

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



**Sedgwick Heights**  
**July 2021**  
Clarice Mackey-Recreation Supervisor  
Amy Gannon-CTRS, Recreation Therapist

1  
Welcome Tahkir To The Sedgwick Family



Canada Day


2  
8:00-Red, White & Blue Manicures w/ Clarice-Lobby  
10:00-Trivia w/Clarice-3<sup>rd</sup> fl.  
10:30-Trivia w/Clarice-2<sup>nd</sup> fl.  
11:00-Trivia w/Clarice-1<sup>st</sup> fl.  
2:00-Activity Weekend Packets-Independent

3  
Thank You Victor For All Your Hard Work & Kindness



4  
  
2:00-Popsicles with Donna-Mobile  
Independence Day (US)

5  
The following are all independent activities  
10:00-Coloring pages  
12:00-Word Search  
2:00-Leg Stretching  
4:00-Reading (books are located on the 2<sup>nd</sup> & 3<sup>rd</sup> floor common area)

6  
  
8:00-Eye Glass wash in front lobby with Clarice  
10:00-Kickball 3<sup>rd</sup> fl. w/C  
10:30-Kickball 2<sup>nd</sup> fl. w/C  
11:00-Kickball 1<sup>st</sup> fl. w/C  
1:00-Mobile Manicure-C  
2:00-Zoom-Clarice 1<sup>st</sup> fl.

7  
8:00-Hand Massage with Clarice-Front Lobby  
9:45-Trivia w/ Clarice-2<sup>nd</sup> fl.  
10:30-Zoom w/Clarice-3<sup>rd</sup> f.  
11:30-Zoom w/Clarice-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice  
2:30-Zoom with Clarice-3<sup>rd</sup> Floor

8  
Greetings by Clarice during each breakfast seating.  
10:00-Walking Club-Clarice  
12:00-Manicures with Clarice-Mobile  
2:00-Cold Drinks with Clarice-Mobile  
6:00- Independent Activity Packets

9  
9:45-Who Am I? w/C-2<sup>nd</sup> fl.  
10:15-Who Am I? w/C 3<sup>rd</sup> fl.  
10:45-Who Am I?-w/C 1<sup>st</sup> fl.  
12:00-Walking Club with Clarice  
2:00-Mobile Happy Hour with Clarice  
6:00-Independent Activity Packets

10  
Your Smile is Priceless Denise



11  
Thank You For All Your Hard Work Sehid.



12  
10:00-Water Balloon Toss Outside with Clarice & Amy  
10:30-Zoom w/ Clarice-3<sup>rd</sup> fl  
11:00-Zoom w/Clarice-3<sup>rd</sup> fl.  
1:00-Walking Club with Clarice & Amy  
2:00-Zoom with Amy-2<sup>nd</sup> fl.  
6:00-Word Search-Independent

13  
10:00-WaterGun Splash Tie Dye (Bring your own white t-shirt, socks or hat) with Clarice & Amy



2:00-Zoom with Clarice 1<sup>st</sup> fl  
2:00-Cold Drinks Amy-Mobile

14  
7:30 & 9:00-Flavored Coffee with Clarice



11:30 & 1:00-Chocolate/Strawberry Milk with Amy



15  
9:45- Crafts with Amy-2<sup>nd</sup> fl.  
10:00-Crafts with Clarice-3<sup>rd</sup>  
10:30-Crafts with Amy-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice & Amy  
2:00-One On One with Clarice & Amy  
6:00- Independent Activity Packets

16  
Tie Dye Party All Day Dress Up In your Tie Dye Attire- Lets Look Colorful




All Residents & Staff Are Able To Participate

17  
Thanks for the Laughter Telisa



18  
You Rock Wilanda



19  
10:00-Morning Stroll with Clarice & Amy  
10:30-Zoom w/ Clarice-3<sup>rd</sup> fl  
11:00-Zoom w/Clarice-3<sup>rd</sup> fl.  
1:00-Walking Club with Clarice & Amy  
2:00-Zoom with Amy-2<sup>nd</sup> fl.  
6:00-Word Search-Independent

20  
8:00-Cellphone Cleaning with Clarice-Front Lobby  
10:00-Walking Club with Clarice & Amy  
12:00-Manicures with Amy-Mobile  
2:00-Zoom w/ Clarice-1<sup>st</sup> fl.  
2:00-Cold Drinks with Amy-Mobile

21  
Hot Off The Grill



11:30 & 1:00 Hamburger/Cheeseburgers Hotdogs Mac Salad Chips Soda


22  
9:45- Crafts with Amy-2<sup>nd</sup> fl.  
10:00-Crafts with Clarice-3<sup>rd</sup>  
10:30-Crafts with Amy-1<sup>st</sup> fl.  
12:00-Manicures with Clarice & Amy-Mobile  
2:00-One On One with Clarice & Amy  
6:00- Independent Activity Packets

23  
Summer Olympics in Tokyo




10:00-Naming Our Sedgwick Olympians  
12:00-Walking Club- C & A  
2:00-Mobile Happy Hour with Clarice & Amy

24  
Thank You For Singing Us Happy Helen



25  
Your Awesome Tess



26  
11:30-Wheelchair, walker & cane wash. With a FREE bottle of water☺. With Clarice, Amy and Friends




27  
9:45-Olympic Weight Lifting with Amy-2<sup>nd</sup> fl.  
10:00-Olympic Weight Lifting with Clarice -3<sup>rd</sup> fl.  
10:30-Olympic Weight Lifting with Amy-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice & Amy  
2:00-Zoom with Clarice 1<sup>st</sup> fl

28  
9:45-Olympic Soccer with Amy-2<sup>nd</sup> fl.  
10:00-Olympic Soccer with Clarice-3<sup>rd</sup> fl.  
10:30-Olympic Soccer with Amy-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice & Amy  
2:00-Zoom with Clarice

29  
9:45-Olympic Basketball with Amy-2<sup>nd</sup> fl.  
10:00-Olympic Basketball with Clarice-3<sup>rd</sup> fl.  
10:30-Olympic Basketball with Amy-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice & Amy  
2:00-Cold Drinks w/C & A

30  
9:45-Olympic Volleyball with Amy-2<sup>nd</sup> fl.  
10:00-Olympic Volleyball with Clarice- 3<sup>rd</sup> fl.  
10:30-Olympic Volleyball with Amy-1<sup>st</sup> fl.  
12:00-Walking Club with Clarice & Amy  
2:00-Cold Drinks w/C & A

31  
Thank You Nadeah For Going Above & Beyond



All programs are subject to change please refer to activity boards located on each unit.