

QUABOAG REHAB AND SKILLED CARE CENTER
3A ACTIVITY CALENDER

JULY 2018

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Bingo 1:30-2:30 Remembering old Times 2:45-3:00 snack social 3:30-4:00 Drum Circle Group 4:00-4:30 Magazine Social 6:30-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	2 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise,Ring toss 10:45-11:00 Snack Social 11:30-22:00 Jenga Group 1:30-2:00 Crafts 2:30-3:00 Snack Social 3:00-3:30 Word Games Group 4:30-5:00 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:30 Snack Social 7:30-8:00 reminiscing,floor puzzle	3 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, ParachuteGroup 10:45-11:00 Snack Social 11:00-11:30 Music group 1:30-2:30 Ball Game 2:30-3:00 Snack Social 3:00-3:30 Manicures Group 3:30-4:30 Trivia 6:00-7:00 Word Games Group 7:00-7:15 Snack Social 7:15-8:00 movie night	Independence Day 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-11:00 Patriotic Sing Along 10:45-11:00 Snack Social 11:00-11:30 Opposites Puzzle Group 1:30-2:30 Arts & Crafts 2:00-2:30 Snack Social 2:30-3:30 Movie Matinee Group 3:30-4:00 Storytelling Group 4:00-4:15 Snack Social 6:00-7:00 Evening Music/snack 7:00-8:00 reminiscing	5 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:00 Snack Social 11:00-11:30 Bingo Group 1:30-2:00 Word Association Game 2:00-2:15 Snack Social 2:30-3:00 Sing Along 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	6 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Chimes 10:00-10:30 Exercise, Letter ball 10:45-11:00 Snack Social/ Music 11:15-11:45 Arts & Crafts 1:30-2:30 Table Ball Group/ Pet visit 2:30-3:00 Snack Social 3:30-4:30 Bingo 4:30-5:00 Nail Care social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	7 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Janja Blocks 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing
8 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Bingo 1:30-2:30 Remembering Old Movie Stars 2:45-3:00 snack social 3:30-4:00 Drum Circle Group 4:00-4:30 Magazine Social 6:30-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	9 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise,Ring toss 10:45-11:00 Snack Social 11:30-22:00 Jenga Group 1:30-2:00 Crafts 2:30-3:00 Snack Social 3:00-3:30 Word Games Group 4:30-5:00 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:30 Snack Social 7:30-8:00 reminiscing,floor puzzle	10 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, ParachuteGroup 10:45-11:00 Snack Social 11:00-11:30 Music Group 1:30-2:30 Ball Game 2:30-3:00 Snack Social 3:00-3:30 Manicures Group 3:30-4:30 Trivia 6:00-7:00 Word Games Group 7:00-7:15 Snack Social 7:15-8:00 movie night	11 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-11:00 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 Opposites Puzzle Group 1:30-2:30 Arts & Crafts 2:00-2:30 Snack Social 2:30-3:30 Movie Matinee Group 3:30-4:00 Storytelling Group 4:00-4:15 Snack Social 6:00-7:00 Evening Music/snack 7:00-8:00 reminiscing	12 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ball toss 10:45-11:00 Snack Social 11:00-11:30 Bingo Group 1:30-2:00 Adult Coloring 2:00-2:15 Snack Social 2:30-3:30 Sing Along 3:30-4:00 Magazine Social 4:30-5:00 Word Games Group 6:00-7:00 Snack Social/music 7:00-8pm reminiscing	13 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30 Craft 1:00-1:30 Pet Visits 1:30-2:00 Snack Social 2:00-3:00 Celebrity Bingo 3:00-4:00 Word Games 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 evening music	14 8:00-8:30 News of the Day 9:30-10:00 Music of the day 10:00-10:30 Exercise Ring toss 10:45-11:00 Snack Social 11:00-11:30 Word Games Group 1:00-2:00 Sing a-long 2:00-3:00 Snack Social 3:00-3:30 Trivia Group 4:00-5:00 Magazine Social 6:00-7:00 Photographs Group/past 7:00-7:15 Snack Social 7:15-8:00 reminiscing
15 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30Letterball Toss Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:30-2:30 Trivia 2:30-3:00 Storytelling 3:00-4:30 Movie Matinee Group 4:30-5:00 Hand rubs and soaks 6:00-7:00 Snack Social/games 7:00-8:00 Evening Music /nail care	16 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/Bread 10:00-10:30 Exercise, Ball Toss 10:45-11:00 Snack Social 11:15-11:45 Word Games 1:30-2:00 Sing a longs 2:00-2:15 Snack Social 2:30-3:30 Drum Circle Group 3:30-4:30 Story telling 4:30-5:00 Puzzles Group 6:00-7:15 table top floor puzzle/snack 7:15-8:00 nail care/ hand rubs	17 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise, Ring Toss 10:45-11:00 Snack Social 11:00-11:30 Bingo 1:30-2:30 Word association 2:30-3:00 Snack Social/Storytelling 3:00-3:30Movie Matenee Group 3:30-4:30 Magazine Social/games 6:00-7:00Folding Laundry group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	18 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 Sing Along Group 1:30-2:00 Poetry 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30Puzzle/ board games 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing	19 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Church with Linda 10:45-11:00 Snack Social 11:00-11:30 Drum circle 1:30-2:00 Jenga Group 2:30-3:00 Snack Social 3:00-4:00 Read a Short Story 4:00-4:30 Magazine Social 6:00-7:00 Group/games 7:00-7:15 Snack Social 7:15-8:00 Poetry reading	20 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:30-11:00 Music , exercise 10:45-11:00 Snack Social 11:00 3A Cookout 1:30-2:00 Pet Visits 2:00-3:00 Snack social/ sing a long 3:00-4:00 Letterball Toss Group 4:00-4:30 Puzzle/ Board games 6:00-7:00 Coloring Group 7:00-7:15 Snack Social 7:15-8:00 movie night	21 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Bean Bag Toss Group 10:45-11:00 Snack Social 11:00-11:30 Sing Along Group 1:30-2:00 Craft Activity 2:30-3:00 Snack Social 3:00-4:00 Trivia Group 4:00-4:30 Magazine Social 6:00-7:00 Photographs Group 7:00-7:15 Snack Social 7:15-8:00 reminiscing
22 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise,sit in place 10:45-11:00 Snack Social 11:15-11:45 Janga Blocks 1:30-2:30 Table Ball Group 2:30-3:00 snack social 3:30-4:30 Sing a Long 4:30-5:00 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 evening music	23 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Target Ball Group 10:45-11:00 Snack Social 11:00-11:30 Bingo 1:30-2:00 Board games 2:00-2:30 Snack Social 2:30-3:30 Storytelling Group 4:00-4:30 Folding laundry 6:00-7:00 Trivia Group 7:00-7:15 Snack Social 7:15-8:00 nail care/movie	24 8:00-8:30 News of the day 9:30-10:00 Music of the Day 10:00-10:30 Drum Circle Group 10:45-11:00 Snack Social 11:00-11:30 Ball Tossing w/Questions 1:30-2:30 Trivia 2:30-3:00 Snack social 3:00-3:30Magazine Social 4:00-4:30 Letter Ball 4:30-5:00 Coloring Group 6:00-7:00 Word games/ snack social 7:00-8:00 nail care, snack social	25 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Rosary Group 10:45-11:00 Snack Social 11:00-11:30 Crafts 1:30-2:30 Story telling 2:30-3:00 Snack Social 3:00-4:30 Movie Matinee Group 4:30-5:00 Magazine Social 6:00-7:00 Coloring/games 7:00-8:00 Evening Music /nail care	26 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Tea Party 1:30-2:30 Parachute Fun 2:30-3:00 Making music w/ instruments 3:00-4:30Match it Colors/Shapes 4:30-5:00 Hand rubs and soaks 6:00-7:00 Coloring groups 7:00-7:15 Snack Social 7:15-8:00 reminiscing	27 8:00-8:30 News of the Day 9:30-10:00 Music of the Day/chimes 10:00-10:30 Storytelling Group 10:45-11:00 Snack Social 11:00-11:30 Bingo 1:30-2:00 Pet Visits 2:00-3:00 snack social/sing a long 3:00-4:00 Word Games 4:00-4:30 Magazine Social 6:00-7:00Folding Laundry Group/games 7:00-7:15 Snack Social 7:15-8:00 nail care	28 9:30-10:00 Music of the Day 10:00-10:30 Table Ball Group 10:45-11:00 Snack Social 11:00-11:30 Janga Blocks 1:00-2:00 Arts and Crafts Group 2:00-2:30 Snack Social 2:30-4:00 Movie Matinee /nail care 6:00-7:00 Storytelling Group 7:00-7:15 Snack Social 7:30-8:00 Evening Music
29 8:00-8:30 News of the Day 9:30-10:00 Music of the day 10:00-10:30Exercise in place 10:45-11:00 Snack Social 11:15-11:45 Bingo 1:30-2:30 Arts and Crafts 2:30-3:00 Snack social 3:00-4:00 Drum Circle 4:00-4:30 Magazine Social 6:00-7:00 Folding Laundry Group/game 7:00-7:15 Snack Social 7:15-8:00 reminiscing	30 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/ Exercise 10:45-11:00 Snack Social/make bread 11:00-11:30 Coloring Sheets 1:30-2:30 Trivia 2:30-3:00 Snack Social 3:00-4:00 word games 4:00-4:30 Magazine Social 6:00-7:00 Puzzles Group 7:00-7:15 Snack Social 7:15-8:00 nail care/music	31 8:00-8:30 News of the Day 9:30-10:00 Music of the Day 10:00-10:30 Ball toss/Exercise 10:45-11:00 Snack Social 11:00-11:30 Bingo Group 1:00-1:30 Trivia 1:30-2:00 Snack Social 2:00-3:00 Bingo 3:00-4:00 word game 4:00-5:00Photographs Group/past 6:00-7:15 Snack Social/singalong 7:15-8:00 reminiscing				

