





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Sitting Exercises 10:00 Hand Massage & Manicures 2:00 AARPapella (Acapella music) A Evening Game	9:30 Seated Exercises 1:00 1:1's w/Hannah 2:00 Coffee Talk 3:30 Jim Hetzel (Karaoke) A 5:30 Independence Day Word Games	9:30 Walks Outside 11:00 Catholic Mass CH 2:00 Coffee Talk 2:15 Yarn Stars Evening Game	12:45 Ecumenical Church 	9:30 Walks Outside 2:00 Coffee Talk 3:00 Switchback (American/Celtic) A 5:30 Musical Bingo	9:30 Active Game 2:00 Coffee Talk 2:15 Travelogue: Island Hopping Evening Game	9:30 Bowling 1:00 Bike Rides 2:00 Coffee Talk Evening Game
9:30 Sitting Exercises 10:00 Hand Massage & Manicures 2:00 Coffee Talk Evening Game	10:00 Sitting Exercises 2:00 Coffee Talk 2:00 Walks Outside with Carla 3:30 Sing-Along 4:00 Emma Jo Visits 5:30 Bike Rides	10:30 Preschool Visits 11:00 Lunch Outing to Dairy Queen 2:00 Coffee Talk 2:15 Bingo Evening Game	9:30 Sitting Exercises 12:45 Ecumenical Church 2:00 Coffee Talk 2:15 TV Sitcoms of the 1960's Evening Game	9:30 Sitting Exercises 2:00 Coffee Talk 2:15 Relaxation Group Evening Game LE gone in PM.	10:00 Chair Yoga 2:00 Coffee Talk 2:15 Poetry Reading Evening Game	9:30 Walks Outside 1:00 Make Your Own Journal 2:00 Coffee Talk Evening Game
9:30 Sitting Exercises 10:00 Hand Massage & Manicures 2:00 Coffee Talk Evening Game	9:30 Sitting Exercises 2:00 Patriotic Sing-Along & Happy Hour w/Trina 4:00 Emma Jo Visits 5:30 Bike Rides	9:30 Sitting Exercises 11:00 Rosary 12:30 1:1's w/Elizabeth 2:00 Tim Bohenkamp (Guitar) A Evening Game	9:30 Strong Bones 12:45 Ecumenical Church 1:00 1:1's w/Delaney 2:00 Coffee Talk 2:15 "Bread & Butter" Trivia Treat Evening Game	9:30 Walks Outside 12:15 Pontoon Boat Ride 2:00 Coffee Talk 5:30 Uno!	10:00 Chair Yoga 2:00 Coffee Talk 2:15 Quirkle Evening Game	9:30 Flyswatter Ball 1:00 Penny Ante 2:00 Coffee Talk Evening Game
9:30 Sitting Exercises 10:00 Hand Massage & Manicures 2:00 Coffee Talk Evening Game	10:00 Sitting Exercises 2:00 Coffee Talk 2:00 Walks Outside with Carla 4:00 Emma Jo Visits Evening Game	9:30 Sitting Exercises 10:00 Jackie Meyer (Piano) 11:00 Rosary 2:00 Larry Langen (Country/Oldies) A Evening Game	9:30 Strong Bones 12:45 Ecumenical Church 2:00 Coffee Talk 2:15 Ice Cube Painting Evening Game	9:30 Walks Outside 2:00 Coffee Talk 5:30 Bowling LE gone in afternoon.	10:00 Chair Yoga 2:00 Coffee Talk 2:15 Ice Cream in a Bag Evening Game	9:30 Walks Outside 1:00 Bike Rides 2:00 Coffee Talk Evening Game
9:30 Sitting Exercises 10:00 Hand Massage & Manicures 2:00 Coffee Talk Evening Game	9:30 Sitting Exercises 2:00 Movie: Because of Winn Dixie & Popcorn 4:00 Emma Jo Visits 5:30 Bike Rides	9:30 Sitting Exercises 11:00 Rosary 2:00 Coffee Talk 2:15 History of La Crosse Evening Game	 <h2 style="text-align: center;">July 2018</h2> <h3 style="text-align: center;">ECS Memory Care 1 Calendar</h3>			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Walks