








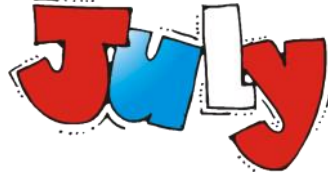


# Maiden Center July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00: Morning Meeting 1</p> <p>10:30: Outdoor Morning Exercise</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Create your own stamp</li> <li>- Stretches</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 2</p> <p>10:30: Inside Walking Path</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Faith Service Dog visit</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 3</p> <p>10:30: Chair Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- 4th of July Celebration &amp; Activities</li> <li>- Outside Drum Line</li> <li>- Pastor Easter Visit</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 4</p> <p><b>CENTER CLOSED FOR FOURTH OF JULY</b></p> 	<p>10:00: Morning Meeting 5</p> <p>10:30: Basketball/Outside Meditation</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Alice in Wonderland Tea</li> <li>- Hawaiian Vacation</li> </ul> <p>1:45: Independent Living Skills</p> 
<p>10:00: Morning Meeting 8</p> <p>10:30: Inside Walking Path</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- National Be A Kid Again Activities</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 9</p> <p>10:30: Chair Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- 80's dance party</li> <li>- Hot Potato</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 10</p> <p>10:30: ROM Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Aromatherapy</li> <li>- Pet photo frames</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 11</p> <p>10:30: Basketball /Outside Meditation</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bingo</li> <li>- <u>Senior Outing: Ice Cream (See flyer)</u></li> <li>- Adult Snack on porch</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 12</p> <p>10:30: Outdoor Morning Exercise</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Cooking with Polly: Jello + Mangoes</li> <li>- Simplicity Day Porch Sitting</li> </ul> <p>1:45: Independent Living Skills</p>
<p>10:00: Morning Meeting 15</p> <p>10:30: Chair Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bocce Ball</li> <li>- Connect 4 Tournament</li> <li>- Bandy's Fire Presentation</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 16</p> <p>10:30: ROM Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Snake Day Talk</li> <li>- Faith Service Dog Visit</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 17</p> <p>10:30: Basketball/Outside Meditation</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Necklace building</li> <li>- Pastor Easter Visit</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 18</p> <p>10:30: Outdoor Morning Exercise</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Senior : Listening Day Audiobook</li> <li>- <u>Adult Outing: Ice Cream (See Flyer)</u></li> <li>- Painting Class</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 19</p> <p>10:30: Inside Walking Path</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- National Words with Friends Bingo</li> <li>- Musical Jeopardy</li> </ul> <p>1:45: Independent Living Skills</p>
<p>10:00: Morning Meeting 22</p> <p>10:30: ROM Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- National Fragile X Day</li> <li>- Gorgeous Grandma Day</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 23</p> <p>10:30: Basketball/Outside Meditation</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- <u>Adult: Pin Station Outing (\$5)</u></li> <li>- Senior: Number Game</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 24</p> <p>10:30: Outdoor Morning Exercise</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Self Care</li> <li>- Karaoke</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 25</p> <p>10:30: Inside Walking Path</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Adult: Center Nature Walk</li> <li>- <u>Senior Lunch Outing: (See flyer)</u></li> <li>- Paired Monopoly</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 26</p> <p>10:30: Chair Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Collages</li> </ul> <p>1:45: Independent Living Skills</p> 
<p>10:00: Morning Meeting 29</p> <p>10:30: Basketball/Outside Meditation</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Buffalo Soldiers History and Trivia</li> <li>- Beach Ball Activity</li> </ul> <p>1:45: Independent Living Skills</p>	<p>10:00: Morning Meeting 30</p> <p>10:30: Outdoor Morning Exercise</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- International Day of Friendship Bracelets</li> <li>- Birthday Party</li> </ul> <p>1:45: Independent Living Skills</p> 	<p>10:00: Morning Meeting 31</p> <p>10:30: Chair Exercises</p> <p>12:00: Scheduled Activities:</p> <ul style="list-style-type: none"> <li>- Bingo</li> <li>- Uncommon Instrument Awareness Day</li> <li>- Pastor Easter Visit</li> </ul> <p>1:45: Independent Living Skills</p>		<p><b>Adult Life Programs</b>  <b>Maiden</b>  3390 Shepherd Rd.  Maiden, NC 28650  828-428-9010</p>