

**JULY**  
**2024**


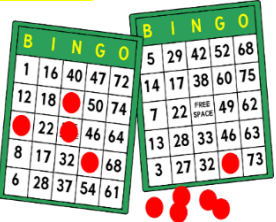
**Breakfast is Served Daily Until 9 AM**

**Lunch Served Daily at 12:00 PM**

**Snack Served at 2:30 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>Weekly Field Trip - Richmond City Library</b></p> <p><b>10:30 AM-12:00 PM</b> News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b>  <b>1:30 PM Afternoon Daily Exercise</b>  <b>2:00 PM Walking Exercise &amp; Activities</b>  <b>2:30PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00PM Free Time</b></p>	<p><b>2</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>10:30 AM-12:00 PM - News &amp; Individual Activities</b></p>  <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b>  <b>1:30 PM Afternoon Exercise</b>  <b>2:00 PM Activities</b>  <b>2:30PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00PM Free Time</b></p>	<p><b>3</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>10:30 AM-12:00 PM</b> News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM – ARTS ON WHEELS</b></p>  <p><b>1:30PM Afternoon Daily Exercise</b>  <b>2:00 PM Activities</b>  <b>2:30PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>	<p><b>4</b>  <b>CENTER CLOSED IN OBSERVANCE OF</b></p> 	<p><b>5</b>  <b>CENTER CLOSED IN OBSERVANCE OF</b></p> 

