

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Morning Devotions 11:00 Wave Church (Channel 3) 1:00 Creative Coloring 2:00-3:00 Community Worship (A3FL-Off Unit) 3:30 Working Puzzles 6:30 Small Group Games</p> <p>Canada Day</p> <p style="text-align: right;">1</p>	<p>10:00 Chair Exercise 10:30 Snack and Chat 11:00 Cross Trails 1:30 Bingo Blast 2:30 Putt Putt Golf 3:00 One to One Visits 4:00 Porch Chats 6:30 Ball Toss</p> <p style="text-align: right;">2</p>	<p>9:30-11:30 Scenic Drive to Chesapeake Park (OC) 11:00 Working Puzzles 1:30 Pet Visits 2:30-3:30 Music in the Square with Roberto (GA) 4:00 Corn Hole Toss 6:30 Popcorn Toss Game</p> <p style="text-align: right;">3</p>	<p>10:00 Noodle Exercise 10:30 Snack and Chat 11:30 July 4th Cookout 2:30 Afternoon Bowling 3:30 Pet Visits to Rooms 6:30 Evening Devotions</p> <p>Independence Day</p> <p style="text-align: right;">4</p>	<p>10:00 Stretch and Tone 10:30 Snack and Chat 11:00 Garden Reminiscing with Lea 1:30-2:30 Jazzy Nails Part 1 3:00 One to One Visits 4:00 Kick Ball 6:30 Creative Coloring</p> <p style="text-align: right;">5</p>	<p>10:00 Morning Exercise 10:30 Jazzy Nails Part 2 11:00 Cross Trails 1:30-3:00 Movie Matinee "Contact" (TH) 3:30 Working Puzzles 6:30 Bowling</p> <p style="text-align: right;">6</p>	<p>10:00 Noodle Exercise 10:30 Word in a Word 11:00 Cross Trails 1:30 Pet Visits 2:00 Saturday Social "Chocolate Milkshakes" 3:00 Small Group Games 6:30 Lawrence Welk Show</p> <p style="text-align: right;">7</p>
<p>10:00 Morning Devotions 11:00 Wave Church (Channel 3) 1:00 Creative Coloring 2:00-3:00 Community Worship (A3FL-Off Unit) 3:30 Working Puzzles 6:30 Small Group Games</p> <p style="text-align: right;">8</p>	<p>10:00 Chair Exercise 10:30 Snack and Chat 11:00 Cross Trails 1:30 Bingo Blast 2:30 Name 5 Things 3:00 One to One Visits 4:00 Porch Chats 6:30 Ball Toss</p> <p style="text-align: right;">9</p>	<p>9:30-11:30 Outing to the Botanical Gardens (OC) 11:00 Working Puzzles 1:30 Pet Visits 2:30-3:30 Music in the Square with Barbara Blair (GA) 4:00 Corn Hole Toss 6:30 Popcorn Toss Game</p> <p style="text-align: right;">10</p>	<p>10:00 Noodle Exercise 10:30 Snack and Chat 11:00 Sing Along with Lea 1:30 Crafter's Cove "Cheerio Jewelry" 2:30 Baking Cookies 3:30 Pet Visits to Rooms 6:30 Evening Devotions</p> <p style="text-align: right;">11</p>	<p>10:00 Stretch and Tone 10:30 Snack and Chat 11:00 Tell Me More 1:30-2:30 Jazzy Nails Part 1 3:00 One to One Visits 4:00 Porch Chats 6:30 Life Kits</p> <p style="text-align: right;">12</p>	<p>10:00 Morning Exercise 10:30 Jazzy Nails Part 2 11:00 Cross Trails 2:00-3:00 Happy Hour 3:30 Working Puzzles 6:30 Throwing Horseshoes</p> <p style="text-align: right;">13</p>	<p>10:00 Noodle Exercise 10:30 Word in a Word 11:00 Cross Trails 1:30 Pet Visits 2:00 Afternoon Entertainment with Lyle and Linda 3:30 Small Group Games 6:30 Lawrence Welk Show</p> <p style="text-align: right;">14</p>
