

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:15 Noodle-cise with Fox Rehab 11:00 Therapy Dog Marshall Visits 1:15 Trip to Walmart 2:30 Psalms and Prayers with Ashley 3:30 Theraband Mash-Up with Fox 4:00 Category Word Game: PEACH 5:45 Evening Movie: <i>The American President</i> 6:00 Bingo	2 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Balloon Volleyball/Gardening Club 10:30 Men's Club with Brian 11:00 Better Balance with Fox Rehab 1:15 Mixed Media: Jellyfish Salt Painting 2:00 Thursday Classic with Fox Rehab 3:00 Faith and Fellowship Watching 4:00 What Am I? Trivia 5:45 Evening Movie: <i>Seabiscuit</i> 6:00 Men's Ministry with Brian 6:00 Dementia Support Group	3 9:00 Morning Stretch and Daily Chronicle Discussion 10:00 Guess the Founding Father or Colony Trivia Game 10:45 Villa Volunteers: Welcome Ambassadors 2:00 Happy Hour with Entertainment by Gypsy Sojourn 3:15 Shuffleboard 4:00 Word Unscramble	4 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Rolling Pin & Reminisce: Fireworks Blondies 10:45 A Look at Independence Day 1:15 Movie Matinee: <i>The Patriot</i> 1:30 Independence Day Word Games 2:30 Red, White, & Blue Social Independence Day (U.S.)
5 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Morning Movie: <i>The Wedding Ringer</i> 10:00 Keystone Villa Seekers: Bible Study 10:30 Mini-Manicures 1:15 Sunday Sundaes 2:00 Church Services with Pastor Torres 3:00 Phillies Fans: Phillies Vs Royals 3:15 A to Z: Backyard Picnic	6 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Cornhole with Fox Rehab 10:00 Gardening Club 11:00 Cranium Crunches and Wacky Wordies 1:30 Bingo 2:30 The Villa Showcase 3:15 Card/Scrabble Club 4:00 Core Classic with Fox Rehab	7 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Pokeno 11:00 Better Balance with Fox Rehab 1:15 Non-Denominational Church Services with St. Gabriel's 2:00 United Shapes of America Game 3:00 Sit and Fit with Fox Rehab 3:00 Billiards 3:45 Who Am I? Trivia	8 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:15 Noodle-cise with Fox Rehab 11:00 Listen & Learn: Paul Anka 1:15 Trip to Scoop Deville 2:30 Therapy Dog Winter Visits 3:30 Theraband Mash-Up with Fox 4:00 Lucky Dog Card Game 5:45 Evening Movie: <i>The Wizard of Oz</i> 6:00 Bingo	9 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Balloon Volleyball/Gardening Club 10:30 Men's Club with Brian 11:00 Better Balance with Fox Rehab 1:00 As Time Goes By Patriotic Performance 2:00 Thursday Classic with Fox Rehab 3:00 Faith and Fellowship Watching 4:00 Famous July Birthdays Trivia 5:45 Evening Movie: <i>The Shack</i> 6:00 Sing Along with Brian	10 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Fun Friday with Fox 10:45 Villa Volunteers: Birthday Party Prep 2:00 Happy Birthday Happy Hour with Entertainment by Steven Barth 3:00 Full Body Pump with Fox Rehab 3:15 Shuffleboard 4:00 Word Elimination	11 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Sing Along with Shelley 10:30 Travelogue: Ye Olde Williamsburg 1:15 Movie Matinee: <i>The West Side Story</i> 1:30 Cover the Number 2:30 Balloon Volleyball 3:30 Can You List It?
12 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Morning Movie: <i>Anger Management</i> 10:00 Keystone Villa Seekers: Bible Study 10:00 Piano Music by Zachary 1:15 Ice Cream Novelty Social 1:30 Phillies Fans: Phillies Vs Tiger 2:00 Hymn Sing with Lisa 3:00 Wheel of Fortune	13 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Story Time with the Daniel Boone Library 10:00 Gardening Club 11:00 Tricky Trivia 1:30 Bingo 2:30 Sing Along in Memory Care 3:00 Piano Music with Marina 3:15 Card/Scrabble Club 4:00 Core Classic with Fox Rehab	14 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Intergenerational Program with St. Gabriel's Learning Center 11:00 Better Balance with Fox Rehab 1:15 Non-Denominational Church Services with St. Gabriel's 2:00 Summer in Paris Tea Party 3:00 Sit and Fit with Fox Rehab 3:00 Billiards 3:45 What Am I? Trivia	15 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:15 Noodle-cise with Fox Rehab 11:00 Therapy Dog Marshall Visits 11:15 Lunch at Big Phil's 2:30 Psalms and Prayers with Ashley 3:30 Theraband Mash-Up with Fox 4:00 Candy Roll 5:45 Evening Movie: <i>Titanic</i> 6:00 Bingo	16 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Balloon Volleyball/Gardening Club 10:30 Men's Club with Brian 11:00 Better Balance with Fox Rehab 1:15 Food for Thought: Fair Food 2:00 Thursday Classic with Fox Rehab 3:00 Faith and Fellowship Watching 3:00 The Dish Food Meeting 4:00 Word Mining: Great White Shark 5:45 Evening Movie: <i>Gladiator</i> 6:00 Men's Ministry with Brian	17 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Fun Friday with Fox 10:30 The Villa Store 10:45 Catholic Communion with Immaculate Conception Church 11:30 1950s Themed Lunch 2:00 Happy Hour with Entertainment by Ken Pierson 3:00 Full Body Pump with Fox Rehab 3:15 Shuffleboard 4:00 Word Web Game	18 9:00 Morning Stretch and Daily Chronicle Discussion: 9:45 Rolling Pin & Reminisce: Blueberry Crumble Bars 10:45 Conversation Uno 1:15 Movie Matinee: <i>A Walk to Remember</i> 1:30 Word Web Game 2:30 Afternoon Social and Tasty Treats 3:30 Artistic Expressions: Painting Seashells
19 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Morning Movie: <i>Walk the Line</i> 10:00 Keystone Villa Seekers: Bible Study 10:30 Mini-Manicures 1:15 Sunday Sundaes Social 1:30 Phillies Fans: Phillies Vs Mets 2:00 Church Services with Pastor Taylor 3:00 Jeopardy	20 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Cornhole with Fox Rehab 10:00 Gardening Club 11:00 Reveal a Picture: Wonders of the World 1:30 Bingo 2:30 Art with Linda 3:15 Card/Scrabble Club 4:00 Core Classic with Fox Rehab	21 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Pokeno 11:00 Better Balance with Fox Rehab 1:15 Non-Denominational Church Services with St. Gabriel's 2:00 Peter Wentz Farmstead : The Continental Army in Montgomery County 3:00 Sit and Fit with Fox Rehab 3:00 Billiards 3:45 When Am I? Trivia	22 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:15 Noodle-cise with Fox Rehab 11:00 Name That Tune 1:15 Trip to Redner's 2:30 Therapy Dog Winter Visits 3:30 Theraband Mash-Up with Fox 4:00 Ping Pong Connect Four 5:45 Evening Movie: <i>Maid in Manhattan</i> 6:00 Bingo	23 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Balloon Volleyball/Gardening Club 10:30 Men's Club with Brian 11:00 Better Balance with Fox Rehab 1:15 Reminiscing: Jell-O 2:00 Thursday Classic with Fox Rehab 3:00 Faith and Fellowship Watching 4:00 A to Z: Ice Cream Flavors/Toppings 5:45 Evening Movie: <i>Patch Adams</i> 6:00 PC & IL Joint Bingo	24 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Fun Friday with Fox 10:45 Villa Volunteers: Welcome Ambassadors 2:00 Happy Hour with Entertainment by Rob Ballonoff 3:00 Full Body Pump with Fox Rehab 3:15 Shuffleboard 4:00 Picture Trivia	25 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Sing Along with Shelley 10:45 Star of the Month: Sylvester Stallone 1:15 Movie Matinee: <i>The Great Outdoors</i> 1:30 Cover the Number 2:30 Balloon Volleyball 3:30 Can You List It?
26 9:00 Morning Stretch and Daily Chronicle Discussion 9:45 Morning Movie: <i>The Bucket List</i> 10:00 Keystone Villa Seekers: Bible Study 10:30 Pamper Yourself: Hand Massages 1:15 Ice Cream Soda Float Social 2:00 Hymn Sing with Lisa 3:00 Word Mining: Backyard Games 3:45 Noodle Ball	27 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Cornhole with Fox Rehab 10:00 Gardening Club 11:00 Word Unscramble 1:30 Bingo 2:30 Art with Linda 3:15 Card/Scrabble Club 4:00 Core Classic with Fox Rehab	28 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Intergenerational Program with St. Gabriel's Learning Center 11:00 Better Balance with Fox Rehab 1:15 Non-Denominational Church Service with St. Gabriel's 2:30 Townhall Meeting 3:00 Sit and Fit with Fox Rehab 3:00 Billiards 3:45 New Resident Social: Sip, Meet, Mingle	29 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:15 Noodle-cise with Fox Rehab 11:00 Therapy Dog Marshall Visits 12:00 Batter Up! Men's Lunch 1:15 Trip to Dollar Tree 2:30 Creative Expressions: Seashell Trinket Dishes 3:30 Theraband Mash-Up with Fox 4:00 Cup Collectors Game 5:45 Evening Movie: <i>The Mummy</i> 6:00 Bingo	30 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Balloon Volleyball/Gardening Club 10:30 Men's Club with Brian 11:00 Better Balance with Fox Rehab 12:30 Trip to Julius Sturgis Pretzel Factory 2:00 Thursday Classic with Fox Rehab 3:00 Faith and Fellowship Watching 4:00 Riddle Me This 5:45 Evening Movie: <i>Notting Hill</i> 6:00 Men's Ministry with Brian	31 9:00 Stretch and Flex with Fox Rehab 9:30 Daily Chronicle Discussion 10:00 Fun Friday with Fox 10:45 Villa Volunteers: Sunshine Club 2:00 Happy Hour with Entertainment by Jimmy Edwards 3:00 Full Body Pump with Fox Rehab 3:15 Shuffleboard 4:00 Category Word Game: CRUST	

Keystone Villa at Douglassville--Personal Care Activity Calendar