









July 2024 Conover Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:30 – Coffee & Current Events 1 10:00 – Morning Meeting 10:15 – Group: Mental Health Monday (K.) 11:15 – Club: Move Together (T.) 12:30 – Independent Living (P.) 1:00 – Activity: Fun Facts – July / Wacky Words (C.)</p>	<p>8:30 – Coffee & Current Events 2 10:00 – Morning Meeting 10:15 – Group: Meal Planning & Money Management (P.) 11:15 – Activity: Community Shopping (P./C.) 12:30 – Independent Living (T.) 1:00 – Club: Arts & Crafts (C./A.)</p>	<p>8:30 – Coffee & Current Events 3 10:00 – Morning Meeting 10:15 – Group: Mental Health Wednesday (K.) 11:15 – Club: Bible Study (P./D.) 12:30 – Independent Living (K.) 1:00 – Activity: Word of the Day (C.)</p>	<p>CLOSED 4</p> 	<p>8:30 – Coffee & Current Events 5 10:00 – Morning Meeting 10:15 – Club: Arts & Crafts (C./A.) 11:15 – Activity: PCM/Grilling (P.) 12:30 – Independent Living (K.) 1:00 – Group: Keep It Clean Friday (P.)</p> 
<p>8:30 – Coffee & Current Events 8 10:00 – Morning Meeting 10:15 – Club: Arts & Crafts (C./A.) / Move Together (T.) 11:15 – Activity: Community Shopping (P./C.) 12:30 – Independent Living (T.) 1:00 – Group: Mental Health Monday (K.)</p> 	<p>8:30 – Coffee & Current Events 9 10:00 – Morning Meeting 10:15 – Group: Picnic Prep (P.) 10:45 --Activity: Park 'n' Picnic (P./C.) 11:15 – Club: Move Together @ the Park (T.) 12:30 – Independent Living (T.) 1:00 – Group: Summer Hygiene (K.)</p>	<p>8:30 – Coffee & Current Events 10 10:00 – Morning Meeting 10:15 – Guest: Mental Health Discussion (Partners) 11:15 – Club: Bible Study (P./D.) 12:30 – Independent Living (K.) 1:00 – Activity: Library (P./C.) / Math Skills Check (C.) Visitor – Partners</p>	<p>8:30 – Coffee & Current Events 11 10:00 – Morning Meeting 10:15 – Guest: Seniors on the Move 11:15 – Club: Move Together (T.) 12:30 – Independent Living (P.) 1:00 – Group: Coping Skills (C.) Visitor – Seniors on the Move</p>	<p>8:30 – Coffee & Current Events 12 10:00 – Morning Meeting 10:15 – Activity: Balance Beach Ball (C.) 11:15 – Club: Arts & Crafts (C./A.) 12:30 – Independent Living (K.) 1:00 – Group: Keep It Clean Friday (P.)</p>
<p>8:30 – Coffee & Current Events 15 10:00 – Morning Meeting 10:15 – Group: Meal Planning & Money Management (P.) / Club: Move Together (T.) 11:15 – Activity: Comm. Shopping (P./C.) 12:30 – Independent Living (T.) 1:00 – Group: Mental Health Monday (K.)</p>	<p>8:30 – Coffee & Current Events 16 10:00 – Morning Meeting 10:30 – Club: Arts & Crafts (C./A.) 11:15 – Activity: Cooking Class Taco Salad (P.) 12:30 – Independent Living (C.) 1:00 – Guest: Judy's Time Visitor: Judy (Activity Volunteer)</p>	<p>8:30 – Coffee & Current Events 17 10:00 – Morning Meeting 10:30 – Activity: Volunteering with Meals on Wheels (P./C.) 11:15 – Group: Mental Health Wednesday (K.) 12:30 – Independent Living (C.) 1:00 – Club: Bible Study (P./D.) Visitor: Pet Therapy (Faith)</p>	<p>8:30 – Coffee & Current Events 18 10:00 – Morning Meeting 10:30 – Activity: Bowling @ Pin Station (P./C.) / Club: Move Together (T.) 12:30 – Independent Living (K.) 1:00 – Group: Coping Skills (C.)</p> 	<p>8:30 – Coffee & Current Events 19 10:00 – Morning Meeting 10:30 – Activity: Movie @ Carolina Theater (P./C.) 12:30 – Independent Living (T.) 1:00 – Group: Keep It Clean Friday (P.) / Club: Arts & Crafts (C./A.)</p>
<p>8:30 – Coffee & Current Events 22 10:00 – Morning Meeting 10:15 – Group: Mental Health Monday (K.) 11:15 – Club: Move Together (T.) 12:30 – Independent Living (P.) 1:00 – Activity: Let's Play – Board/Card Games (P./C.)</p> 	<p>8:30 – Coffee & Current Events 23 10:00 – Morning Meeting 10:15 – Activity: Community Outing Food Bank (P./C.) 11:15 – Club: Arts & Crafts (C./A.) 12:30 – Independent Living (K.) 1:00 – Guest: Devotion w/ Pastor Marcus / Group: Guided Meditation (T.) Visitor: Pastor Marcus</p>	<p>8:30 – Coffee & Current Events 24 10:00 – Morning Meeting 10:15 – Guest: Music & Singing w/ Macon / Group: Mental Health Wednesday (K.) 11:15 – Club: Bible Study (P./D.) 12:30 – Independent Living (C.) 1:00 – Activity: Library (P./C.) or Jeopardy Visitor: Macon (Activity Volunteer)</p>	<p>8:30 – Coffee & Current Events 25 10:00 – Morning Meeting 10:15 – Guest: Christmas in July, Music w/ Libbie 11:15 – Activity: Cooking Class Soup (P.) / Club: Move Together (T.) 12:30 – Independent Living (T.) 1:00 – Group: Coping Skills (C.) Visitor: Libbie (Activity Volunteer)</p>	<p>8:30 – Coffee & Current Events 26 10:00 – Morning Meeting 10:15 – Club: Arts & Crafts (C./A.) 11:15 – Activity: Water Party (T./P.) 12:30 – Independent Living (K.) 1:00 – Group: Keep It Clean Friday (P.)</p> 
<p>8:30 – Coffee & Current Events 29 10:00 – Morning Meeting 10:15 – Group: Meal Planning & Money Management (P.) / Club: Move Together (T.) 11:15 – Activity: Community Shopping (P./C.) 12:30 – Independent Living (T.) 1:00 – Group: Mental Health Monday (K.)</p>	<p>8:30 – Coffee & Current Events 30 10:00 – Morning Meeting 10:15 – Activity: Popcorn and a Movie (P.) 11:15 – Club: Arts & Crafts (C./A.) 12:30 – Independent Living (K.) 1:00 – Group: Staying Hydrated (P.)</p> 	<p>8:30 – Coffee & Current Events 31 10:00 – Morning Meeting 10:15 – Group: Mental Health Wednesday (K.) 11:15 – Activity: Cooking Class Birthday Cookies (P.) 12:30 – Independent Living (C.) 1:00 – Club: Bible Study (P./D.) 2:00 – July Birthday Celebration</p>	<p>Birthdays: Carrie 7/2 Angela 7/5 Darlene 7/25</p> 	<p>Adult Life Programs Conover 211 2nd Avenue Place NE Conover, NC 28613 828-464-0078</p>