

# 2019 JULY

CALENDAR YEAR CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 10am Let's talk about our weekend, 1 pm Let's talk about meds.	02 10am Facts about over the counter meds... 1 PM Dream Catcher	03 10am Social Hour 1pm Monopoly game	04 CLOSED Happy 4th	05 10am Do you know your Meds... 1pm Pizza & a movie... Snokey & the bandit	06	07
08 10am (Meds & Health) Developing a system that works for you... 1pm Jello, Cake	09 10 am Social Hour 1pm Dream Catcher Craft (Cont.)	10 10am Social Hour 1pm UNO card game	11 11am Hot dogs 1pm Paper Star Craft	12 10am Medication Reminder list: 1pm Pizza & a movie... MIB Men In Black	13	14
15 10am Med management Strategies 1pm Habit Change	16 10am 15 tips to improve the quality of sleep 1pm Paper Star Craft	17 10 Social Hour 1 pm Apple Crisp Bars	18 10am Suggestions for sleeping soundly 1pm Canvas Painting	19 10am Sleep Well...zzz 1pm pizza & a movie... Jack the bear	20	21
22 10am Let's talk about your weekend, 1pm Sleep Hygiene	23 10am Guidelines for better sleep 1 pm Canvas Painting	24 10am Social Hour 1pm Monopoly game	25 10am Fitness includes making lifestyle changes 1pm Picture frame craft	26 10am Exercise Interest Checklist 1pm pizza & a Movie... Yes man pizza	27	28
29 10am Let's talk about your weekend... 1pm Mental Health Benefits of Exercise	30 10 am Social Hour 1pm Picture Frame Craft	31 10am Social Hour 1pm Skip-Bo				