










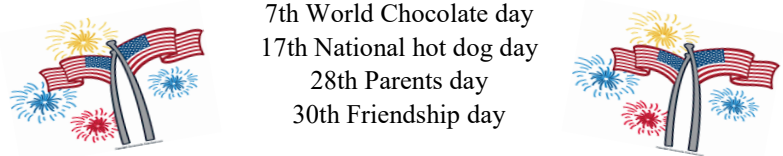
July



NORTHSHORE ADULT DAY HEALTH & WELLNESS CENTER

Mon-Friday 10-3:00 pm
(425)4884821

*All activities are subject to change

Mon	Tue	Wed	Thu	Fri
<p>1 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Sing along</p> 	<p>2 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Piano w/Jennifer</p>	<p>3 Coffee social/Fine motor 10:00 Art Group 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Patriotic Sing along <u>WEAR : RED,WHITE,BLUE</u></p>		<p>5 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 B.I.N.G.O.</p> 
<p>8 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Music Therapy w/John A.</p>	<p>9 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Guitar w/Josh W.</p> 	<p>10 Coffee social/Fine motor 10:00 Art Group 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Lyle & Berd</p>	<p>11 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Piano w/Gary H.</p>	<p>12 Coffee social/Fine motor 11:00 Music group w/Jennifer 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Guitar w/Dave H.</p>
<p>15 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Bowling/Wii Games</p> 	<p>16 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Rockin w/Jon P.</p>	<p>17 Coffee social/Fine motor 10:00 Art Group 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Music Fun</p>	<p>18 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Saxophone w/Bill B.</p> 	<p>19 Coffee social/Fine motor 11:00 Music group w/Jennifer 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Laughter is the Best medicine Comedy Hour</p>
<p>22 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Summer Sing along</p>	<p>23 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Keyboard w/Ted Y.</p>	<p>24 Coffee social/Fine motor 10:00 Art Group 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Piano w/Jennifer</p>	<p>25 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Accordion w/David L.</p>	<p>26 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Guitar w/David A.</p>
<p>29 Coffee social/Fine motor 11:00 Reminiscing w/Bruce 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 12 Strings w/Lee</p>	<p>30 Coffee social/Fine motor 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 B.I.N.G.O.</p> 	<p>31 Coffee social/Fine motor 10:00 Art Group 11:00 Upper Body Exercise 11:15 Body Conditioning Exercise 11:45 Current Events 1:15 Lyle & Berd</p>	 <p>“The USDA prohibits discrimination in all it’s activities on the basis of race, color, national origins, gender age or disability”</p>	