

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>THE PALMS</b> at LA QUINTA Assisted Living and Memory Care</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>1</b></p> <p>10:00am  Muscle Movements (Chair Exercise) (VLR)</p> <p>11:00am  Visits with Peter (RTRC)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movies with Academy Awards (T)</p> <p>2:00pm  A Culture week Activity- Star Spangled Bingo (VLR)</p> <p>4:00pm  Dominos (RLA) (VLR)</p> <p>4:00pm  Traveling Refreshments to go with your weekly activities packet. (RTRC)</p> <p>6:30pm  Celebrity Documentaries (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>2</b></p> <p>10:00am  Strength Training (Chair Exercise) (VLR)</p> <p>10:30am  Dominos (VLR)</p> <p>11:00am  Making Fruity Sunny Day Lemonade (B)</p> <p>1:30pm  Movie Matinee-Resident's Choice (T)</p> <p>2:00pm  Bingo</p> <p>3:00pm  A Culture week Activity- tye dye in red, white and blue (VLR)</p> <p>4:00pm  Primp and Pamper spa treatment (B)</p> <p>6:30pm  America's Funniest Home Videos (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>3</b></p> <p>10:00am  Core Focus (Chair Exercise) (VLR)</p> <p>10:30am  Adaptive Tennis (VLR)</p> <p>10:45am  The Lunch Bunch- Babaloo Lounge (MIL)</p> <p>11:00am  visits with Peter (VLR)</p> <p>1:30pm  Resident Council (DR)</p> <p>2:00pm  A Culture Week Activity- All American Culinary Creations with Jose</p> <p>3:00pm  Poker Club (B)</p> <p>4:00pm  Resident Activity/Event planning meeting (B)</p> <p>6:30pm  Broadway to movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>4</b></p> <p>9:15am  Shopping Trip Destination- Target (MIL)</p> <p>10:00am  cardio endurance (Chair Exercise) (VLR)</p> <p>10:30am  Weekly Dose of Comedy (VLR)</p> <p>11:30am  A Culture Week Activity- 4th of July Brunch with Live Music and La Quinta Firefighters (DRA)</p> <p>1:30pm  Movies inspired by true stories (T)</p> <p>2:00pm  Loteria Mexican Bingo (VLR)</p> <p>3:30pm  Watermelon Eating Contest (B)</p> <p>4:00pm  Rosary Group (CA)</p> <p>7:00pm  Evening rendezvous Fireworks at Agua Caliente (MIL)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>5</b></p> <p>10:00am  Fit After 50 (exercise) (VLR)</p> <p>10:30am  Blackjack with Edgar</p> <p>11:20am  Indoor Gardening Club (B)</p> <p>1:00pm  Bible Study with Southwest Church</p> <p>1:30pm  Matinee -Oldies but Goodies (T)</p> <p>2:00pm  A Culture Week Activity- American History Jeopardy Trivia with Roland (VLR)</p> <p>3:00pm  Happy Hour with Johnny Mesa</p> <p>6:00pm  Domino's (VLR)</p> <p>6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Mediation walking for wellness (MIL) <b>6</b></p> <p>10:00am  Fit After 50 (Exercise) (VLR)</p> <p>11:00am  Home Improvement crafts with Amelia (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movie Matinee (T)</p> <p>2:00pm  Bingo (VLR)</p> <p>3:00pm  UNO !!!</p> <p>4:00pm  Dominos (VLR)</p> <p>6:30pm  Mystery Movies (T)</p>
<p>10:00am  Silver Sneakers Seated Dance Exercise (VLR) <b>7</b></p> <p>10:30am  Catholic Communion with Saint Francis Church (C)</p> <p>10:30am  Mind Exercises for a healthy brain. (VLR)</p> <p>11:00am  Table Top Tennis (VLR)</p> <p>1:00pm  Bridge Club</p> <p>2:00pm  Blackjack with Jack (VLR)</p> <p>3:30pm  Ice cream Sandwich Social (B)</p> <p>4:15pm  Sunday Worship with Church Unlimited (C)</p> <p>6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>8</b></p> <p>10:00am  Muscle Movements (Chair Exercise) (VLR)</p> <p>10:30am  Putting Around (mini golf) (MIL)</p> <p>11:00am  Visits with Peter (RTRC)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movies with Academy Awards (T)</p> <p>2:00pm  Bingo with Lois (RLA) (VLR)</p> <p>4:00pm  Dominos (RLA) (VLR)</p> <p>4:00pm  Traveling Refreshments to go with your weekly activities packet. (RTRC)</p> <p>6:30pm  Celebrity Documentaries (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>9</b></p> <p>10:00am  Strength Training (Chair Exercise) (VLR)</p> <p>11:00am  Rythm and dance with The Palms Springs Ballroom Dancers (VLR)</p> <p>1:30pm  Movie Matinee-Resident's Choice (T)</p> <p>2:00pm  UNO !!! (VLR)</p> <p>3:00pm  Food for Thought (Culinary Meeting) (B)</p> <p>4:15pm  Crafting Made Easy (VLR)</p> <p>6:30pm  America's Funniest Home Videos (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>10</b></p> <p>10:00am  Core Focus (Chair Exercise) (VLR)</p> <p>10:30am  Adaptive Tennis (VLR)</p> <p>10:30am  Weight Watchers with Nurse Marisela (VLR)</p> <p>11:00am  Dominos With Linda S. (RLA) (VLR)</p> <p>11:00am  visits with Peter (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>2:00pm  Bingo (VLR)</p> <p>3:00pm  Poker Club (B)</p> <p>4:00pm  Wine Down Wednesday (VLR)</p> <p>6:30pm  Broadway to movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>11</b></p> <p>9:15am  Shopping Trip Destination- Ross (MIL)</p> <p>10:00am  song and stretch (VLR)</p> <p>10:30am  Weekly Dose of Comedy (VLR)</p> <p>11:00am  Jewelry crafting (VLR)</p> <p>1:00pm  Art Therapy- Painting and Drawing to Music (VLR)</p> <p>1:30pm  Movies inspired by true stories (T)</p> <p>3:30pm  Mix and Mingle Social Hour (B)</p> <p>4:00pm  Rosary Group (CA)</p> <p>6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>12</b></p> <p>10:00am  Fit After 50 (exercise) (VLR)</p> <p>10:30am  Blackjack with Edgar</p> <p>11:20am  Indoor Gardening Club (B)</p> <p>1:00pm  Bible Study with Southwest Church</p> <p>1:30pm  Matinee -Oldies but Goodies (T)</p> <p>2:00pm  5 Game Bingo (B)</p> <p>2:00pm  Refreshment Cart (VLR)</p> <p>3:00pm  Happy Hour with Chris Brown (VLR)</p> <p>6:00pm  Domino's (VLR)</p> <p>6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:00am <b>Name that Tune</b> <b>13</b></p> <p>9:30am  Mediation walking for wellness (MIL)</p> <p>10:00am  Fit After 50 (Exercise) (VLR)</p> <p>11:00am  Home Improvement crafts with Amelia (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movie Matinee (T)</p> <p>2:00pm  Bingo (VLR)</p> <p>3:00pm  UNO !!!</p> <p>4:00pm  Dominos (VLR)</p> <p>6:30pm  Mystery Movies (T)</p>
<p>10:00am  Seated Kick Boxing (VLR) <b>14</b></p> <p>10:30am  Catholic Communion with Saint Francis Church (C)</p> <p>11:00am  Pucking around- Chair Hockey (VLR)</p> <p>1:00pm  Bridge Club</p> <p>2:00pm  Popsicle Social (B)</p> <p>3:30pm  Blackjack with Amber (VLR)</p> <p>4:15pm  Sunday Worship with Church Unlimited (C)</p> <p>6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>15</b></p> <p>10:00am  Muscle Movements (Chair Exercise) (VLR)</p> <p>11:00am  Visits with Peter (RTRC)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movies with Academy Awards (T)</p> <p>2:00pm  Bingo with Lois (RLA) (VLR)</p> <p>3:00pm  Get your game on with board games of your choice (VLR)</p> <p>4:00pm  Dominos (RLA) (VLR)</p> <p>4:00pm  Traveling Refreshments to go with your weekly activities packet. (RTRC)</p> <p>6:30pm  Celebrity Documentaries (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>16</b></p> <p>10:00am  Strength Training (Chair Exercise) (VLR)</p> <p>10:00am  Beginners' Needlework class with the stitch and fiber club (VLR)</p> <p>10:30am  Dominos (VLR)</p> <p>11:00am  Jenga (VLR)</p> <p>1:30pm  Movie Matinee-Resident's Choice (T)</p> <p>2:00pm  Community Auction (VLR)</p> <p>4:00pm  Primp and Pamper spa treatment (B)</p> <p>6:30pm  America's Funniest Home Videos (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>17</b></p> <p>10:00am  