Outside walks if weather permitting

Offer off unit activities

Famous Birthdays in July

Designer Pierre Cardin 7/2
 Football Coach John McKay 7/5
 President George W. Bush 7/6
 Author EB White 7/11
 President Gerald Ford July 14
 Author Clive Cussler 7/15
 Astronaut John Glenn 7/18
 LPGA Golfer Betty Burfeindt 7/20
 Writer Ernest Hemingway 7/21
 Pilot Amelia Earhart July 24
 Beatrix Potter July 28

Interesting Facts about July

July is National Blueberry Month
 July's Birthstone is Ruby
 The Latin name for July is "Quintilis"
 7/3 marks the beginning of "Dog Days of Summer"
 The month is named after Julius Caesar
 July's full moon is known as the "Full Buck Moon"
 July's birthflower is Larkspur
 Mt. Rushmore is the most popular tourist destination
 July 4th is #1 Beer seller-consumed off premise
 62% of Americans own an American flag
 Bristol, R.I has oldest July 4th parade, started in 1785

Sweet Treat Thursdays

Activities Subject to Change

**DAYTONA 2018 JULY 6 & 7
 NH SPEEDWAY 301 JULY 21**

SOX schedule on Bulletin Board

WIMBLEDON TENNIS July 2-15

Bring your loved one to a

Concert on the Common

Concerts listed in the July Newsletter