

Powder Springs Center for Nursing & Healing

Hello July



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY JULY BIRTHDAY'S</p> 	<p><i>Welcome All New Residents</i></p>	<p>Activity Locations: (DR)= Dining Room (CH) = Chapel (L) = Lobby (E)= East Wing (W) = West Wing (C)= Courtyard * Activities Are Subject To Change Margalie Cherenfant (Activities Director) MCherenfant@powderspringsnursing.com (770) 439-9199 ext 219</p>	<p>If you have any questions or concerns or suggestions, please see Margalie in Activities or ask a staff member to locate a member of Activities!</p> <p>Be Aware: All Group Activities are performed according to CDC social Distancing Rule.... (6 Ft Apart & Mask</p>	<p>July 1 National postal Worker Day 10:00 Build Better Balance-DR 10:30 Reminiscing 11:00 1:1 In Room Activities 1:00 Face Time 2:00- Courtyard-Women social/refreshments 3:00- A Game of Bingo</p>	<p>July 2 10:00 -Zumba with Katrina(E&W) 10:30-Volleball-(E&W) 11:00 – 1:1 In room Activities 1:00 -Face Time 2:00-Special Independence Day Cookout</p>  <p>3:00 Patriotic Songs</p>	<p>July 3 10:00Chair Aerobics- 10:30- Arts & Crafts-DR 11:00 1:1 In Room Activities 1:00- Face Time 2:00-Nails Care(E&W) 3:00-Bingo-DR(E&W)</p> <p>Courtyard Fresh Air</p>
<p>July 4 Happy Independence Day USA 10:00 Coordination exercise-DR 10:30 Hydration and Conversations-DR 11:00 Church Service-DR.(E&W) /Face Time 1:00 1:1 In Room activities- 2:00-courtyard-Fresh air 3:00 -Bingo-Ice-/Cream Social Special 4th of July Lunch by Chef Tony.</p> 	<p>July 5 National Bikini Day 10:00 Balloon Toss 10:30 Words in Word 11:00 1:1 in room Activities 1:00 Face Time 2:00- Courtyard- Fresh Air 3:00 Movie Classic (TBA)-DR</p> <p>Walmart Shopping Book Club: 2:30-4:30-DR</p>	<p>July 6 National Fried Chicken Day 10:00 “Zumba- With Katrina” DR 10:30 Ring Toss Competition Courtyard 11:00 1:1 in room Activities 1:00 Face Time(E&W) 2:00-Courtyard- Men social/refreshments 3:00 -Bingo-DR(E&W)</p>	<p>July 7 10:00 Chair Aerobics-Music 10:30 Bible Studies-DR 11:00 1:1 In Room Activities 1:00 Face Time 2:00-Courtyard-Fresh Air/refreshments 3:00- Wind Down Wednesday-Music</p>	<p>July 8 10:00 Build Better Balance-DR 10:30 Reminiscing 11:00 1:1 In Room Activities 1:00 Face Time 2:00- Courtyard-Women social/refreshments 3:00- A Game of Bingo</p>	<p>July 9 10:00 -Zumba With katrina(E&W) 10:30-Volleball-(E&W) 11:00 – 1:1 In room Activities 1:00 -Face Time 2:00-Courtyard social 3:00 Happy Hour-Courtyard</p>	<p>July 10 10:00-Chair Aerobics- 10:30- Arts & Crafts-DR 11:00- 1:1 In Room Activities 1:00- Face Time 2:00-Nails Care(E&W) 3:00-Bingo-DR(E&W) 3:00-Bingo-DR(E&W)</p> <p>Courtyard Fresh Air</p>
<p>July 11 10:00 Coordination Exercise 10:30 Hydration &Conversations-DR 11:00 Church Service -DR/Face Time 1:00 1:1 In Room Activities 2:00- Courtyard- Fresh Air 3:00 Bingo-/Ice Cream Bar. Face Time Daily</p>	<p>July 12 10:00 Balloon Toss 10:30 Words in Word 11:00 1:1 in room Activities 1:00 Face Time 2:00- Courtyard- Fresh Air 3:00 Movie Classic (TBA)-DR</p> <p>Walmart Shopping Book Club: 2:30-4:30-DR</p>	<p>July 13National French Fry Day. 10:00 “Zumba-With Katrina-DR 10:30 Ring Toss Competition Courtyard 11:00 1:1 in room Activities 1:00 Face Time(E&W) 2:00-Courtyard- Men social /refreshments 3:00 -Bingo-DR(E&W)</p>	<p>July 14 10:00 Chair Aerobics-Music 10:30 Bible Studies-DR 11:00 1:1 In Room Activities 1:00 Face Time 2:00-Courtyard-Fresh Air/refreshments 3:00- Wind