

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30A.M. Exercise Group (LE) 11:30A.M. Individual Activities (LE) 11:00P.M. Rosary (PDR) 1:00P.M. Water Color Paint. (LE) 2:00P.M. Volleyball Tournament (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T) Canada Day	10:30P.M. Chair Yoga (LE) 1:00P.M. Arts & Crafts Corner (LE) 1:30P.M. Chess Club (PDR) 2:00P.M. Corn Hole Game (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T)	\$ Allowance Day\$ *Independence Day Celebrations * 10:30A.M. Movement and Music (LE) 12:00P.M. 4th July Lunch (DR) 1:30P.M. 4th July Entertainment w. Joseph (LE) 2:00P.M. Resident Led Shabbat Service (PDR) 3:30P.M. Super BINGO (LE) 6:00P.M. Movie Time (T)	9:30A.M. Current Events (LB) 10:30A.M. Walk it Out (R) 1:00P.M. Spanish Rosary (PDR) 2:30P.M. Movie Time (T) 6:00-P.M. Independent Word Search/ Puzzles/Coloring (LB) 8:00 P.M. Macy's Fireworks (NBC on TV) Independence Day (U.S.)
10:00A.M. Faith Bible Van (O) 10:30A.M. Music & Movement (LE) 1:00P.M. Hangman Game (LE) 1:30P.M. Chess Club (LE) 2:00P.M. Bocce Ball Game (LE) 3:30P.M. Table Games 101 (LE) 6:00P.M. Movie Time (T) 5	\$ Sentinel Store \$ 10:30A.M. Therapy Dog Visit (FW) 10:30A.M. Chair Yoga (LE) ☆11:30A.M. Individual Pursuits (LE) 1:00P.M. \$Sentinel Store\$ (LE) 1:30-P.M. Bible Study (PDR) 2:00P.M. Coffee Clutch (LE) 3:15P.M. Bocce Ball Game (LE) 5:30P.M. Sunshine CLUB w. Kevin (LE)	World Chocolate Day 10:00A.M. Hands & Nails Care (LE) 10:30A.M. Movement and Music (LE) 1:00P.M. Arts and Crafts Corner (LE) 2:00P.M. Sports Group w. Sandi (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T)	10:15A.M. Exercise Group (LE) 11:00A.M. Rev. George Visit (LE) 1:00-P.M. Rosary and Mass w. Father Silva (PDR) 1:00P.M. Table Talk (LE) 2:00P.M. Bocce Ball Game (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T)	10:30A.M. Chair Yoga (LE) 1:15P.M. Arts & Crafts Corner (LE) 1:30P.M. Chess Club (PDR) 2:15P.M. Bocce Ball Game (LE) 3:30P.M. Bingo Game (LE) 5:45P.M. Karaoke Sing Along (LE) 6:15P.M. Movie Time (T)	Music & Memories w. Donna 10:30A.M. Movement and Music (LE) 1:15-P.M. Music & Memories w. Donna (LE) 2:00P.M. Resident Led Shabbat Service (PDR) 2:00P.M. Family Feud Game (LE) 3:30P.M. Super BINGO (LE) 6:00P.M. Movie Time (T)	9:30A.M. Current Events (LB) 10:30A.M. Walk it Out (R) 1:00P.M. Spanish Rosary (PDR) 2:30-P.M. Movie Time (T) 6:00-P.M. Independent Word Search/ Puzzles/Coloring (LB)
10:00A.M. Faith Bible Van (O) 10:30A.M. Walk It Out (R) 1:00P.M. Word Games (LE) 1:30P.M. Chess Club (LE) 2:00P.M. Movie Time (T) 6:00P.M. Individual Activities (LB) 12	10:00A.M. Hands and Nails Care (LE) 10:30A.M. Chair Yoga (LE) 1:00P.M. Trivia Game (LE) 1:30P.M. Bible Study (PDR) 2:10P.M. Team Scrimmage (LE) 3:30P.M. Storytelling Time (LE) 5:30P.M. Sunshine CLUB w. Kevin (LE) 13	*Resident Council Meeting* 10:30A.M. Exercise Group (LE) 11:30P.M. 1:1 w. Stanchee (LE) 1:00P.M. Resident Council Meeting(LE) 2:30P.M. Trivia Game (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T) Bastille Day	*Music Hour w. Latina* 10:30A.M. Movement & Balloon Volleyball (LE) 11:30A.M. Individual Activities (LE) 1:00P.M. Rosary PDR) 2:30P.M. Music Hour w. Latina (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (LE)	10:30A.M. Chair Yoga (LE) 11:00A.M. Hands and Nails Care (LE) 1:30P.M. Chess Club (PDR) 1:15P.M. Baking Club and Coffee Social (LE) 2:45P.M. Riddle Time (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (LE)	*Chair Zumba w. Suzi* 10:30A.M. Exercise Group (LE) ☆1:00P.M. Summer Fun Discussion (LE) ☆1:30P.M. Chair Zumba w. Suzi (LE) 2:00P.M. Resident Led Shabbat Service (PDR) 2:15P.M. Arts & Crafts Corner (LE) 3:30P.M. Super BINGO (LE) 6:00P.M. Movie Time (LE)	9:30A.M. Current Events (LB) 10:30A.M. Walk it Out (R) 1:00P.M. Spanish Rosary (PDR) 2:30-P.M. Movie Time (T) 6:00-P.M. Independent Word Search/ Puzzles/Coloring (LB)
