

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# JULY 2023



Canada Day

2  4th of July  
 10:00 Indoor walk  
 10:45 Bingo  
 1:15 Ice-cream Social  
 2:00 Youtube Music Video Group


Closed/ Cerrado 4  
  
 Independence Day (US)

5 10:00 Chair Yoga  
 10:45 Bingo  
 1:15 Knitting Club  
 2:00 Nintendo Switch Bowling

6 10:00 Stretch Exercise  
 10:45 Name That Tune  
 1:15 Haircuts with Rachely  
 2:00 Karaoke

7 10:00 Strength Exercise  
 10:45 Music in the Garden  
 1:15 Group Guessing Game  
 2:00 Karaoke

8 

9 

10 10:00 Stretch Exercise  
 10:45 Bingo  
 1:15 Karaoke  
 2:15 Color Along

11 10:00 Chair Yoga  
 10:45 Spa Manicures  
 1:15 Knitting Club  
 2:00 Youtube Music Video Group

12 10:00 Guess the Theme Song  
 10:45 Balloon Tennis  
 1:15 Bingo  
 2:00 Nintendo Switch Tennis

13 10:00 Strength Exercise  
 10:45 Gardening Club  
 1:15 Brain Game  
 2:00 Karaoke

14 10:00 Seated Balance Exercise  
 10:45 Bingo  
 1:15 Memory Game  
 2:00 Karaoke

15 

16 

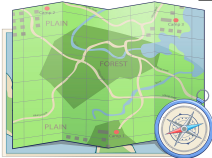
17 10:00 Chair Yoga  
 10:45 Bingo  
 1:15 Guess the Theme Song  
 2:00 Paint Along

18 10:00 Seated Balance Exercise  
 10:45 Gardening Club  
 1:15 Dice-Breaker  
 2:00 Nintendo Switch Hurdle Racing

19 10:00 Strength Ex.  
 10:45 Youtube Music Video Group  
 1:15 Haircuts with Rachely  
 2:00 Nintendo Switch Bowling

20 10:00 Stretch Exercise  
 10:45 Bingo  
 1:15 Seated Balloon Hockey  
 2:00 Karaoke

21 10:00 Seated Volleyball  
 10:45 Giant Jenga  
 1:15 Brain Game  
 2:00 Karaoke

22 

23 **PACE Summer Olympics Week**

24 10:00 Seated Musical "Torch Pass"  
 10:45 Olympics Craft  
 1:15 Name That Tune  
 2:00 Cornhole Tournament

25 10:00 Stretch Exercise  
 10:45 Ring Toss in the Garden  
 1:15 Bingo  
 2:00 Memory Game






26 10:00 Seated Aerobics  
 10:45 Karaoke  
 1:15 Shuffleboard Tournament  
 2:15 Group Guessing Game Competition

27 10:00 Seated Volleyball  
 10:45 Handprints Activity  
 1:15 TicTacToe Throw  
 2:00 Karaoke

28 9:45 Virtual Bowling Tournament  
 10:45 PACE Race  
 2:00 Olympics Snack and Closing Ceremony

29 **Semana de Juegos Olympicos de Verano en PACE**

30  31 10:00 Chair Yoga  
 10:45 Spa Manicure  
 1:30 Handprints Activity  
 2:45 Nintendo Switch Tennis

Program Key:     
 

**\*All activities and times subject to change\***