

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

	<p>9:30 Strength Training <b>1</b>                  10:00 Communion                  10:15 Morning Snack                  10:30 Hootenanny Sing Along                  11:30 Brain Games                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball                  2:30 Making Popcorn                  3:00 Meet Me at the Movies Overboard                  6:00 Puzzles in the Dining Room  <small>Canada Day</small></p>	<p>9:30 Sit and Be Fit <b>2</b>                  10:30 Morning Snack                  10:30 Can You Name 10?                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Basket Bean Bag Toss                  3:00 Cooking in the Lodge: Fruit Parfaits</p>	<p>9:30 Seated Chair Yoga <b>3</b>                  10:00 Morning Snack                  10:30 Flower Arranging                  11:00 Art Therapy                  11:45 Namaste- Aromatherapy                  1:30 Sun Sound Reader                  3:00 Social: Cool Off w/ Some Eege's                  6:00 Travel Fact or Fiction Ep 1</p>	<p>9:30 Morning Stretch <b>4</b>                  10:00 Morning Snack                  10:30 Sing Along                  11:00 4<sup>th</sup> of July Bus Ride to Get Some Ice Cream!                  11:45 Namaste- Aromatherapy                  1:30 Bingo                  3:00 Red, White &amp; Blue Popsicles &amp; Patriotic Sing Alongs                  4:00 Seinfeld on Netflix  <small>Independence Day (US)</small></p>	<p>9:30 Walking Club &amp; Sunshine in the Courtyard <b>5</b>                  10:00 Morning Snack in the Courtyard                  11:00 Storytelling Corner                  11:45 Namaste- Aromatherapy                  1:30 Color Your Mind                  2:30 Snack Social                  3:00 Afternoon Stretch</p>	<p>9:30 Move it &amp; Shake It! <b>6</b>                  10:00 Good News, Coffee &amp; Pastries                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:00 Balloon Volleyball Toss                  2:30 Afternoon Snack                  3:00 Meet Me at the Movies Wonder                  6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Praise &amp; Joy w/ Susie Q <b>7</b>                  10:00 Morning Snack                  11:00 Documentary Series: Chef's Table- Nature's Amazing Network                  11:45 Namaste- Aromatherapy                  1:30 Sunshine in the Courtyard                  3:00 Color &amp; Chat                  4:00 Expoza Travel to Jamaica</p>	<p>9:30 Strength Training <b>8</b>                  10:00 Communion                  10:15 Morning Snack                  10:30 Hootenanny Sing Along                  11:30 Trivia                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball                  2:30 Making Popcorn                  3:00 Meet Me at the Movies Driving Miss Daisy                  6:00 Checkers in the Dining</p>	<p>9:30 Sit and Be Fit <b>9</b>                  10:00 Morning Snack                  10:30 Scrapbooking                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Steel Feathers Chair Zumba w/ Liz                  3:00 Interactive Music w/ Amber</p>	<p>9:30 Seated Chair Yoga <b>10</b>                  10:00 Morning Snack                  10:30 Flower Arranging                  11:00 Crafty Corner: Tye Dye Handkerchiefs                  11:45 Namaste- Aromatherapy                  1:30 Pima County Library Book Mobile                  1:30 Stretch &amp; Reminisce                  2:30 Sing Along w/ Linda Updike                  6:00 Travel Fact or Fiction Ep 2</p>	<p>9:30 Morning Stretch <b>11</b>                  10:00 Morning Snack                  10:30 Sing Along                  11:00 Scenic Bus Ride                  11:45 Namaste- Aromatherapy                  1:30 Bingo                  3:00 Social: Wine, Cheese &amp; Fruit                  4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club &amp; Sunshine in the Courtyard <b>12</b>                  10:00 Morning Snack in the Courtyard                  11:00 Sun Sound Reader                  11:45 Namaste- Aromatherapy                  1:30 Nail Polish Parlor &amp; Spa                  2:30 Snack Social                  3:00 Afternoon Stretch</p>	<p>9:30 Move it &amp; Shake It! <b>13</b>                  10:00 Good News, Coffee &amp; Pastries                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball Toss                  2:30 Afternoon Snack                  3:00 Meet Me at the Movies The Out-laws                  6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Hymn Sing Along w/ Rainier <b>14</b>                  10:00 Morning Snack                  11:00 Documentary Series: Chef's Table- Nature's Amazing Network                  11:45 Namaste- Aromatherapy                  2:00 Church Service w/ Faith Community Church                  3:00 Color &amp; Chat                  4:00 Expoza Travel to Canada</p>	<p>9:30 Strength Training <b>15</b>                  10:00 Communion                  10:15 Morning Snack                  10:30 Music Therapy &amp; Coffee                  11:00 Brain Games                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball                  2:30 Making Popcorn                  3:00 Happy Hour w/ Wild Bill                  6:00 Puzzles in the Dining Room</p>	<p>9:30 Sit and Be Fit <b>16</b>                  10:00 Morning Snack                  10:30 Can You Name 10?                