10:00A.M. Faith Bible Van (O) ☆10:30A.M. Music & Movement (LE) 1:00P.M. Zen Coloring (LE) 1:30P.M. Chess Club (LE) 2:15-P.M. Team Scrimmage (LE) 3:30P.M. Game Mixer (LE) 6:00P.M. Movie Time (T) 19	10:00A.M. Balloon Volleyball (LE) 11:00A.M. "America 250" Program w. Aytan (LE) 1:00P.M. Chair Yoga (LE) 1:30P.M. Bible Study (PDR) 2:15P.M. Bocce Ball Game (LE) 3:30P.M. Word Games (LE) 5:30P.M. Sunshine CLUB w. Kevin (LE) 20	*Birthday Party w. Bosco* 10:30A.M. Music & Movement (LE) 11:30P.M. Individual Pursuits (LE) 1:00P.M. Trivia Game (LE) 2:00P.M. *July Birthday Party w. Bosco* (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T)	10:15A.M. Exercise Group (LE) 11:00A.M. Rev. George Visit (LE) 1:00P.M. Storytelling Time (LE) 1:15P.M. Rosary and Mass w. Father Silva (PDR) 2:00P.M. Bocce Ball Game(LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (LE)	10:15A.M. Chair Yoga (LE) ☆11:30 P.M. Brain Teasers Game (LB) 1:30P.M. Chess Club (LB) 1:00P.M. Interesting Animals (LB) 2:00P.M. Sports Group w. Sandi (LE) 3:30P.M. Super Bingo (LE) 6:00 P.M. Movie Time (LE)	10:30A.M. Exercise Group (LE) 1:15P.M. Eye Know Trivia (LE) 2:00P.M. Resident Led Shabbat Service (PDR) 2:15P.M. Hangman Game (LE) 3:30P.M. Super BINGO (LE) 6:00P.M. Movie Time (LE)	9:30A.M. Current Events (LB) 10:30A.M. Walk it Out (R) 1:00P.M. Spanish Rosary (PDR) 2:30-P.M. Movie Time (T) 6:00-P.M. Independent Word Search/ Puzzles/Coloring (LB)
10:00A.M. Faith Bible Van (O) 10:30A.M. Exercise Group (LE) 1:00P.M. Guess That Tune (LE) 1:30P.M. Chess Club (LE)) 2:00P.M. Mingle & Match Time (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T) 26	10:30A.M. Chair Yoga (LE) 1:00P.M. Meet and Greet New Residents Coffee Clutch (LE) 1:30P.M. Bible Study (PDR) 2:15P.M. Word Games (LE) 2:00P.M. Indoor Bowling (LE) 3:30P.M. Karaoke/Sing Along (LE) 5:30P.M. Sunshine CLUB w. Kevin (LE) 27	10:00A.M. Hands & Nails Care (LE) 10:30A.M. Music & Movement (LE) 1:00P.M. Afternoon Chuckles Time (LE) 2:00P.M. Bocce Ball Game (LE) 3:30P.M. Bingo Game (LE) 6:00P.M. Movie Time (T)	*Beach Party & Raffle* 10:15A.M. Exercise Group (LE) 11:00A.M. 1:1 w. Stanchee (LE) 1:00P.M. Rosary (PDR) 1:15P.M. BP Team Scrimmage Bocce/ Corn Holes(LE) 2:00 P.M. BP Music w. D.J. Esco (LE) 3:30P.M. BP Raffle (LE) 6:00P.M. Movie Time (LE)	10:30A.M. Chair Yoga (R ☆11:30P.M. Know this Jingle (LB) 1:30-P.M. Chess Club (LB) 1:15P.M. Watercolor Painting (LB) 2:30P.M. Afternoon Sports(LE) 3:30P.M. Bingo Game (LE) 5:30P.M. Movie Time (LE)	10:30A.M. Exercise Group (LE) 1:15P.M. Discussion Group (LE) 2:00P.M. Shabbat Service w. Rabbi Heber (PDR) 2:15P.M. Zen Doodling (LE) 3:30P.M. Super BINGO (LE) 6:00P.M. Movie Time (LE)	Location Key Legend SFL= 2nd FL Lounge * O= Offsite FFL= 1st FL Lounge R= Rear of the Facility LB= Library RL= Resident Led PDR= Private Dining Room V= Volunteer/ group SL= Self Led T= Movie Theater LE= Life Enrichment Room FD= Front Desk FW= Facility Wide

●**Sentinel at Mohegan Lake:** Life Enrichment Calendar● All programs are subject to change● All programs are conducted by I. Bagata or S. Jenkins at the Life enrichment room location, unless otherwise specified●
●**All programs run approximately One (1) Hour** ● **9:30A.M.** Daily: Current Events Activity ● Activities marked w. star (☆) are approximately 30 min. long ●