

Happy Birthday!

- Barbara F 7/1**
- Doug H 7/1**
- Carmela S 7/1**
- Paula S 7/4**
- Barbara N 7/8**
- Steve D 7/13**
- Bii H 7/15**
- Carolyn L 7/15**
- William G 7/16**
- Marc A 7/19**
- Jeanie H 7/19**
- Hisako B 7/20**
- MaryJane M 7/21**
- Marlene S 7/23**



Location Key

- CAS = Cascade Room
- Gym = Gym
- GPR = GPR
- NP = Narrows Patio
- RG = Rainier Grill
- PIL = Pilchuck Room
- Pool = 3rd Floor Pool Table
- OLY = Olympus Room
- BAK = Baker Room
- LHLB = Laurel House Library
- NLB = Narrows Library
- Art = Art Room
- NL = Narrows Lobby
- LHLB = Laurel House Lobby
- LHO = Laurel House Outdoor
- NBY = Narrows Backyard

Activity Type Key

- Active
- Cognitive
- Community
- Dimensional
- Environmental
- Expressive
- Nourishing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>July 2025</p> <ul style="list-style-type: none"> 9:30 UPPC Church Livestream (BR) 10:30 Trivia Challenge (BR) 1:00 Board Games/Puzzles (BR) 2:00 Creative Coloring (BR) 2:00 Movie Matinee (OR) 3:00 Lemonade Social Hour (LHO) 	 <ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:00 Salon Day (FD) 9:30 Trivia Challenge (BR) 10:30 Sit & Fit Exercise (OR) 12:30 Resident Store 1:00 Documentary (OR) 2:00 Shopping (LHL) 3:00 Bingo (OR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 10:00 Catholic Communion (BR) 10:30 Sit & Fit Exercise (OR) 12:30 Walking Club (LHL) 1:30 Card Games with Lois (BR) 2:00 Movie Matinee (OR) 2:30 Let's Play a Game with Lois (BR) 3:30 Mexican Train with Lois (BR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Mind Games (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Resident Store Open 12:30 Mexican Train with Lois (BR) 1:00 Virtual Yoga (OR) 3:00 Bingo (OR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 10:30 Sit & Fit Exercise (OR) 12:30 What's in a Name? (BR) 1:30 Lucky Letters with Lois (BR) 2:00 Virtual Seated Tai Chi (OR) 3:00 Happy Hour Drinks & Trivia (BR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Mind Games with Lois (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Resident Store Open 12:30 Walking Club with Lois (LHL) 1:00 Documentary (OR) 1:30 Let's Play a Game with Lois (BR) 3:00 4th of July Celebration (BR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Trivia Challenge (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Creative Coloring (BR) 1:00 Movie Classics (OR) 3:00 Board Games/Puzzles (BR)
<ul style="list-style-type: none"> 9:30 UPPC Church Livestream (BR) 10:30 Trivia Challenge with DeeDee (BR) 1:00 Board Games/Puzzles (BR) 2:00 Movie Matinee (OR) 3:00 Lemonade Social Hour (LHO) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:00 Salon Day (FD) 9:30 Trivia Challenge (BR) 10:30 Sit & Fit Exercise (OR) 12:30 Resident Store 1:00 Documentary (OR) 2:00 Shopping (LHL) 3:00 Bingo (OR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 10:00 Catholic Communion (BR) 10:30 Sit & Fit Exercise (OR) 12:30 Walking Club with Lois (LHL) 1:30 Card Games with Lois (BR) 2:00 Movie Matinee (OR) 2:30 Let's Play a Game with Lois (BR) 3:30 Mexican Train with Lois (BR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Mind Games (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Resident Store Open 12:30 Mexican Train with Lois (BR) 1:00 Virtual Yoga (OR) 3:00 Bingo (OR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 10:30 Sit & Fit Exercise (OR) 12:30 What's in a Name? (BR) 1:30 Lucky Letters with Lois (BR) 2:00 Virtual Seated Tai Chi (OR) 3:00 Happy Hour Drinks & Trivia (BR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Mind Games with Lois (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Resident Store Open 12:30 Walking Club with Lois (LHL) 1:00 Documentary (OR) 1:30 Let's Play a Game with Lois (BR) 3:00 Bingo (OR) 	<ul style="list-style-type: none"> 9:00 Coffee & Chat (B) 9:30 Trivia Challenge (BR) 10:30 Sit & Fit Exercise (OR) 12:00 Creative Coloring (BR) 1:00 Movie Classics (OR) 3:00 Board Games/Puzzles (BR)
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