Core Focus (Chair Exercise) (VLR)</p> <p>10:00am  Wheelchair/Walker Repair and maintenance with AT HOME MEDICAL (BR)</p> <p>10:30am  Adaptive Tennis (VLR)</p> <p>11:00am  Dominos With Linda S. (RLA) (VLR)</p> <p>11:00am  visits with Peter (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>2:00pm  Bingo</p> <p>3:00pm  Gold Key Club Sponsored Concert- Introducing Musician Rick Ross (MIL)</p> <p>4:00pm  Wine Down Wednesday (VLR)</p> <p>6:30pm  Broadway to movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>18</b></p> <p>9:15am  Shopping Trip Destination- Target (MIL)</p> <p>10:00am  cardio endurance (Chair Exercise) (VLR)</p> <p>10:30am  Weekly Dose of Comedy (VLR)</p> <p>11:00am  D.I.Y Summer door decor (VLR)</p> <p>1:00pm  Art Therapy- Painting and Drawing to Music (VLR)</p> <p>1:30pm  Movies inspired by true stories (T)</p> <p>2:00pm  Loteria Mexican Bingo (VLR)</p> <p>3:30pm  Ice Cream Social (B)</p> <p>4:00pm  Rosary Group (CA)</p> <p>6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p><b>Pajama Day</b></p> <p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>19</b></p> <p>10:00am  Fit After 50 (exercise) (VLR)</p> <p>10:30am  Blackjack with Edgar</p> <p>11:20am  Indoor Gardening Club (B)</p> <p>1:00pm  Bible Study with Southwest Church</p> <p>1:30pm  Matinee -Oldies but Goodies (T)</p> <p>2:00pm  5 Game Bingo (B)</p> <p>2:00pm  Refreshment Cart (VLR)</p> <p>3:00pm  Happy Hour with Johnny Mesa</p> <p>6:00pm  Domino's (VLR)</p> <p>6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:30am  Mediation walking for wellness (MIL) <b>20</b></p> <p>10:00am  Fit After 50 (Exercise) (VLR)</p> <p>11:00am  Home Improvement crafts with Amelia (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movie Matinee (T)</p> <p>2:00pm  Bingo (VLR)</p> <p>3:00pm  UNO !!!</p> <p>4:00pm  Dominos (VLR)</p> <p>6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>21</b></p> <p>10:00am  Silver Sneakers Seated Dance Exercise (VLR)</p> <p>10:30am  Catholic Communion with Saint Francis Church (C)</p> <p>10:30am  Mind Exercises for a healthy brain. (VLR)</p> <p>11:00am  Table Top Tennis (VLR)</p> <p>1:00pm  Bridge Club</p> <p>2:00pm  Bingo (VLR)</p> <p>3:30pm  Ice cream Sandwich Social (B)</p> <p>4:15pm  Sunday Worship with Church Unlimited (C)</p> <p>6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>22</b></p> <p>10:00am  Muscle Movements (Chair Exercise) (VLR)</p> <p>10:30am  Putting Around (mini golf) (MIL)</p> <p>11:00am  Visits with Peter (RTRC)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movies with Academy Awards (T)</p> <p>2:00pm  Bingo with Lois (RLA) (VLR)</p> <p>3:00pm  Get your game on with board games of your choice (VLR)</p> <p>4:00pm  Dominos (RLA) (VLR)</p> <p>4:00pm  Traveling Refreshments to go with your weekly activities packet. (RTRC)</p> <p>6:30pm  Celebrity Documentaries (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>23</b></p> <p>10:00am  Strength Training (Chair Exercise) (VLR)</p> <p>10:30am  Dominos (VLR)</p> <p>11:00am  Jenga (VLR)</p> <p>1:30pm  Movie Matinee-Resident's Choice (T)</p> <p>2:00pm  Travel Tuesday (VLR)</p> <p>3:00pm  Baby Boomer Trivia Challenge (VLR)</p> <p>4:15pm  Crafting Made Easy (VLR)</p> <p>6:30pm  America's Funniest Home Videos (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>24</b></p> <p>10:00am  Core Focus (Chair Exercise) (VLR)</p> <p>10:30am  Adaptive Tennis (VLR)</p> <p>10:45am  Solo Cup Ping Pong (VLR)</p> <p>11:00am  Dominos With Linda S. (RLA) (VLR)</p> <p>11:00am  visits with Peter (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>2:00pm  Aroma Therapy (VLR)</p> <p>3:00pm  Monthly Birthday party