Outside 10:45 Hand Massages & Manicures 2:00 AARP Papella (Acapella music) A 5:30 Evening Game	10:00 Balloon Games 1:30 1:1's w/Hannah 2:00 Coffee Talk 3:30 Jim Hetzel (Karaoke) A 6:15 Independence Day Word Games	10:00 Walks Outside 11:00 Catholic Mass CH 2:00 Coffee Talk 3:00 Yarn Stars 5:30 Evening Game	12:45 Ecumenical Church MC1  Happy 4th of July	9:45 Walks Outside 2:00 Coffee Talk 3:00 Switchback (American/Celtic) A 6:15 Musical Bingo	10:00 Active Game 2:00 Coffee Talk 3:00 Travelogue: Island Hopping 5:30 Evening Game	9:30 Sitting Exercises 2:00 Bike Rides 3:00 Coffee Talk 5:30 Evening Game
9:30 Bowling 10:45 Hand Massages & Manicures 2:00 Coffee Talk 5:30 Evening Game	10:30 Parachute Games 2:00 Coffee Talk 2:30 Walks Outside with Carla 3:30 Sing Along MC1 4:00 Emma Jo Visits 5:30 Evening Game	10:30 Preschool Visits MC1 11:00 Lunch Outing to Dairy Queen 2:00 Coffee Talk 3:00 Bingo 5:30 Evening Game	10:00 Active Game 12:45 Ecumenical Church MC1 2:00 Coffee Talk 3:00 TV Sitcoms of the 1960's 5:30 Evening Game	9:45 Sitting Exercises 2:00 Coffee Talk 3:00 Relaxation Group 5:30 Evening Game LE gone in PM.	10:00 Chair Yoga MC1 2:00 Coffee Talk 3:00 Poetry Reading 5:30 Evening Game	9:30 Sitting Exercises 2:00 Make Your Own Journal 3:00 Coffee Talk 5:30 Evening Game
9:30 Walks Outside 10:45 Hand Massages & Manicures 2:00 Coffee Talk 5:30 Evening Game	10:30 Toss Across 2:00 Patriotic Sing-Along with Trina & Happy Hour MC1 4:00 Emma Jo Visits 6:15 Bike Rides	9:30 Sitting Exercises 1:00 1:1's w/Elizabeth 2:00 Tim Bohenkamp (Guitar) A 5:30 Evening Game	10:00 Active Game 12:45 Ecumenical Church MC1 2:00 Coffee Talk 2:15 "Bread & Butter" Trivia Treat MC1 5:30 Evening Game	9:45 Walks Outside 12:15 Pontoon Boat Ride 2:00 Coffee Talk 6:15 Uno!	10:00 Chair Yoga MC1 2:00 Coffee Talk 3:00 Quirkle 5:30 Evening Game	9:30 Sitting Exercises 2:00 Penny Ante 3:00 Coffee Talk 5:30 Evening Game
9:30 Flyswatter Ball 10:45 Hand Massages & Manicures 2:00 Coffee Talk 5:30 Evening Game	10:30 Bean Bag Toss 1:30 1:1's w/Delaney 2:00 Coffee Talk 2:30 Walks Outside with Carla 4:00 Emma Jo Visits 5:30 Bike Rides	9:30 Sitting Exercises 10:00 Jackie Meyer (Piano) MC1 2:00 Larry Langen (Country/Oldies) A 5:30 Evening Game	10:00 Active Game 12:45 Ecumenical Church MC1 2:00 Coffee Talk 3:00 Ice Cube Painting 5:30 Evening Game	9:45 Walks Outside 2:00 Coffee Talk 6:15 Bowling LE gone in afternoon.	10:00 Chair Yoga MC1 2:00 Coffee Talk 2:15 Ice Cream in a Bag MC1 5:30 Evening Game	9:30 Sitting Exercises 2:00 Bike Rides 3:00 Coffee Talk 5:30 Evening Game
9:30 Walks Outside 10:45 Hand Massages & Manicures 2:00 Coffee Talk 5:30 Evening Game	9:30 Sitting Exercises 2:00 Movie: Mama Mia & Popcorn 4:00 Emma Jo Visits 6:15 Bike Rides	9:30 Sitting Exercises 10:00 1:1's w/Hannah 2:00 Coffee Talk 3:00 History of La Crosse 5:30 Evening Game	 <b>July 2018</b> ECS MC2 Calendar 			

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