



# Morningside Activities Calendar


## July 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Programs subject to change please use the daily sheets for updates!</b></p> <p><b>National Recreation &amp; Park Month</b></p>	<p><b>1 CANADA DAY</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Chaboom            11:15 Daily Chronicle            1:00 BINGO w/Prizes            2:00 Writing Group            2:30 Lifelong Learners            3:30 Sing-along Songs            6:00 Musical Movie</p> <p>Summer Theme for BINGO, Writing and Lifelong Learners</p>	<p><b>2</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia (Battle of Paris)            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Resident Social            1:30 Jeopardy (Books)            2:30 Green City Gardening            3:00 Classical Music CD            6:00 Hollywood Classics</p>	<p><b>3</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Tai Chi w/Sasha            11:15 Daily Chronicle            1:00 Creative Expression – Relief Butterflies            2:00 Cooking Group – Banana Chocolate Crunch Parfait            3:30 Virtual Concert – Simon and Garfunkel Central Park 1981            6:00 Action Movie</p>	<p><b>4 The 4<sup>th</sup> of JULY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Karaoke - Patriotic            2:30 Board &amp; Card Games            6:00 Comedy Movie</p>	<p><b>5 FUN IN THE SUN DAY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Book Group – As If It Matters by Grennan            2:00 Trivia (Quebec)            3:00 Mindfulness – Getting Started w/Mindfulness            3:30 Brain Games            6:00 Classic Show</p>	<p><b>6</b>            9:30 Walk Group Lobby            10:00 Word in a Word            10:15 Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise            1:00 Easy Listening Andrea Bocelli - Ali di Liberta            2:00 Creative Expression - Writing            3:00 Armchair Travel – France Bastille Day on YouTube            6:00 Resident Choice</p>
<p><b>7 HAPPY BIRTHDAY MARGARITA ISLAMIC NEW YEAR</b>            9:00 Spiritual Time            10:00 Folk Music            11:15 Daily Chronicle            1:00 Manicures/Massages            2:00 Walk Group            Strawberry Sundaes Day            3:00 Puzzles            6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p><b>8</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Chaboom            11:15 Daily Chronicle            1:00 BINGO w/Prizes            2:00 Writing Group            2:30 Lifelong Learners            2:30 Sm Grp Van Rides            3:30 Sing-along Songs            6:00 Musical Movie</p> <p>Rollercoaster Theme for Writing and Lifelong Learners</p>	<p><b>9</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Resident Social            1:30 Jeopardy (France)            1:30 Small Grp Van Outing            2:30 Green City Gardening            3:00 Classical Music CD            6:00 Hollywood Classics</p>	<p><b>10</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Tai Chi w/Sasha            11:15 Daily Chronicle            1:00 Creative Expression – Chalk Art            1:30 Linda Chase Longfellow Room            2:30 Tunefoolery Music 3<sup>rd</sup> floor            3:30 Virtual Concert – Bee Gees One Night Only - Live in Las Vegas 1997            6:00 Action Movie</p>	<p><b>11 7-11 Birthday</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Karaoke – Oldies            SLURPEES BIRTHDAY            2:30 Board &amp; Card Games            3:30 Brain Games            6:00 Comedy Movie</p>	<p><b>12</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Book Group – As If It Matters by Grennan            2:00 Trivia (Family Feud)            3:00 Mindfulness – Getting Started w/Mindfulness            3:30 Brain Games            6:00 Classic Show</p>	<p><b>13</b>            9:30 Walk Group Lobby            10:00 Word in a Word            10:15 Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise            1:00 Easy Listening Yo Yo Ma - Bach Six Cello Suites - The Odeon of Herodes            Atticus Greek Live            2:00 Creative Expression – Actors/Actresses            3:00 Armchair Travel – Paris Quartier D’Ete Festival YouTube            6:00 Resident Choice</p>
<p><b>14 HAPPY BIRTHDAY RICK</b>            9:00 Spiritual Time            10:00 Folk Music            11:15 Daily Chronicle            1:00 Manicures/Massages            2:00 Walk Group            3:00 Puzzles            6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p><b>15</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 BINGO w/Prizes            2:00 Writing Group            2:30 Lifelong Learners            2:30 Sm Grp Van Rides            3:30 Sing-along Songs            6:00 Musical Movie</p> <p>Christmas in July Theme for BINGO, Writing and Lifelong Learners</p>	<p><b>16</b>            9:00 Morning Check In            9:30 Walk Group            10:00 Word Game/Trivia (Hula Hoop Day)            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Resident Social – Birthday Celebration for the Month            1:30 Jeopardy (Baseball)            1:30 Small Grp Van Outing            2:30 Green City Gardening            3:00 Classical Music CD            6:00 Hollywood Classics</p>	<p><b>17</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Creative Expression – Collage Emoji Day            2:00 Cooking Group – “Deviled” Strawberries and Easy Creme Brule            3:30 Virtual Concert – “Honky Tonk Town” Toby Keith Full Concert            6:00 Action Movie</p>	<p><b>18 STAFF APPRECIATION DAY</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Karaoke - Languages            2:30 Board &amp; Card Games            3:30 Brain Games            6:00 Comedy Movie</p>	<p><b>19 HAPPY BIRTHDAY PETER</b>            9:00 Morning Check In            9:30 Walk Group Lobby            10:00 Word Game/Trivia            10:30 Morning Stretch &amp; Ball Exercise            11:15 Daily Chronicle            1:00 Book Group – As If It Matters by Grennan            2:00 Trivia (Purple)            3:00 Mindfulness – Getting Started w/Mindfulness            3:30 Brain Games            6:00 Classic Show</p>	<p><b>20</b>            9:30 Walk Group Lobby            10:00 Word in a Word            10:15 Daily Chronicle            10:30 Morning Stretch &amp; Ball Exercise            1:00 Easy Listening Love in Portofino - Andrea Bocelli Live/2012 Full Concert            2:00 Creative Expression – Thinking Games            3:00 Armchair Travel – Paris Olympics YouTube            6:00 Resident Choice</p>



