



# July 2010

## Montgomery Activity Calendar



**July Is...**  
 Ice Cream Month  
 Anti-boredom Month  
 Family Reunion Month  
 Fireworks Safety Month  
 Learn Arabic Month

Baked Beans Month  
 Bikini Month  
 Blueberries Month  
 Grilling Month  
 Culinary Arts Month  
 Horseradish Month

Peach Month  
 Recreation and Parks Month  
 Picnic Month  
 Summer Vacation Month  
 Tennis Month  
 Sandwich Generation Month

SUNDAY

MONDAY

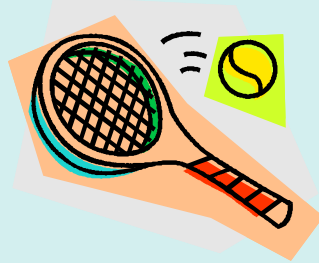
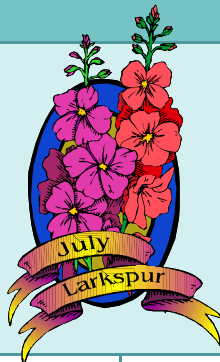
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



*When I was 40, my doctor advised me that a man in his forties shouldn't play tennis, and I could hardly wait until I was 50 to start again.*

**1**  
 10:00 Exercise  
 11:00 Arts & Crafts  
 1:00 Uno Attack  
 2:00 Photo Stories  
 3:00 Popsicles on the Porch

**2**  
 10:00 Exercise  
 11:00 Cookout & Picnic  
 2:00 Bingo in Each Cottage  
 3:00 Root Beer Floats  
 4:00 Walk About

**3**  
 10:00 Exercise  
 11:00 Board Games  
 2:00 Afternoon Movie  
 3:00 Ice Cream Sandwiches  
 4:00 Walk About

**4**  
 9:00 Brother Johnson  
 10:00 Frazer UMC on TV  
 2:00 Family Time  
 3:00 Afternoon Movie  
 4:00 Walk About

**5**  
 9:00 Cottage Cut n' Curls  
 10:00 Manicures  
 10:30 Exercise  
 2:00 Bingo in Each Cottage  
 4:00 Walk About

**6**  
 10:00 Exercise  
 10:30 Bible Study with Ann-Oakleaf  
 1:00 Bible Study with Ann-Ivy  
 3:00 Scrabble  
 4:00 Walk About

**7**  
 10:00 Exercise  
 11:00 Wii Games  
 2:00 Bingo in Each Cottage  
 3:00 Dollar Tree Outing  
 4:00 Walk About

**8**  
 10:00 Exercise  
 11:00 Dominos  
 2:00 Afternoon Movie  
 3:00 Cherry Cokes  
 4:00 Walk About

**9**  
 10:00 Weights & BP's  
 10:00 Exercise  
 2:00 Housewarming Party!  
 3:00 Bingo in Each Cottage  
 4:00 Walk About

**10**  
 10:00 Exercise  
 11:00 Uno Attack  
 2:00 Afternoon Movie  
 3:00 Brownies & Ice Cream  
 4:00 Walk About



**Independence Day**

**11**  
 9:00 Brother Johnson  
 10:00 Frazer UMC on TV  
 2:00 Family Time  
 3:00 Afternoon Movie  
 4:00 Walk About

**12**  
 9:00 Cottage Cut n' Curls  
 10:00 Manicures  
 10:30 Exercise  
 2:00 Bingo in Each Cottage  
 4:00 Walk About

**13**  
 10:00 Exercise  
 10:30 Bible Study with Ann-Oakleaf  
 1:00 Bible Study with Ann-Ivy  
 3:00 Fruit Smoothies  
 4:00 Walk About

**14**  
 9:00 Baptist Senior Advantage  
 10:00 Exercise  
 2:00 Bingo in Each Cottage  
 3:00 Homemade Ice Cream  
 4:00 Walk About

**15**  
 10:00 Exercise  
 11:00 Wii Games  
 2:00 Popcorn & Movie  
 3:00 Chips & Dip  
 4:00 Walk About

**16**  
 10:00 Exercise  
 11:00 Downtown Market & Lunch  
 2:00 Bingo in Each Cottage  
 3:00 Peach Cobbler & Ice Cream  
 4:00 Walk About

**17**  
 10:00 Exercise  
 10:30 Board Games  
 2:00 Afternoon Movie  
 3:00 Cookies & Milk  
 4:00 Walk About

**18**  
 9:00 Brother Johnson  
 10:00 Frazer UMC on TV  
 2:00 Family Time  
 3:00 Afternoon Movie  
 4:00 Walk About

**19**  
 9:00 Cottage Cut n' Curls  
 10:00 Manicures  
 10:30 Exercise  
 2:00 Bingo in Each Cottage  
 4:00 Walk About

**20**  
 10:00 Exercise  
 10:30 Bible Study with Ann-Oakleaf  
 1:00 Bible Study with Ann-Ivy  
 3:00 Watermelon  
 4:00 Walk About

**21**  
 10:00 Exercise  
 11:00 Board Games  
 2:00 Bingo in Each Cottage  
 3:00 Dairy Queen Outing  
 4:00 Walk About

**22**  
 10:00 Exercise  
 11:00 Wii Games  
 2:00 Courtyard Tea Party-Oakleaf  
 3:00 Lemonade & Cookies  
 4:00 Walk About

**23**  
 10:00 Exercise  
 11:00 Dominos  
 2:00 Bingo in Each Cottage  
 3:00 Veggies & Dip  
 4:00 Walk About

**24**  
 10:00 Exercise  
 11:00 Wii Bowling  
 2:00 Afternoon Movie  
 3:00 Cookies & Milk  
 4:00 Walk About

**25**  
 9:00 Brother Johnson  
 10:00 Frazer UMC on TV  
 2:00 Family Time  
 3:00 Afternoon Movie  
 4:00 Walk About

**26**  
 9:00 Cottage Cut n' Curls  
 10:00 Manicures  
 10:30 Exercise  
 2:00 Bingo in Each Cottage  
 4:00 Walk About

**27**  
 10:00 Exercise  
 10:30 Bible Study with Ann-Oakleaf  
 1:00 Bible Study with Ann-Ivy  
 3:00 Pudding Treats  
 4:00 Walk About

**28**  
 10:00 Exercise  
 11:00 Scrabble  
 2:00 Bingo in Each Cottage  
 3:00 Watermelon on the Porch  
 4:00 Walk About

**29**  
 10:00 Exercise  
 11:00 Card Games  
 2:00 Walking Down Memory Lane  
 3:00 Trivia & Treats  
 4:00 Walk About

**30**  
 10:00 Exercise  
 11:00 Country's BBQ Outing  
 2:00 Bingo in Each Cottage  
 3:00 Wine & Cheese  
 4:00 Walk About

**31**  
 10:00 Exercise  
 11:00 Dominos  
 2:00 Afternoon Movie  
 3:00 Pudding on the Porch  
 4:00 Walk About

**Parents' Day**



235 Sylvest Drive  
Montgomery • (334) 260-8373  
[www.cottageassistedliving.com](http://www.cottageassistedliving.com)



## July 2010 Activity Calendar

235 Sylvest Drive  
Montgomery • (334) 260-8373  
[www.cottageassistedliving.com](http://www.cottageassistedliving.com)