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Basket Bean Bag Toss                  3:00 Baking in the Lodge: Ranch Chicken Bites</p>	<p>9:30 Seated Chair Yoga <b>17</b>                  10:00 Morning Snack                  10:30 Flower Arranging                  11:00 Art Therapy                  11:45 Namaste- Aromatherapy                  1:30 Sun Sound Reader                  3:00 Social: Ice Cream Cones                  6:00 Travel Fact or Fiction Ep 3</p>	<p>8:30 Breakfast at Biscuits Country Cafe <b>18</b>                  10:00 Morning Snack                  10:30 Sing Along                  11:00 Travelogue Destination: A Summer in Paris                  11:45 Namaste- Aromatherapy                  1:30 Bingo                  3:00 Reading Reminisce Magazine, Do You Remember When?                  4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club &amp; Sunshine in the Courtyard <b>19</b>                  10:00 Morning Snack in the Courtyard                  11:00 Storytelling Corner                  11:45 Namaste- Aromatherapy                  1:30 Color Your Mind                  2:30 Snack Social                  3:00 Visit w/ Banjo Doug</p>	<p>9:30 Move it &amp; Shake It! <b>20</b>                  10:00 Good News, Coffee &amp; Pastries                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball Toss                  2:30 Afternoon Snack                  3:00 Meet Me at the Movies The Wedding Planner                  6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Praise &amp; Joy w/ Susie Q <b>21</b>                  10:00 Morning Snack                  11:00 Documentary Series: Chef's Table- Nature's Amazing Network                  11:45 Namaste- Aromatherapy                  1:30 Sunshine in the Courtyard                  3:00 Color &amp; Chat                  4:00 Expoza Travel to Hawaii</p>	<p>9:30 Strength Training <b>22</b>                  10:00 Communion                  10:15 Morning Snack                  10:30 Hootenanny Sing Along                  11:30 Trivia                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball                  2:30 Making Popcorn                  3:00 Meet Me at the Movies Yours, Mine, and Ours                  6:00 Checkers in the Dining</p>	<p>9:30 Sit and Be Fit <b>23</b>                  10:00 Morning Snack                  10:30 Scrapbooking                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Steel Feathers Chair Zumba w/ Liz                  3:00 July Birthday Party!!</p>	<p>9:30 Seated Chair Yoga <b>24</b>                  10:00 Morning Snack                  10:30 Flower Arranging                  11:00 Crafty Corner: Mod Podge Flowerpots                  11:45 Namaste- Aromatherapy                  1:30 Stretch &amp; Reminisce                  3:00 Musical Entertainer Manny Herrera                  6:00 Travel Fact or Fiction Ep 4</p>	<p>9:30 Morning Stretch <b>25</b>                  10:00 Morning Snack                  10:30 Sing Along                  11:00 Scenic Bus Ride                  11:45 Namaste- Aromatherapy                  1:30 Bingo                  3:00 Social: Fruit Smoothies                  4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club &amp; Sunshine in the Courtyard <b>26</b>                  9:30 2024 Olympic Opening Ceremony Social                  10:00 Morning Snack in the Courtyard                  11:00 Sun Sound Reader                  11:45 Namaste- Aromatherapy                  1:30 Nail Polish Parlor &amp; Spa                  2:30 Snack Social                  3:00 Afternoon Stretch</p>	<p>9:30 Move it &amp; Shake It! <b>27</b>                  10:00 Good News, Coffee &amp; Pastries                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball Toss                  2:30 Afternoon Snack                  3:00 Meet Me at the Movies The Woman in Gold                  6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Praise &amp; Joy w/ Susie Q <b>28</b>                  10:00 Morning Snack                  11:00 Documentary Series: Chef's Table- Nature's Amazing Network                  11:45 Namaste- Aromatherapy                  1:30 Sunshine in the Courtyard                  3:00 Color &amp; Chat                  4:00 Expoza Travel to Mexico City</p>	<p>9:30 Strength Training <b>29</b>                  10:00 Communion                  10:15 Morning Snack                  10:30 Hootenanny Sing Along                  11:30 Brain Games                  11:45 Namaste- Aromatherapy                  1:30 Balloon Volleyball                  2:30 Making Popcorn                  3:00 Meet Me at the Movies Guarding Tess                  6:00 Checkers in the Dining</p>	<p>9:30 Sit and Be Fit <b>30</b>                  10:30 Morning Snack                  10:30 Can You Name 10?                  11:00 Bingo                  11:45 Namaste- Aromatherapy                  1:30 Basket Bean Bag Toss                  3:00 Cooking in the Lodge: Ambrosia</p>	<p>9:30 Seated Chair Yoga <b>31</b>                  10:00 Morning Snack                  10:30 Flower Arranging                  11:00 Art Therapy                  11:45 Namaste- Aromatherapy                  1:30 Reading Reminisce Magazine, Do You Remember When?                  3:00 Happy Hour w/ Dity Old Men                  6:00 Travel Fact or Fiction Ep 5</p>	<h1>July 2024</h1> <h2>Sierra Del Sol The Lodge</h2>		

Schedule is subject to change. For the most updated information please see Activity Daily. Sierra Del Sol 8151E Speedway Tucson AZ 85710