

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>July 2020</h1> <p>Independent & Senior Living Calendar</p>			Take & Bake: 1 Coffee Mug Cakes (please call 10207 or 12733 to order! We will deliver to your door. Limited supplies.) <small>Canada Day</small>	2 11:00am Spiritual Reading Via Zoom	3 Leave your favorite recipe outside your door! We will post them daily on the channel 901station! Pick up at 4:00pm.	4 <small>Independence Day (US)</small>
5	6 11:00 Strong Bones Exercise Via Zoom	7 Crossword of the Day! First person to complete and call 12733 wins a prize!	8 Independent Living Plus Bike Day! Call to reserve your time!	9 11:00am Spiritual Reading Via Zoom	10 Make Your Own: Terracotta Coasters! Call 10207 or 12733 for supplies.	11
12	13 11:00 Strong Bones Exercise Via Zoom	14 Word Search of the Day! First person to complete and call 12733 wins a prize!	15 Take & Bake: Strawberry Cheesecake in a Cup! (please call 10207 or 12733 to order! We will deliver to your door. Limited supplies.)	16 11:00am Spiritual Reading Via Zoom	17 Operation Gratitude: Write Letters for Local Police Officers, Firefighters & EMT's. We will pick up outside your door at 4:00pm and mail!	18
19	20 11:00 Strong Bones Exercise Via Zoom	21 Word Unscramble of the Day! First person to complete and call 12733 wins a prize!	22 Senior Living Bike Day! Call to reserve your time!	23 11:00am Spiritual Reading Via Zoom	24 Make Your Own: Summer Garland Wreath! Call 10207 or 12733 for supplies.	25
26	27 11:00 Strong Bones Exercise Via Zoom	28 Wacky Words! First person to complete and call 12733 wins a prize!	29 Take & Bake: Peanut Butter Brownie Trifle Cups (please call 10207 or 12733 to order! We will deliver to your door. Limited supplies.)	30 11:00am Spiritual Reading Via Zoom	Hawaiian Day 31 We will deliver cupcakes to your door! IL Plus: 2-3pm SR Living: 3-4pm	Please call Carla at 10207 or Hannah at 12733 with any questions about programs!

TO JOIN AN ACTIVITY VIA ZOOM:

1. Download Zoom to your electronic device of choice and create an account (if you haven't already)
2. Join our Zoom meeting by entering in the meeting ID: 79785075740
3. Please note that it will ask for a password. The password is: eaglecrest
4. Activities will start at the designated time. Please be sure you are connected before the activity begins.

BRAIN GAMES (crossword, word search, word unscramble, and wacky words)

- These will be placed in the mail room every Tuesday by 8:30am.
- Once you have completed the word game, please call Hannah or Carla to see if you were the first to finish.
- Life Enrichment will deliver a prize to the first person to complete the word game each Tuesday.
- Please wear a mask when going to pick up the puzzles from the mail room.

TAKE & BAKE

- Please call Life Enrichment at 10207 or 12733 if you are interested as there are limited spots available each week.
- The ingredients will be dropped off at your door the day of the activity at our earliest convenience.
- Supplies not provided by Life Enrichment include: mugs, cups, spoons and other utensils.

BIKE RIDES

- Our bike is a two-person bike. You will be riding with one of the Life Enrichment Assistants, so only one person will be able to go at a time. *those who live together in the same apartment are able to ride at the same time*
- You have the option to pedal or relax with your feet on a foot rest.
- Limited spots available. Please call Life Enrichment at 10207 or 12733 to pick which time you are interested in.
- You must wear a mask and one of our provided helmets in order to go for a bike ride.

SHARE YOUR FAVORITE RECIPE

- Leave your favorite recipe outside your door on Friday, July 3rd.
- Life Enrichment will pick them up at 4pm.
- Throughout the month of July, these recipes will be streamed on channel 901.

TERRACOTTA COASTERS & SUMMER GARLAND WREATH

- Fun, cute, and functional crafts!
- All supplies will be provided by Life Enrichment and dropped off to your apartment on the days of the activities.
- Limited spots available for each. Please call 10207 or 12733 to let Hannah or Carla know which one you would like to sign up for!

HAWAIIAN DAY

- We will deliver cupcakes to your door!
- Please stay in your room, and we will knock/ring your doorbell at the following times: 2-3pm IL Plus and 3-4pm Senior Living.