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>8</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>Weekly Field Trip - Richmond City Library</b></p> <p><b>10:30 AM-12:00 PM</b> News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b></p> <p><b>1:30 PM Afternoon Daily Exercise</b></p> <p><b>2:00 PM Walking Exercise &amp; Activities</b></p> <p><b>2:30PM</b> Snack</p> <p><b>3:15 PM</b> Quiet Reflection</p> <p><b>3:30 PM</b> Music and Conversation</p> <p><b>4:00PM</b> Free Time</p>	<p><b>9</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>10:30 AM-12:00 PM - News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b></p> <p><b>1:30 PM Afternoon Exercise</b></p> <p><b>2:00 PM Activities</b></p> <p><b>2:30PM</b> Snack</p> <p><b>3:15 PM</b> Quiet Reflection</p> <p><b>3:30 PM</b> Music and Conversation</p> <p><b>4:00PM</b> Free Time</p>	<p><b>10</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>10:30 AM-12:00 PM</b> News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM – ARTS ON WHEELS</b></p>  <p><b>1:30PM Afternoon Daily Exercise</b></p> <p><b>2:00 PM Activities</b></p> <p><b>2:30PM</b> Snack</p> <p><b>3:15 PM</b> Quiet Reflection</p> <p><b>3:30 PM</b> Music and Conversation</p> <p><b>4:00 PM</b> Free Time</p>	<p><b>11</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM</b> Remember Today Inspirational Thoughts, Prayer-Time</p> <p><b>10:00AM-10:30AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p> <p><b>SPA DAY</b></p> <p><b>10:30 AM-12:00 PM - News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM HEALING SOUNDS</b></p>  <p><b>1:30 PM Afternoon Daily Exercise</b></p> <p><b>2:00 PM Walking Exercise Activities</b></p> <p><b>2:30PM</b> Snack</p> <p><b>3:15 PM</b> Quiet Reflection</p> <p><b>3:30 PM</b> Music and Conversation</p> <p><b>4:00PM</b> Free Time</p>	<p><b>12</b>  <b>7:30 AM -9:00 AM</b> Breakfast, World News, and Conversation</p> <p><b>9:30 AM -10:00 AM Remember</b> Today Inspirational Thoughts, Prayer-Time</p> <p><b>10:00 AM-10:30 AM - Group</b> Yoga/Exercise/Jazzercise or Stretching</p>  <p><b>10:30 AM-12:00 PM - News &amp; Individual Activities</b></p>  <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b></p> <p><b>1:30 PM Afternoon Daily Exercise</b></p> <p><b>2:00 PM Walking Exercise &amp; Activities</b></p> <p><b>2:30PM</b> Snack</p> <p><b>3:15 PM</b> Quiet Reflection</p> <p><b>3:30 PM</b> Music and Conversation</p> <p><b>4:00 PM</b> Free Time</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>15</b>  <b>7:30 AM -9:00 AM Breakfast, World News, and Conversation</b></p> <p><b>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</b></p> <p><b>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</b></p> <p><b>Weekly Field Trip – Richmond City Library</b></p> <p><b>10:30 AM-12:00 PM News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b>  <b>1:30 PM Afternoon Daily Exercise</b>  <b>2:00 PM Walking Exercise &amp; Activities</b>  <b>2:30 PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>	<p><b>16</b>  <b>7:30 AM -9:00 AM Breakfast, World News, and Conversation</b></p> <p><b>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</b></p> <p><b>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</b></p> <p><b>Weekly Field Trip – Richmond City Library</b></p> <p><b>10:30 AM-12:00 PM News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM – Reading Activity</b>  <b>1:30 PM Afternoon Daily Exercise</b>  <b>2:00 PM Walking Exercise &amp; Activities</b>  <b>2:30 PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>	<p><b>17</b>  <b>7:30 AM -9:00 AM Breakfast, World News, and Conversation</b></p> <p><b>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</b></p> <p><b>10:00AM-10:45AM – Group Yoga/Exercise/Jazzercise or Stretching</b></p> <p><b>10:30 PM-12:00 PM News &amp; Individual Activities – Crafts –</b></p> <p><b>11:00 PM-12:00 PM News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b>  <b>2:00 PM Walking Exercise &amp; Afternoon Exercise</b>  <b>2:30 PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>	<p><b>18</b>  <b>7:30 AM -9:00 AM Breakfast, World News, and Conversation</b></p> <p><b>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</b>  <b>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</b></p> <p><b>10:30 AM-12:00 PM – News &amp; Individual Activities</b></p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Healing Sounds</b></p>  <p><b>1:30 PM Afternoon Daily Exercise</b>  <b>2:00 PM Walking Exercise &amp; Activities</b>  <b>2:30PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>	<p><b>19</b>  <b>7:30 AM -9:00 AM Breakfast, World News, and Conversation</b></p> <p><b>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</b></p> <p><b>10:00AM-10:30AM - Group Yoga/Exercise/Jazzercise or Stretching</b></p> <p><b>10:30 AM-12:00 PM GAME DAY &amp; Individual Activities</b></p>  <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Reading Activity</b>  <b>1:30 PM Afternoon Daily Exercise</b>  <b>2:00 PM Walking Exercise &amp; Activities or Movie Time</b>  <b>2:30 PM Snack</b>  <b>3:15 PM Quiet Reflection</b>  <b>3:30 PM Music and Conversation</b>  <b>4:00 PM Free Time</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>22</b> 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Daily Exercise 2:00 PM <b>Walking Exercise &amp; Activities</b> 2:30 PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p><b>23</b> 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p>1:00 PM Reading Activity 1:30 PM Afternoon Exercise 2:00 PM Activities 2:30PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p><b>24</b> 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time &amp; Activities</p> <p>10:00AM-10:45AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>10:30 PM-12:00 PM News &amp; Individual Activities – Crafts –</p> <p>11:00 PM-12:00 PM News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM ARTS-ON-WHEEL</b></p>  <p>2:00 PM <b>Walking Exercise &amp; Activities</b> 2:30PM Snack 3:15 PM Quiet Reflection 3:30PM Music and Conversation 4:00PM Free Time</p>	<p><b>25</b> 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News &amp; Individual Activities</p> <p><b>SPA DAY</b></p>  <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM Healing Sounds</b></p>  <p>1:30 PM Afternoon Exercise 2:00 PM Activities 2:30PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>	<p><b>26</b> 7:30 AM -9:00 AM Breakfast, World News, and Conversation</p> <p>9:30 AM -10:00 AM Remember Today Inspirational Thoughts, Prayer-Time</p> <p>10:00AM-10:30AM – Group Yoga/Exercise/Jazzercise or Stretching</p> <p>Weekly Field Trip – Richmond City Library</p> <p>10:30 AM-12:00 PM – News &amp; Individual Activities</p> <p><b>12:00 PM Lunch</b></p> <p><b>1:00 PM</b> &amp; Reading Activity 1:30 PM Afternoon Daily Exercise 2:00 PM <b>Walking Exercise &amp; Activities</b> 2:30PM Snack 3:15 PM Quiet Reflection 3:30 PM Music and Conversation 4:00 PM Free Time</p>

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# Join Us At Our New Location



THANK YOU,  
**THE SRADCC FAMILY**