






# July 2024

## Harmony Senior Apartments



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>2 <b>Made in the USA Day</b></p> <p><u>Coffee Social</u> 9:30am – 10:30am</p> <p><u>Arts &amp; Crafts: Make Your Own Flag (BLDG 2; FL 3)</u> 11:00am – 12:00pm</p> <p><u>Cooking Class: Quesadillas</u> 1:30pm – 2:30pm</p>	<p>3 <u>Breakfast Bars &amp; Word Search</u> 9:30am – 10:30am</p> <p><u>Resident Led Garden Meeting (Common Area BLDG 2)</u> 11:00am – 11:30am</p> <p><u>Email Navigation Class (Computer Lab)</u> 1:30pm – 2:30pm</p>	<p>4 <b>Independence Day</b></p> 	<p>5 <u>Breakfast Corndog Social</u> 9:30am – 10:30am</p> <p><u>Morning Stretch (BLDG 1 Gym)</u> 11:00am – 11:30am</p> <p><u>Cooking Class: S'mores</u> 1:30pm – 2:30pm</p> <p><u>Late Afternoon Bingo!</u> 3:00pm – 4:00pm</p>	<p>6 <b>National Fried Chicken Day</b></p> <p><u>Cereal Bar &amp; Sudoku</u> 9:30am – 10:30am</p> <p><u>Drawing &amp; Music (BLDG 2; FL 3)</u> 11:00am – 12:00pm</p> <p><u>Chair Volleyball Practice w/ Snack Tray</u> 2:00pm – 3:00pm</p>
<p>7</p>	<p>8 <b>National Blueberry Day</b></p> 	<p>9 <u>Toaster Strudels &amp; Spot the Difference</u> 9:30am – 10:30am</p> <p><u>Tech Class (Computer Lab)</u> 12:00pm – 1:00pm</p> <p><u>Cooking Class: Sugar Cookies</u> 3:00pm – 4:00pm</p>	<p>10 <b>National Kitten Day</b></p> <p><u>Harmony Market</u> <b>*Smiths BLDG. I</b> <i>*Bring your own bag to BLDG 2 Common Area. 10:00 AM -12:00 PM</i></p> <p><b>Target, Big Lots &amp; Costco</b> <i>*TBA</i></p>	<p>11 <u>Fruit Salad &amp; Morning Positivity</u> 9:30am – 10:30am</p> <p><u>Bingo! w/ Snacks</u> 12:00pm – 1:00pm</p> <p><u>Charades (BLDG 2 Fl 3)</u> 3:00pm – 4:00pm</p>	<p>12 <b>National French Fry Day</b></p> <p><b>Helping Hands</b> 2:00 PM-4:00 PM <b>*Bags will be delivered*</b></p>	<p>13 <u>Breakfast Taco Social</u> 9:30am – 10:30am</p> <p><u>Arts &amp; Crafts: Picture Frames (BLDG 2 FL 3)</u> 11:00am – 12:00pm</p> <p><u>Chair Volleyball Practice</u> 2:00pm – 3:00pm</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>14</p> <p>National Mac and Cheese Day</p>	<p>15</p> 	<p>16</p> <p>National Cherry Day Frozen Cherries 9:30am – 10:30am</p> <p>Arts &amp; Crafts: Sand Bottles (BLDG 2 FL 3) 11:00am – 12:00pm</p> <p>Uno (BLDG 2 FL 3) 2:00pm – 3:00pm</p>	<p>17</p> <p>National Hot Dog Day</p> <p><b>Bingo w/Archwell Health</b> <b>10:00am – 11:00am</b></p>  <p>Tech Class (Computer Lab) 11:00am – 12:00pm</p> <p>Resident Led Garden Meeting 11:30am – 12:00pm</p> <p>Hot Dog Social 1:30pm – 2:30pm</p>	<p>18</p> <p>Yogurt Parfaits &amp; Morning Positivity 9:30am – 10:30am</p> <p><b>Exercise Class: Chair Yoga</b> <b>11:00am – 12:00pm</b></p> <p>Group Puzzle (BLDG 2 FL 3) 2:30pm – 3:30pm</p>	<p>19</p> <p>National Words with Friends Day</p> <p><b>Harmony Market</b> <b>BLDG. II – 1<sup>st</sup> FL &amp; 2<sup>nd</sup> FL</b> <i>*Bring your own bag to BLDG 2 Common Area!</i> <b>10:00 AM -12:00 PM</b></p>	<p>20</p> <p>Pop Tarts &amp; Crossword 9:30am – 10:30am</p> <p>Drawing &amp; Music 11:00am – 12:00pm</p> <p>Chair Volleyball w/ Ice Pops 2:00pm – 3:00pm</p>
<p>21</p> <p>National Ice Cream Day</p>	<p>22</p>	<p>23</p> <p>Vanilla Ice Cream Day Coffee 9:30am – 10:30am</p> <p><b>Team Sikora</b> <b>11:00am – 11:45am</b> <i>Eat some popcorn &amp; laminate your Medicare Cards!</i></p> <p><b>Exercise Class: Chair Yoga</b> <b>11:00am – 12:00pm</b></p> <p>Charades w/ Ice Cream Bars (BLDG 2 FL3) 2:00pm – 3:00pm</p>	<p>24</p> <p><b>GOLDEN GROCERIES</b> <i>Bring your own bag!</i> <b>BLDG 2 Common Area</b> <i>*Pick up times depend on food delivery</i></p>	<p>25</p> <p>National Hot Fudge Sundae Day</p> <p>Muffins &amp; Word Search 9:30am – 10:30am</p> <p><b>Exercise Class: Chair Yoga</b> <b>11:00am – 12:00pm</b></p> <p>Arts &amp; Crafts: Origami 1:00am – 2:00pm Ice Cream Bar 2:30pm – 3:30pm</p>	<p>26</p> <p>Bagels w/ Cream Cheese 9:30am – 10:30am</p> <p>Bingo! 11:30am – 12:30pm</p> <p><b>Ice Cream &amp; Foot Screening</b> <b>w/Valley Health Systems</b> <b>2:00pm – 3:00pm</b></p>	<p>27</p> <p>National Love is Kind Day French Toast 9:30am – 10:30am</p> <p>Uno (BLDG 2 FL 3) 12:00pm – 1:00pm</p> <p>Chair Volleyball w/ Dirt Pie 2:30pm -3:30pm</p>
<p>28</p> <p>National Milk Chocolate Day If you have any questions, please call your Resident Services Coordinator at <b>(702) 990-2647</b> Tuesday - Friday between 9:00AM – 5:00PM</p>	<p>29</p> <p>National Lasagna Day</p>	<p>30</p> <p>National Cheesecake Day Breakfast Tacos 9:30am – 10:30am</p> <p>Bingo! 11:30am – 12:30pm</p> <p>Cheesecake Social &amp; Calendars 3:00pm – 4:00pm</p>	<p>31</p> <p>National Avocado Day</p> <p><b>Harmony Market</b> <b>BLDG. II – 3<sup>rd</sup> FL &amp; 4<sup>th</sup> FL</b> <i>*Bring your own bag to BLDG 2 Common Area!</i> <b>10:00 AM -12:00 PM</b></p> <p><b>Target, Big Lots &amp; Costco</b></p>			