Down Wednesday-Music/refreshments</p>	<p>July 15 10:00 Build Better Balance-DR 10:30 Reminiscing 11:00 1:1 In Room Activities 1:00 Face Time 2:00- Courtyard-Women social/refreshments 3:00- A Game of Bingo</p> <p>11: 00-Residents Council Meeting</p>	<p>July 16 10:00 – Zumba with Katrina(E&W) 10:30-Volleball-(E&W) 11:00 – 1:1 In room Activities 1:00 -Face Time 2:00-Courtyard social 3:00 Happy Hour-Courtyard</p>	<p>July 17 10:00-Chair Aerobics- 10:30- Arts & Crafts-DR 11:00- 1:1 In Room Activities 1:00- Face Time 2:00-Nails Care(E&W) 3:00-Bingo-DR(E&W)</p> <p>Courtyard Fresh Air</p>
<p>July 18 National Ice Cream Day 10:00 Coordination Exercise 10:30 Hydration & Conversations 11:00 Church Service -DR-(E&W)/Face Time 1:30-1:1 In room activities. 3:00- Bingo Ice/ Cream Bar/Floats Nelson Mandela International Day</p>	<p>July 19 10:00 Balloon Toss 10:30 Words in Word 11:00 1:1 in room Activities 1:00 Face Time 2:00- Courtyard- Fresh Air 3:00 Movie Classic (TBA)-DR</p> <p>Walmart Shopping Book Club: 2:30-4:30-DR</p>	<p>July 20 10:00 “Zumba- With Katrina” -DR 10:30 Ring Toss Competition Courtyard 11:00 1:1 in room Activities 1:00 Face Time(E&W) 2:00-Courtyard- men social /refreshments 3:00 -Bingo-DR(E&W)</p>	<p>July 21 10:00 Chair Aerobics-Music 10:30 Bible Studies-DR 11:00 1:1 In Room Activities 1:00 Face Time 2:00-Courtyard-Fresh Air/refreshments 3:00 -Wind Down Wednesday-Music/refreshments</p>	<p>July 22 10:00 Build Better Balance-DR 10:30 Reminiscing 11:00 1:1 In Room Activities 1:00 Face Time 2:00- Courtyard-Women social/refreshments 3:00- A Game of Bingo</p>	<p>July 23National Gorgeous Grandma Day 10:00 -Zumba With Katrina(E&W) 10:30-Volleball-(E&W) 11:00 – 1:1 In room Activities 1:00 -Face Time 2:00-Party for All our gorgeous Grandma. Dress to impress. 3:00 Happy Hour-Courtyard</p>	<p>July 24 10:00-Chair Aerobics- 10:30- Arts & Crafts-DR 11:00 1:1 In Room Activities 1:00- Face Time-(E&W) 2:00-Nails Care-(E&W) 3:00-Bingo-DR-(E&W)</p> <p>Courtyard Fresh Air</p>
<p>July 25 Parents’ Day 10:00 Coordination exercise-DR 10:30 Hydration and Conversations-DR 11:00 Church Service-DR.(E&W) /Face Time 1:00 1:1 In Room activities- 2:00-courtyard-Fresh air 3:00 -Five things you loved about your Parents. -Ice-/Cream Social</p>	<p>July 26 10:00 Balloon Toss 10:30 Words in Word 11:00 1:1 in room Activities 1:00 Face Time 2:00- Courtyard- Fresh Air 3:00 Movie Classic (TBA)-DR</p> <p>Walmart Shopping Book Club: 2:30-4:30-DR</p>	<p>July 27 10:00 “Simon says” Exercise-DR 10:30 Ring Toss Competition Courtyard 11:00 1:1 in room Activities 1:00 Face Time(E&W) 2:00-Courtyard- Men social/refreshments 3:00- Bingo-DR(E&W)</p> <p>National Disability Independence Day.</p>	<p>July 28- World war I 10:00 Chair Aerobics-Music 10:30 Bible Studies-DR 11:00 1:1 In Room Activities 1:00 Face Time 2:00-Courtyard-Fresh Air 3:00 Significant People of WWI Wind Down Wednesday-Music/refreshments</p>	<p>July 29 10:00 Build Better Balance-DR 10:30 Reminiscing 11:00 1:1 In Room Activities 1:00 Face Time 2:00- Powder Springs Buck’s Store Business 3:00- A Game of Bingo</p>	<p>July 30- National Cheesecake Day 10:00 -Sit & Be Fit(E&W) 10:30-Volleball-(E&W) 11:00 – 1:1 In room Activities 1:00 -Face Time 2:00-July Birthday Party (E&W) 3:00 -Party Continue(E&W)</p>	<p>July 31 10:00-Chair Aerobics- 10:30- Arts & Crafts-DR 11:00 1:1 In Room Activities 1:00- Face Time-(E&W) 2:00-Nails Care-(E&W) 3:00-Bingo-DR-(E&W)</p> <p>Courtyard Fresh Air</p>