















JULY 24

HICKORY WOODS SENIOR LIVING ACTIVITY SHEET

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	2 Beauty Shop Day 10:30 Chair Exercise 2:00 One Man Band 3:00 Canasta	3 Beauty Shop Day 10:30 Price is Right 2:00 4 th of July Parade 3:00 Canasta	4 	5 10:30 Chair Yoga 2:00 Devotion 6:30 Wheel of Fortune	6 Family Time 
7  2:00 Church	 9:30 Shopping Wal-Mart 2:00 Bobbie Bryant 3:00 Hand and Foot	1 10:30 Silver Sneaker Chair Exercise 2:00 Fact or Crap 7:00 Netflix Movie	2 Beauty Shop Day 10:30 Price is Right 2:00 Bingo 3:00 Canasta 	3 Beauty Shop D 10:30 Chair Exercise 2:00 Devotion 3:00 Cards	4 10:30 Chair Yoga 12:00 Out To Lunch 7:00 Hallmark Movie 	5 11:00 Crafts With Jill, candy and Clare
6  2:00 Church	7 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot 	8 10:30 Silver Sneaker Chair Exercise 2:00 Pet Therapy 7:00 Heartland	9 Beauty Shop Day 10:30 Resident Council 2:00 Cattle Roundup 3:00 Canasta	10 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Sing A-Long	11 Pretty Nails 2:00 Hay Ride 6:30 Wheel of Fortune 	12 
13 2:00 Church	14 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	15 10:30 Chair Exercise 2:00 Movie Activity Room 	16 Beauty Shop Day 10:30 Price is Right 2:00 Juke Box Party 3:00 Canasta	17 Beauty Shop Day 10:30 Silver Sneaker Chair Exercise 2:00 Devotion	18 10:30 Chair Yoga 2:00 Olympic Games 100 Meter Dash 7:00 Hallmark Movie 	19 11:00 Crafts Candy, Clare and Jill
20  2:00 Church	21 9:30 Shopping Wal-Mart 2:00 Bible Study 3:00 Hand and Foot	22 8:00 Dr. Clark 2:00 Olympic Games Long Jump 3:00 Hand and	 Beauty Shop Day 10:30 Price is Right 2:00 Olympic Games Swimming	