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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>21</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures/Massages</p> <p>2:00 Walk Group</p> <p>Sorbets</p> <p>3:00 Puzzles</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>22</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO w/Prizes</p> <p>2:00 Writing Group</p> <p>2:30 Sm Grp Van Rides</p> <p>2:30 Lifelong Learners</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p> <p>Olympics Theme for Writing &amp; Lifelong Learners</p>	<p>23</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>1:30 Small Grp Van Outing</p> <p>1:30 Joel &amp; Dan Music</p> <p>2:30 Green City Gardening</p> <p>3:00 Classical Music CD</p> <p>6:00 Hollywood Classics</p>	<p>24</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Tai Chi w/Sasha</p> <p>11:15 Daily Chronicle</p> <p>1:00 Creative Expression – Paper Projects</p> <p>2:00 Cooking Group – Fruity Sunny Lemonade &amp; Easy Cheesecake Recipe</p> <p>3:30 Virtual Concert – John Cash – First 25 Years Concert</p> <p>6:00 Action Movie</p>	<p>25</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Karaoke - Languages</p> <p>2:30 Board &amp; Card Games</p> <p>3:30 Brain Games</p> <p>6:00 Comedy Movie</p>	<p>26</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Ballroom Dancing</p> <p>11:15 Daily Chronicle</p> <p>1:00 Book Group – As If It Matters by Grennan</p> <p>2:00 Trivia (Apollo 15)</p> <p>3:00 Mindfulness – Getting Started w/Mindfulness</p> <p>3:30 Brain Games</p> <p>6:00 Opening Ceremony Olympics – Paris 2024</p> <p>Wine &amp; Cheese Pairings</p>	<p>27</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word in a Word</p> <p>10:15 Daily Chronicle</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>1:00 Easy Listening Yo-Yo</p> <p>Ma Bach Cello Suite 1 Prelude</p> <p>2:00 Creative Expression – Rabbits</p> <p>3:00 Armchair Travel – France Stroll through Paris</p> <p>YouTube</p> <p>6:00 Resident Choice</p>
<p>28</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures/Massages</p> <p>1:30 Kathleen McDougal Musical Performance</p> <p>2:00 Walk Group</p> <p>3:00 Puzzles</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>29</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO w/Prizes</p> <p>2:00 Writing Group - Tigers</p> <p>2:30 Sm Grp Van Rides</p> <p>2:30 Lifelong Learners – Arcade Triomphe at Etoile</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p>	<p>30</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>1:30 Jeopardy (Friendship)</p> <p>1:30 Small Grp Van Outing</p> <p>2:30 Green City Gardening</p> <p>3:00 Classical Music CD</p> <p>6:00 Hollywood Classics</p>	<p>31</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Tai Chi w/Sasha</p> <p>11:15 Daily Chronicle</p> <p>1:00 Creative Expression – Bookmark Making Clay</p> <p>2:00 Cooking Group – Artichoke Dip w/Brioche</p> <p>2:30 Tunefoolery Music</p> <p>6:00 Action Movie</p>	<p>Fri, Jul 26 – Sun, Aug 11</p> 	<p>July 9th Support Group 5-6:30 pm Activity Center</p> <p><b>Birthdays</b></p> <p>7/7 Margarita</p> <p>7/14 Rick</p> <p>7/19 Peter</p>	<p><u>Spiritual Support</u></p> <p><u>Creative Expression</u></p> <p><u>Physical Fitness</u></p> <p><u>Brain Fitness</u></p> <p><u>Entertainers/Instructors</u></p> <p><u>Music</u></p>