with Mr. Fabulous (VLR)</p> <p>4:00pm  Wine Down Wednesday (VLR)</p> <p>6:30pm  Broadway to movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>25</b></p> <p>10:00am  song and stretch (VLR)</p> <p>10:30am  Weekly Dose of Comedy (VLR)</p> <p>10:45am  Stater Bros (MIL)</p> <p>11:00am  Jewelry crafting (VLR)</p> <p>1:00pm  Art Therapy- Painting and Drawing to Music (VLR)</p> <p>1:30pm  Movies inspired by true stories (T)</p> <p>2:00pm  Loteria Mexican Bingo (VLR)</p> <p>3:30pm  Ice Cream Social (B)</p> <p>4:00pm  Rosary Group (CA)</p> <p>6:30pm  Reminisce with the Ed Sullivan Show (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>26</b></p> <p>10:00am  Fit After 50 (exercise) (VLR)</p> <p>10:30am  Blackjack with Edgar</p> <p>11:20am  Indoor Gardening Club (B)</p> <p>1:00pm  Bible Study with Southwest Church</p> <p>1:30pm  Matinee -Oldies but Goodies (T)</p> <p>2:00pm  5 Game Bingo (B)</p> <p>2:00pm  Refreshment Cart (VLR)</p> <p>3:00pm  Happy Hour with Chris Brown (VLR)</p> <p>6:00pm  Domino's (VLR)</p> <p>6:30pm  Friday Night Movie Matinee (T)</p>	<p>9:00am <b>Name that Tune</b> <b>27</b></p> <p>9:30am  Mediation walking for wellness (MIL)</p> <p>10:00am  Fit After 50 (Exercise) (VLR)</p> <p>11:00am  Home Improvement crafts with Amelia (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movie Matinee (T)</p> <p>2:00pm  Bingo (VLR)</p> <p>3:00pm  UNO !!!</p> <p>4:00pm  Dominos (VLR)</p> <p>6:30pm  Mystery Movies (T)</p>
<p>10:00am  Strength Training and better balance (VLR) <b>28</b></p> <p>10:00am  Seated Kick Boxing (VLR)</p> <p>10:30am  Catholic Communion with Saint Francis Church (C)</p> <p>11:00am  Pucking around- Chair Hockey (VLR)</p> <p>1:00pm  Bridge Club</p> <p>2:00pm  Popsicle Social (B)</p> <p>3:30pm  Blackjack with Amber (VLR)</p> <p>4:15pm  Sunday Worship with Church Unlimited (C)</p> <p>6:30pm  Romantic Comedy Movie Matinee (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>29</b></p> <p>10:00am  Muscle Movements (Chair Exercise) (VLR)</p> <p>11:00am  Visits with Peter (RTRC)</p> <p>11:00am  Yarns and Things (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>1:30pm  Movies with Academy Awards (T)</p> <p>2:00pm  Card Bingo (VLR)</p> <p>3:00pm  Get your game on with board games of your choice (VLR)</p> <p>4:00pm  Dominos (RLA) (VLR)</p> <p>4:00pm  Traveling Refreshments to go with your weekly activities packet. (RTRC)</p> <p>6:30pm  Celebrity Documentaries (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>30</b></p> <p>10:00am  Strength Training (Chair Exercise) (VLR)</p> <p>10:30am  Dominos (VLR)</p> <p>10:30am  Bowling Club (VLR)</p> <p>1:30pm  Movie Matinee-Resident's Choice (T)</p> <p>2:00pm  Bingo</p> <p>3:00pm  Olympics Party (MIL)</p> <p>4:00pm  Primp and Pamper spa treatment (B)</p> <p>6:30pm  America's Funniest Home Videos (T)</p>	<p>9:00am  Early Risers Walking Club (RLA) (MIL) <b>31</b></p> <p>10:00am  Core Focus (Chair Exercise) (VLR)</p> <p>10:30am  Adaptive Tennis (VLR)</p> <p>11:00am  Dominos With Linda S. (RLA) (VLR)</p> <p>11:00am  visits with Peter (VLR)</p> <p>1:00pm  Bridge Club (VLR)</p> <p>2:00pm  Bingo</p> <p>3:00pm  Poker Club (B)</p> <p>4:00pm  Wine Down Wednesday (VLR)</p> <p>6:30pm  Broadway to movie Matinee (T)</p>	<p>LOCATION</p> <p>Billiards Room (BR)</p> <p>Bistro (B)</p> <p>Chapel (C)</p> <p>Chapel AL (CA)</p> <p>Dining Room (DR)</p> <p>Dining Room AL (DRA)</p> <p>Meet In Lobby (MIL)</p> <p>Room to Room Cart (RTRC)</p> <p>Theatre (T)</p> <p>Vibrant Life Room (VLR)</p>	<p><b>ACTIVITY LEGEND</b></p> <p> Be Adventurous</p> <p> Be Challenged (B)</p> <p> Be Connected</p> <p> Be Family</p> <p> Be Inspired</p> <p> Be Social</p> <p> Be Well</p>	