

# Activity Calendar - July 2024

## The Director's Corner

Happy July to all our Caregivers, Partners, and Members! A friendly reminder that the Mozaic Adult Day program will be closed on Thursday, July 4<sup>th</sup>. Wishing everyone a safe and happy Independence Day!

Finally, don't miss a special sip and paint program facilitated by Morgan on Tuesday, July 11<sup>th</sup>. Please note space is limited. This special activity is made possible by the generous donations we received through a fund in loving honor of a former Adult Day member Edmund McCarthy.









## Caregiver Meetings

This month the caregiver support meetings will take place on July 16<sup>th</sup> (virtual) and July 17<sup>th</sup> (in-person, masks are optional). *RVSPs are appreciated though not required to attend.*

To obtain the virtual link or for more information, contact Tiffany Colucci, MS, PC, NCC Eldercare Navigator at 203-396-1066 or tcolucci@mozaicsl.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:00AM Exercise 10:30AM Bingo <b>10:30AM Men's Group</b> Lunch 1:00PM Chair Stretches <b>1:30PM Entertainment w/ Larry Batter</b> 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise 10:30AM Singing to the 60's <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Golf Match 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise 10:30AM Bingo <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Fourth of July Entertainment w/ Shawn Taylor</b> 2:30PM Refreshments 2:45PM Casual Conversation	 <b>CENTER CLOSED</b>	10:00AM Hangman <b>10:30AM Tai Chi w/ Jonathon</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Entertainment w/ Carl Lindquist</b> 2:30PM Refreshments 2:45PM Casual Conversation
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00AM Exercise 10:30AM Price was Right Then!/Rummikub <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise 10:30AM Wordle <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bowling 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise 10:30AM Singing and Dancing to the 50's <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise 10:30AM Wheel of Fortune <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Sip and Paint w/ Morgan</b> 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise 10:30AM Table Games/Art <b>10:30AM Chair Yoga w/ Doris</b> LUNCH 1:00PM Chair Stretches 1:30PM Sing Along 2:30PM Refreshments 2:45PM Table Topics
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:00 Exercise 10:30AM Anything Goes! <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Golden Conversation	10:00AM Exercise 10:30AM Follow the Lyrics <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Drum Line 2:30PM Refreshments 2:45PM Golden Conversation <b>3:00PM Caregiver Meeting (Virtual)</b>	10:00AM Exercise 10:30AM Word in a Word/Rummikub <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Golden Conversation <b>3:00PM Caregiver Meeting (In-Person)</b>	10:00AM Exercise 10:30AM Puzzle Vision <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bottom's Up 2:30PM Refreshments 2:45PM Golden Conversation	10:00AM Exercise 10:30AM Table Games/Hand Mold Sculpting LUNCH 1:00PM Chair Stretches <b>1:30PM Entertainment w/ Roger Young</b> 2:30PM Refreshments 2:45PM Golden Conversation
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00AM Exercise 10:30AM Cultural Artefacts <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise 10:30AM Scattergories <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bean Bag Toss 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise 10:30AM Facts or Fiction <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise <b>10:30AM Bloom Where Planted Gardening Nature Program with Amy Lopez</b> <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Toss 'n Fish 2:30PM Refreshments 2:45PM Casual Conversation	10:00AM Exercise <b>10:30AM Entertainment w/ John Valerio</b> LUNCH 1:00PM Chair Stretches 1:30PM Table Games/Jigsaw Puzzles 2:30PM Refreshments 2:45PM Casual Conversation
<b>29</b>	<b>30</b>	<b>31</b>	 <b>HAPPY 4TH OF JULY</b>	
10:00AM Exercise 10:30AM Matching Words <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise 10:30AM Family Feud <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Noodle Balloon Volley 2:30PM Refreshments 2:45PM Table Topics	10:00AM Exercise <b>10:30AM Chair Yoga w/ Doris</b> <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics <b>OUT TRIP</b>		

# Lunch Menu - July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE</p>	<p><b>2</b></p> <p>LEMON CHICKEN &amp; RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOC. GANACHE CHEESECAKE</p>	<p><b>3</b></p> <p><b>4<sup>TH</sup> OF JULY BBQ</b> WHITE BEAN SOUP HAMBURGERS &amp; HOTDOGS W/LETTUCE &amp; TOMATO FRENCH FRIES  FRUIT COCKTAIL</p>	<p><b>4</b></p> <p><b>CENTER CLOSED</b>  <b>HAPPY 4TH OF JULY</b></p>	<p><b>5</b></p> <p>MINISTRONE SOUP HONEY GLAZED SALMON LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE</p>
<p><b>8</b></p> <p>ALPHABET SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE</p>	<p><b>9</b></p> <p>TUSCAN CAULIFLOWER SOUP VEGETABLE LASAGNA GARDEN SALAD GARLIC BREAD BLONDE BROWNIE</p>	<p><b>10</b></p> <p>LENTIL SOUP HAMBURGER ON A BUN POTATO SALAD BAKED BEANS CUBED WATERMELON</p>	<p><b>11</b></p> <p>MINISTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE</p>	<p><b>12</b></p> <p>MUSHROOM BARLEY SOUP POT ROAST OF BEEF MASHED POTATOES WAXED BEANS STRAWBERRY CHEESECAKE</p>
<p><b>15</b></p> <p>BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE</p>	<p><b>16</b></p> <p>TURKEY NOODLE SOUP STUFFED PEPPERS LYONNAISE POTATOES ROASTED ZUCCHINI &amp; SUMMER SQUASH CREAM CHEESE BROWNIE</p>	<p><b>17</b></p> <p>WISCONSIN BEER &amp; CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES</p>	<p><b>18</b></p> <p>CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR</p>	<p><b>19</b></p> <p>SOUTHWESTERN TOMATO SOUP FISH &amp; CHIPS FRENCH FRIES CHOPPED COUNTRY COLESLAW BLACK FOREST PARFAIT</p>
<p><b>22</b></p> <p>BEEF VEGETABLE SOUP OVEN FRIED CHICKEN MASHED POTATOES CHOPPED COLESLAW RED, WHITE &amp; BLUE MOON PIES</p>	<p><b>23</b></p> <p>CHICKEN GUMBO SOUP CAPELLINI &amp; MEATBALLS CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI &amp; SUMMER SQUASH ICE CREAM SUNDAE</p>	<p><b>24</b></p> <p>MUSHROOM LEEK &amp; TURKEY BACON CHOWDER DELUXE HAMBURGER FRENCH FRIES &amp; BAKED BEANS DICED PEACHES</p>	<p><b>25</b></p> <p>SWEET &amp; SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES CUBED WATERMELON</p>	<p><b>26</b></p> <p><b>PIZZA DAY</b>  POTATO LEEK SOUP  CHEESE PIZZA GARDEN SALAD STRAWBERRY CHEESECAKE</p>
<p><b>29</b></p> <p>TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE</p>	<p><b>30</b></p> <p>LEMON CHICKEN &amp; RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOC. GANACHE CHEESECAKE</p>	<p><b>31</b></p> <p>WHITE BEAN SOUP HAMBURGER W/LETTUCE &amp; TOMATO FRENCH FRIES BAKED BEANS FRUIT COCKTAIL</p>	<p></p>	<p></p>

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT. SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST