	1220					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meetings Live Performance Popular Activities Holiday Activity New Activities	Jewelry (L) 2:00pm – Elder Scouts (L) 3:00pm – Exercise and Cornhole (L)	_	Deep Breathing (L) 1:00pm – Dave Minton performs (DA) 3:00pm – Bingo! (L)	10:00am – Activities Committee (L) 11:00am – TV playing – "Superman" (L) 3:15pm – Chapel Services (L) 5:45pm – Fireworks in Front of Building	10:30am - Rachel Hampton performs (DA) 11:00am - Walking Club (L) 1:00pm - Tech Help (AR) 3:00pm - Happy Hour (DA) 6:00pm - Card Players Club (L)	10:00am – SteelFeather Zumba Seated Exercise (DA) 11:00am – Plan Goals for the Week 2:00pm – Call a Friend or Relative 3:00pm – Reading and Puzzles (L)
1:00pm – Independent Exercise (L) 3:00pm – Spend Time in the Garden (BP)	9:30am – Outing to: 8 Barnes & Noble 1:00pm – Making Clay Coin Trays (L) 2:00pm – Journaling Club meets (L) 3:00pm – Exercise and Cornhole (L)	Walmart on Commercial 1:00pm – Playing "Penny Toss" (DA) 2:00pm – Garden Club (BP) 3:00pm – Exercise and	Discussion Group (L) 11:00am - Bingo! (L) 2:00pm - ALL STAFF 3:00pm - Rowdy Rumblers perform (DA) 6:00pm - Movie Night:	10:00am - Singalong (L) 11 11:00am - TV playing - "Perry Mason" (L) 1:00pm - Playing "Rummikub Tiles" (L) 2:00pm - Painting Fingernails (AR) 3:15pm - Chapel Services (L)	10:00am – Exercise and 12 Noodle Ball (L) 11:00am – Walking Club (L) 1:00pm – Tech Help (AR) 3:00pm – Happy Hour (DA) 6:00pm – Card Players Club (L)	10:00am – SteelFeather Zumba Seated Exercise (DA) 11:00am – Plan Goals for the Week 1:00pm – Resident-Led BINGO! In Dining Area 3:00pm – Reading and Puzzles (L)
Exercise (L) 3:00pm – Spend Time in the	Fred Meyer 1:00pm - Music Box Angels visit (L) 2:00pm - Elder Scouts (L) 3:00pm - Exercise and Cornhole (L)	Dollar Tree in West Salem 12:30pm – Chef's Corner (DA) 2:00pm – Garden Club (BP) 3:00pm – Exercise and Ladder Toss (L)	11:00am – Stretching and Deep Breathing (L) 1:15pm – Bingo! (L) 3:00pm – Cleaning Fish Tank (AR)	"Yahtzee" (L) 11:00am – Ambassador's Meeting 1:00pm – Art Goodman's	9:30am – Outing to: 19 Bank Trip 11:00am – Walking Club (L) 1:00pm – Resident's Meeting in Lounge 3:00pm – Happy Hour (DA) 6:00pm – Card Players Club (L)	10:00am – SteelFeather Zumba Seated Exercise (DA) 11:00am – Plan Goals for the Week 2:00pm – Call a Friend or Relative 3:00pm – Reading and Puzzles (L)
Exercise (L) 3:00pm – Spend Time in the	Show and Tell (DA) 2:00pm – Journaling Club (L) 3:00pm – Exercise and Cornhole (L)	Goodwill 1:00pm – Playing "Chinese Checkers" (L) 2:00pm – Garden Club (BP) 3:00pm – Exercise and	Picnic in Eugene Skinner Butte Park 1:00pm – Royce Mosgrove performs (DA) 2:00pm – Coloring (L)	"Uno Attack" (L) 11:00am – TV playing – "Golden Girls" (L) 2:00pm – Painting Fingernails (AR)	10:00am – Exercise and 26 Ring Toss (L) 11:00am – Walking Club (L) 1:00pm – Tech Help (AR) 3:00pm – July Birthday Happy Hour (DA) 6:00pm – Card Players Club meets (L)	10:00am – SteelFeather Zumba Seated Exercise (DA) 11:00am – Plan Goals for the Week 1:00pm – Resident-Led BINGO! In Dining Area 3:00pm – Reading and Puzzles (L)
Exercise (L) 3:00pm – Spend Time in the Garden (BP)	Trader Joe's 1:00pm – Making Art with Recyclables to celebrate Plastic Free July 2:00pm – Elder Scouts (L) 3:00pm – Exercise and Cornhole (L)	South Salem Senior Center 1:00pm – Playing "Boggle" (L) 2:00pm – Garden Club (BP) 3:00pm – Exercise and Ladder Toss (L)	10:00am – Current Events 31 Discussion Group (L) 12:30pm – TOWN HALL (DA) 1:15pm – Bingo! (L) 3:00pm – Cleaning Fish Tank (AR) 9:00am – Movie Night: "Carry On Cowboy" (L)		1y 20 ea (DA) Activities Room	

Meadow Creek Village Assisted Living, 3988 12th Street Cutoff SE Salem, Oregon 97302