<p>10:00 Morning Devotions 11:00 Wave Church (Channel 3) 1:00 Creative Coloring 2:00-3:00 Community Worship (A3FL-Off Unit) 3:30 Working Puzzles 6:30 Small Group Games</p> <p style="text-align: right;">15</p>	<p>10:00 Chair Exercise 10:30 Snack and Chat 11:00 Cross Trails 1:30 Bingo Blast 2:30 Flower Arranging 3:00 One to One Visits 4:00 Porch Chats 6:30 Ball Toss</p> <p style="text-align: right;">16</p>	<p>10:00 Working Puzzles 11:00 Lunch Outing to Cracker Barrel (OC) 1:30 Pet Visits 2:30-3:30 Music in the Square with Steve Daley (GA) 4:00 Corn Hole Toss 6:30 Popcorn Toss Game</p> <p style="text-align: right;">17</p>	<p>10:00 Noodle Exercise 10:30 Snack and Chat 11:00 Sing Along with Lea 12:00 Men's Lunch IN 1:30 Crafter's Cove "Painting Rainbows" 2:30 Baking Cookies 3:30 Pet Visits to Rooms 6:30 Evening Devotions</p> <p style="text-align: right;">18</p>	<p>10:00 Stretch and Tone 10:30 Snack and Chat 11:00 Summer Outdoor Family Fun Trivia 1:30-2:30 Jazzy Nails Part 1 3:00 One to One Visits 4:00 Hand Massages 6:30 Life Kits</p> <p style="text-align: right;">19</p>	<p>10:00 Morning Exercise 10:30 Jazzy Nails Part 2 11:00 Cross Trails 1:00-3:00 Movie Matinee "My Fair Lady" (TH) 3:30 Working Puzzles 6:30 Bowling</p> <p style="text-align: right;">20</p>	<p>10:00 Outing to Dunkin Donuts (OC) 10:30 Word in a Word 11:00 Cross Trails 1:30 Pet Visits to Rooms 2:00 Mystery Person 3:00 Small Group Games 6:30 Lawrence Welk Show</p> <p style="text-align: right;">21</p>
<p>10:00 Morning Devotions 11:00 Wave Church (Channel 3) 1:00 Creative Coloring 2:00-3:00 Community Worship (A3FL-Off Unit) 3:30 Working Puzzles 6:30 Small Group Games</p> <p style="text-align: right;">22</p>	<p>10:00 Chair Exercise 10:30 Snack and Chat 11:00 Cross Trails 1:30 Bingo Blast 2:30 Name 5 Things 3:00 One to One Visits 4:00 Porch Chats 6:30 Ball Toss</p> <p style="text-align: right;">23</p>	<p>9:30-11:30 Scenic Drive to Downtown Norfolk (OC) 11:00 Working Puzzles 1:30 Pet Visits 2:30-3:30 Music in the Square with Ed Jones Band (GA) 4:00 Corn Hole Toss 6:30 Popcorn Toss Game</p> <p style="text-align: right;">24</p>	<p>10:00 Noodle Exercise 10:30 Snack and Chat 11:00 Sing Along with Lea 1:30 Crafter's Cove "" 2:30 Baking Cookies 3:30 Pet Visits to Rooms 6:30 Evening Devotions</p> <p style="text-align: right;">25</p>	<p>10:00 Stretch and Tone 10:30 Snack and Chat 11:00 American Flags through the Years 1:30-2:30 Jazzy Nails Part 1 3:00 One to One Visits 4:00 Porch Chats 6:30 Life Kits</p> <p style="text-align: right;">26</p>	<p>10:00 Morning Exercise 10:30 Jazzy Nails Part 2 11:00 Cross Trails 2:00-3:00 Happy Hour 3:30 Working Puzzles 6:30 Bowling</p> <p style="text-align: right;">27</p>	<p>10:00 Noodle Exercise 10:30 Word in a Word 11:00 Cross Trails 1:30 Pet Visits to Rooms 2:00 Good Old Days 3:00 Small Group Games 6:30 Lawrence Welk Show</p> <p style="text-align: right;">28</p>
<p>10:00 Morning Devotions 11:00 Wave Church (Channel 3) 1:00 Creative Coloring 2:00-3:00 Community Worship (A3FL-Off Unit) 3:30 Working Puzzles 6:30 Small Group Games</p> <p style="text-align: right;">29</p>	<p>10:00 Chair Exercise 10:30 Snack and Chat 11:00 Cross Trails 1:30 Bingo Blast 2:30 Never Have I Ever 3:00 One to One Visits 4:00 Porch Chats 6:30 Ball Toss</p> <p style="text-align: right;">30</p>	<p>9:30-11:30 Scenic Drive to VB Oceanfront (OC) 11:00 Working Puzzles 1:30 Pet Visits 2:30-3:30 Music in the Square with Ed Jones Band (GA) 4:00 Corn Hole Toss 6:30 Popcorn Toss Game</p> <p style="text-align: right;">31</p>	 <p style="font-size: 2em; color: red; font-family: cursive;">July 2018</p> <p style="font-size: 1.5em; font-weight: bold;">Harmony Square Activities Calendar</p>			

The Crossings at Independence 2077 S. Independence Blvd. Virginia Beach, VA 23453 All activities are subject to change and changes will posted. Activities are 30 minutes unless otherwise posted.