

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Staff Birthdays: Sue 7/6 Kathy S. 7/11 Peter 7/15 Robert 7/30 If you have any questions or suggestions, then please contact Carol at 763-1508 or Peg at 763-1517. ☺	1 9:30 Sit & Be Fit (CR) 10:30 Trip to Sunapee Library 1:00 Scrabble (GR) 2:00 Bingo (CR) 3:30 Black Jack (GR) 7:00 Movie & Popcorn (CR) Canada Day	2 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 2:00 Visiting Artist 3 rd (CK) 3:30 Champagne Night (GR) 6:30 Board Game Night (GR)	3 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Poetry Reading (CR) 1:00 Scrabble (GR) 2:00 Bingo (CR) 3:30 Indoor Sports (GR) 6:30 Card Games (GR)	4 Happy Independence Day! ☺ Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 11:30 Fourth of July Barbeque 12:30-2:00 East Bay Jazz Band (GR) 6:30 LCR w/Charlotte 3 rd (CK) Independence Day (US)	5 9:30 Sit & Be Fit (CR) 10:00 Reminisce (CR) 11:00 Dog Visit w/Miss Mabel & Kathy (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 2:15 Trip for Ice-Cream 6:30 Game Night (GR)	6 10:30 Sit & Be Fit 1:00 Word Search w/Joan (GR) 1:30 Bridge (CR) 4:00 Happy Hour (GR) 6:30 Bingo (CR)
7 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR) 2:30 Sunday Social w/Music by Mr. Blair & Veggie Tray Served (CR) 6:30 LCR w/Charlotte 3 rd (CK)	8 9:30 Sit & Be Fit (CR) 1:30-2:30 SPA DAY 3rd (CK) 1:00 Scrabble (GR) 2:00 Bingo (CR) 7:00 Movie & Popcorn (CR)	9 Happy Birthday to Ruth "Nicci" White! ☺ 9:30 Sit & Be Fit (CR) 11:00 Chat w/Sue (GR) 2:00 Visiting Artist 3rd (CK) 3:30 Champagne Night (GR) 6:30 Board Game Night (GR)	10 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Poetry Reading (CR) 1:00 Scrabble (GR) 2:00 Bingo (CR) 3:30 Indoor Sports (GR) 6:30 Card Games (GR)	11 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Trip to Post Office, Colonial & Bank 2:30 Trip for Ice-Cream 6:30 LCR w/Charlotte 3 rd (CK)	12 9:30 Sit & Be Fit (CR) 10:00 Reminisce (CR) 11:00 Dog Visit w/Miss Mabel & Kathy (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	13 10:30 Sit & Be Fit 11:00 Dog Visit w/ Mr. Marsh & Holli (GR) 1:00 Word Search w/Joan (GR) 1:30 Bridge (CR) 4:00 Happy Hour (GR) 6:30 Bingo (CR)
14 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR) 2:30 Sunday Social Music w/Rick Monarque's Name That Tune & Ice-Cream Served (CR) 6:30 LCR w/Charlotte 3 rd (CK)	15 9:30 Sit & Be Fit (CR) 10:30 Trip to Sunapee Library 1:00 Scrabble (GR) 2:00 Bingo (CR) 3:30 Enrichment Meeting w/Root Beer Floats (GR) 7:00 Movie & Popcorn (CR)	16 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 11:30 Picnic at the Beach 2:00 Visiting Artist 3rd (CK) 3:30 Champagne Night (GR) 6:30 Board Game Night (GR)	17 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Dog Therapy Assessments w/Residents (GR) 2:00 Country/Folk Music by Cam Sutphin (CR) 3:30 Indoor Sports (GR) 6:30 Scrabble (GR) 6:30 Bingo (CR)	18 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Trip to Post Office, Hannaford's & Bank 12:30 Pontoon Boat Ride 2:30 2nd Pontoon Boat Ride 6:30 LCR w/Charlotte 3 rd (CK)	19 9:00 Trip to Hood Art Museum 9:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Miss Mabel & Kathy (GR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	20 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Miss Missy & Bev (GR) 1:00 Word Search w/Joan (GR) 1:30 Bridge (CR) 4:00 Happy Hour (GR) 6:30 Bingo (CR)
Vitals Clinic 9 to 9 2nd (CK) 21 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR) 2:00 Episcopal Church (CR) 2:30 Sunday Social w/Veggie Tray Served (GR) 6:30 LCR w/Charlotte 3 rd (CK)	22 9:30 Sit & Be Fit (CR) 10:30 Reminisce (CR) 1:00 Scrabble (GR) 2:00 Bingo (CR) 7:00 Movie & Popcorn (CR)	23 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 11:30 Picnic at the Beach 2:00 Visiting Artist 3rd (CK) 3:30 Champagne Night (GR) 6:30 Board Game Night (GR)	24 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Dog Therapy Assessments w/Residents (GR) 2:00 Piano Music by John Lovejoy (CR) 3:30 Indoor Sports (GR) 6:30 Scrabble (GR) 6:30 Bingo (CR)	25 Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Trip to Post Office, Hannaford's & Bank 12:00 Resident Birthday Cake (DR) 1:45 Music by Jan Rosen (CR) 6:30 LCR w/Charlotte 3 rd (CK)	26 9:30 Sit & Be Fit (CR) 10:00 Poetry Reading (CR) 11:00 Dog Visit w/Miss Mabel & Kathy (CR) 1:00 Worship & Song w/Pastor Elisabeth (CR) 2:15 Trip for Ice-Cream 3:30 Sing Along w/Martha (CR) 6:30 Game Night (GR)	27 10:30 Sit & Be Fit (CR) 11:00 Dog Visit w/Mr. Marsh & Holli (GR) 1:00 Word Search w/Joan (GR) 1:30 Bridge (CR) 4:00 Happy Hour (GR) 6:30 Bingo (CR)
28 10:00 Catholic Church 10:30 Sit & Be Fit (CR) 1:00 Scrabble (GR) 2:00 Sunday Social Music by David Thron & Ice-Cream Served (CR) 6:30 LCR w/Charlotte 3 rd (CK)	29 9:30 Sit & Be Fit (CR) 10:30 Trip to Sunapee Library 1:00 Scrabble (GR) 2:00 Bingo w/Peg (CR) 7:00 Movie & Popcorn (CR)	30 9:30 Sit & Be Fit (CR) 11:00 Chat w/Tony (GR) 11:30 Picnic at the Beach 2:00 Visiting Artist 3rd (CK) 3:30 Champagne Night (GR) 6:30 Board Game Night (GR)	31 Hat Day at The Cove! ☺ Salon Open 9 to 4 pm 9:30 Sit & Be Fit (CR) 10:00 Poetry Reading (CR) 2:00 Steward Dick Wright of NH Fish & Game: "Trout Restoration in NH" (GR) 3:30 Indoor Sports (GR) 6:30 Scrabble (GR) 6:30 Bingo (CR)	<h1>July 2019</h1> <h2>Celebrating Patriotism Month!</h2>		

Key Code: CK = Country Kitchen, 2nd or 3rd ; CR = Community Room; DR = Dining Room; GR = Great Room. Note: Events may be subject to change & will be posted on the Daily Sheets. Thanks! ☺