
















Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>Activities Done By Activities Coordinator Ashton Place Staff PCA-Personal Care Aid or RSA- Resident Service Assistant</i></p> <p><i>Activities Director-Amy Donk 315-462-7058</i></p>	<p><b>Happy Birthday To...</b> 2nd-Jim T. 5th-Nancy N. 23rd-Norma M. 28th-Marilyn S.</p> 		<p><b>1</b> Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-2CA Table 12:30 Volleyball-RL 1:30 Sidewalk Grand Opening! 2:00 Patriotic Patio Social-BP 3:00 Cornhole Game-BP</p> 	<p><b>2</b> Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Patriotic Parade!-FP</p> <p><b>OUTING DAY!</b> 12:00 Lunch Outing To DeWolf Brewing-Sign Up! (SSS)</p>	<p><b>3</b> 8:00-10:00–Local Shopping! 9:00 Catholic Mass with Father Amato-RL Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p>  <p>2:00 Afternoon Music with UKE Nuts-ICA</p>	<p><b>4</b></p>  <p>9:15 Exercise Video Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally &amp; Dot-CR 2:00 Independence Day Video-RL 7:00 Campfire Fun w/Tanya-BP</p>
<p><b>5</b></p>  <p>10:00 Exercise Class Video -CB or Channel 94 –by RSA</p> <p>2:00 Game Time Fun-CR Blank Slate With Sean</p> <p>3:00 Porch Talk &amp; Trivia-PP (With PCA)</p>	<p><b>6</b> Exercise Class-RL 10:00 Exercise DVD 10:30 Exercise DVD 11:00 Rummikub-2CA 11:00 Family Dollar Shopping (SSS) 1:00 Summer Walk-Meet In Lobby 2:00 Train Ride Travel Video-RL</p>	<p><b>7</b> 9:00 Church Service with Don-RL Exercise Class –RL 10:00 Exercise DVD 10:30 Exercise DVD 11:00 Rummikub-2CA 11:00 Dominoes-CR 12:45 Library Book Exchange-CB 1:00 Library Fun with Donna-PDR 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p><b>8</b></p> <p>9:00 Blood Pressure Check-CB Exercise Class –RL 10:00 Exercise DVD 10:30 Exercise DVD 11:00 Racko-2CA Table 1:00 Volleyball-RL 2:00 Patio Social-BP “Root Beer Floats” 2:30 Cornhole Game-BP</p> 	<p><b>9</b> 9:30 Summer Walk-Front Porch Exercise Class–RL 10:00 Exercise DVD 10:30 Exercise DVD 11:00 Kickball-RL</p> <p><b>OUTING DAY!</b> 1:00 Limo Excursion-Sign Up!</p>	<p><b>10</b> 8:00-10:00–Local Shopping! Exercise Class–RL 10:00 Exercise DVD 10:30 Exercise DVD</p> <p>2:00 Afternoon Music with Tom Dunn-ICA</p> 	<p><b>11</b></p>  <p>9:15 Exercise Video Coffee Bar Area or Channel 94 by RSA</p> <p>10:00 Bible Study with Sally &amp; Dot-CR 2:30 Snack Shack Cart-CB With PCA</p>
<p><b>12</b> 10:00 Exercise Class Video -CB or Channel 94-by RSA</p> <p>11:00 Kickball-RL (With PCA)</p> <p>2:00 Game Time Fun-CR Blank Slate With Sean</p>	<p><b>13</b> Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Hearing Center-CR 1:00 Summer Walk-Meet In Lobby 1:30 Our Children’s Place Visit “Art &amp; Craft Fun -Back Patio 2:30 Scategories Game-BP</p>	<p><b>14</b> 9:30 Summer Walk-Front Porch Exercise Class -RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Uzzle Game-CB 11:00 Gooney’s Lunch Outing(SSS) 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR 7:00 Finger Lakes Opera-2CA</p>	<p><b>15</b> Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-2CA Table 1:00 Volleyball-RL 2:00 Patio Social-BP “Sherbet Coolers” 2:30 Cornhole Game-BP</p> 	<p><b>16</b> 9:30 Summer Walk-Front Porch Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p><b>OUTING DAY!