

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Birthdays: Sarah Davis 7/1 Renee Radis 7/1 Angie Nelson 7/2 Joy Terreano 7/6 Krishonda Glenn 7/10 Rhonda Waggoner 7/14 Cheryl Freeman 7/28 	10:00 Chair Yoga 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 July Trivia 3:00 Shut the Box Game with Stacey Sally Emerick Birthday Canada Day	10:00 Exercise 10:30 Balloon Toss 11:00 Halfway Point of 2024 Games 1:00 Brain Games 3:00 Bingo 6:00 Bible Study with Troy	10:00 Exercise 10:30 Balloon Toss 11:00 Weekly Chronicle 1:00 Word Games 3:00 Patriotic Scattegories 4:00 Popsicles on the Porch	11:00 Patriotic Music with Pam Weston Independent Activity Sheets & Games are available in the Activity Room Fran Root Birthday Independence Day (US)	10:00 Exercise 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 Crossword Puzzle 3:00 Movie & Popcorn: "Mr. Smith Goes to Washington" Nancy Redden Birthday	10:00 Exercise 10:30 Balloon Toss 1:00 Bingo Brenda Webster Birthday
10:00 Exercise 1:00 Worship with Paula & Greg	10:00 Chair Yoga 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 Voting with Election Commission 3:00 Cranium Crunches & Brain Teasers	9:00 Walk at The Greenway (Sign-up Only) 10:00 Exercise 10:30 Balloon Toss 11:00 Humor Hour 1:00 Brain Games 3:00 Bingo 6:00 Bible Study with Troy	10:00 Exercise 10:30 Balloon Toss 11:00 Weekly Chronicle 1:00-3:00 Art Workshop: Sea Shell Picture Frame Part 1 (Sign-Up Only) 4:00 Popsicles on the Porch	10:00 Exercise 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 - 3:00 Art Workshop: Sea Shell Picture Frame Part 2 (Sign-Up Only) 3:30 Hermitage Library (Sign-Up Only)	10:00 Exercise 10:30 Balloon Toss 11:00 Restaurant Trip: Red Lobster (Sign-Up Only) 3:00 Movie & Popcorn: "The Sandlot 2"	10:00 Exercise 10:30 Kickball 1:00 Bingo Philena Taylor Birthday
10:00 Exercise 1:00 Movie: Resident Choice	10:00 Chair Yoga 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 Word Games 3:00 Cooking Demonstration with Dietary: Patriotic Deviled Strawberries Dottie Andrews Birthday	9:00 Walk at The Greenway (Sign-up Only) 10:00 Exercise 10:30 Balloon Toss 11:00 Exploring the Worlds Best Beaches 2:00 Kempton Beach Party 5:00 Music with Joe & Leroy 6:00 Bible Study with Troy Joan Newman Birthday	10:00 Exercise 10:30 Balloon Toss 11:00 Weekly Chronicle 1:00 Food Council 3:00 Bingo	10:00 Exercise 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 - 3:00 Art Workshop: Olympic T-Shirts Jimmie Falls Birthday	10:00 Exercise 10:30 Balloon Toss 1:00 Outing Trip: Dairy Queen (Sign-Up Only) 3:00 Movie & Popcorn: "Night at the Museum"	10:00 Exercise 10:30 Kickball 1:00 Bingo
10:00 Exercise 1:30 Worship with Donelson First Helen Gallimore Birthday	10:00 Chair Yoga 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 - 3:00 Art Workshop with Kathleen (Sign-up Only)	9:00 Walk at The Greenway (Sign-up Only) 10:00 Exercise 10:30 Balloon Toss 11:00 Who, What & Where 1:00 Brain Games 3:00 Bingo 6:00 Bible Study with Troy	10:00 Exercise 10:30 Balloon Toss 11:00 Weekly Chronicle 1:00 Resident Council 2:00-4:00 Manicures (Sign-Up Only) Martha Burton Birthday	10:00 Exercise 10:30 Balloon Toss 2:00pm 5th Annual Kempton Fashion Show Sponsored by Chico's	10:00 Exercise 10:30 Balloon Toss 1:00 Scenic Van Ride through Old Hickory (Sign-Up Only) 3:00 Movie & Popcorn: "Midnight in Paris" 6:30 Olympics Opening Ceremony (TV-NBC)	10:00 Exercise 10:30 Kickball 1:00 Olympic Bingo
10:00 Exercise 1:30 Worship with Bro. Evans Carol Dyer Birthday	10:00 Chair Yoga 10:30 Balloon Toss 11:00 Senior Marathon Walking Group (Front Porch) 1:00 Olympic Games: Noodle Throw 3:00 Name That Flag	9:00 Walk at The Greenway (Sign-up Only) 10:00 Exercise 10:30 Balloon Toss 11:00 August Calendar Info 1:00 Olympic Games: Putt-Putt 3:00 Bingo 6:00 Bible Study with Troy	10:00 Exercise 10:30 Balloon Toss 11:00 Olympic Trivia 1:00 Performance with Cindi Lauper & Photo Booth			