Let's Make Slime -Flower Arrangements -Crafts Bubble Blowers -MC Movie Night (P)	23 -Saturday Service W/Russ -Morning Stretches -Story Time W/CM -Let's Do Nails W/CM -Corn Hole - Visit from Friends 3pm	
24 -Inspirational Movies (C65) -Arts & Crafts -Let's Make Beads W/CM -Movie & Treats -Afternoon Exercise	HAPPY HOUR 25 -Virtual Scene Chair Jog -Morning Mingle -Family Feud -Music W/ Carol -Bingo W/Theresa (3pm) -Men's Monday (Golf)	26 -Morning Talks W/ Coffee -Chair Exercise -5 Senses (Fruit) -Alphabet Game -Music W/Meredith -Paint & Refreshments (Patio) -Women's Wednesday (TEA)	27 -Mimic my Motions (Exercise) -Morning Mingle -Charades -In the Kitchen (Fried Oreos) -Bean Bag Toss -Terra Bella Picnic	National Refreshment Day 28 -Breath Balance -Montessori Moments -Musical Dice -Fashion Show 2pm -MC Family Social -Learn A Language (Braille)	ICE CREAM SOCIAL 29 -Tai Chi -Friendship Circle -Would You Rather -Ice Cream Social -Hot Potato Poolside Games -Women's Wednesday	30 -Saturday Service W/Russ -Morning Stretches -Story Time W/CM -Afternoon Exercise W/CM -Balloon Volleyball - Visit from Friends 3pm	
31 -Hallmark Movies (C77) -Morning Stretches -Storytime W/CM (Chicken Soup) -Let's Paint W/CM	<p>All Activities/Programs Are Subject to change based on resident needs.</p> <p>(CM)=Care Manager (MYM)= Mastering Your Mood (CE)= Chair Exercise (BR)= Billiard Room (P)= Patio (CA)= Common Area (C77)=Channel 77 (FR)= Fireplace Room (1FG)- 1st Floor Gym (K)=Kitchen</p>						