</b> 11:00 Lunch Outing To Smokin Pete’s –Sign Up! (SSS) 2:00 Newark Shopping Trip!(SSS)</p>	<p><b>17</b> 8:00-10:00–Local Shopping! Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p>2:00 Afternoon Music with Kim &amp; Tim—Back Patio</p>	<p><b>18</b> 9:15 Exercise Video -Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally &amp; Dot-CR 2:00 Afternoon Matinee-RL</p>
<p><b>19</b> 10:00 Exercise Class Video -CB or Channel 94 by RSA</p> <p>2:00 Game Time Fun-CR Blank Slate With Sean</p> <p>3:00 Porch Talk &amp; Trivia-PP (With PCA)</p>	<p><b>20</b> Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rummikub-2CA 1:00 Summer Walk -Meet In Lobby 1:30 Our Children’s Place Visit -Back Patio 2:30 July Birthday Party-RL</p> 	<p><b>21</b> 9:00 Church Service with Brian-RL Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Dominoe’s-CR 11:00 Pizza Picnic-(SSS) 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p><b>22</b> 7:30-8:30-Waffle Wednesday 9:00 Blood Pressure Check-CB Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Racko-2CA Table 1:00 Volleyball-BP 2:00 Main St. Art Class-CR Paint Clay Project 7:00 Campfire Fun!-BP</p> 	<p><b>23</b> 9:30 Summer Walk-Front Porch Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Kickball-RL</p> <p><b>OUTING DAY!</b> 1:00 Limo Excursion-Sign Up! To Naples</p>	<p><b>24</b> 8:00-10:00–Local Shopping! Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p>2:00 Afternoon Music with Jilissa-ICA</p> 	<p><b>25</b> 9:15 Exercise Video -Coffee Bar Area or Channel 94 by RSA 10:00 Bible Study with Sally &amp; Dot-CR 2:30 Snack Shack Cart-CB With PCA</p>
<p><b>26</b> 10:00 Exercise Class Video -CB or Channel 94-by RSA</p> <p>11:00 Kickball-RL (With PCA)</p> <p>2:00 Game Time Fun-CR Blank Slate With Sean</p>	<p><b>27</b> Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Rummikub-2CA 1:00 Summer Walk-Meet In Lobby 1:15 Peddle Power-RL 1:30 Our Children’s Place Visit -Back Patio 2:30 Monthly Resident Meeting-DR 3:00 EHP Resident Meeting-DR</p> 	<p><b>28</b> 9:30 Summer Walk-Front Porch Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Uzzle Game-CB 11:00 Gooney’s Lunch Outing (SSS) 2:00 Bingo-Dining Room 3:00 5 Crowns Card Game-CR</p>	<p><b>29</b> Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise 11:00 Skipbo-2CA Table 1:00 Volleyball-RL 2:00 Patio Social-BP “Ice Cream Cones” 2:30 Cornhole Game-BP</p>	<p><b>30</b> 9:30 Summer Walk-Front Porch Exercise Class –RL 10:00 Moderate Exercise 10:30 Advanced Exercise</p> <p><b>FAMILY PICNIC DAY!</b> 4:30-6:00</p> 	<p><b>31</b> 8:00-10:00–Local Shopping! Exercise Class–RL 10:00 Moderate Exercise 10:30 Advanced Exercise 1:00 Ice Cream Sundaes-Back Patio With YMCA Camp Kids! 2:00 Afternoon Music with High Country-ICA</p>	<p><b>Location Key:</b> RL-Resident Lounge CR-Craft Room CB-Coffee Bar ICA-1st Floor Core Area 2CA-2nd Floor Core Area DR-Dining Room DP-Dining Room Patio PDR-Private Dining Room FP-Front Porch SSS-Resident Expense</p> 