

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy Birthday Haile A 10:00 Stretch & Tone w/ Mary 6:30 Bingo (FTRA) 5 DR	2 2:30 Scrabble Club 5:30 Mints & Music 7:00 Loss Support Group 4 2 LI	3 10:00 Chair Yoga (FTRA) 6:30 Bingo (FTRA) 5 DR	4 Happy Birthday Thomas L 12:00 4th of July Cookout 2:00 Catholic Mass 8:30 Rooftop Social/ Fireworks Show OS/DR 3 6	5 10:00 Chair Yoga (FTRA) 12:00 Brunch 6:30 Movie Night (FTRA) 5 DR 5
6 8:15 Catholic Communion 12:00 Brunch 1:00 Music Concert / Erik 2:00 Worship Service 4:30 Sunday Movie (FTRA) 2 DR 2 5 5	7 12:00 Quick Trivia 1:30 Reminiscences (FTRA) 5:30 Mints & Music (FTRA) 7:00 FTRA Council Meeting 2 4 2 5	8 10:00 Stretch & Tone w/ Mary 1:30 Sip n Paint (FTRA) 6:30 Bingo (FTRA) 5 2 DR	9 11:00 Prayer Service 2:30 Scrabble Club 2:30 Current Events (FTRA) 5:30 Mints & Music 2 4 LI 2	10 Happy Birthday Mekonnen G 10:00 Chair Yoga (FTRA) 11:30 Chaplaincy Service 6:30 Bingo (FTRA) 5 LI DR	11 10:00 Walk n Chat 1:00 Bingo w Cindy OS DR	12 Happy Birthday Sharon M 10:00 Chair Yoga (FTRA) 12:00 Brunch 6:30 Movie Night (FTRA) 5 DR 5
13 8:15 Catholic Communion 12:00 Brunch 4:30 Sunday Movie (FTRA) 2 DR 5	14 Happy Birthday Pamela T 12:00 Quick Trivia 1:30 Jigsaw Puzzles (FTRA) 5:30 Mints & Music (FTRA) 2 4 2	15 10:00 Stretch & Tone w/ Mary 6:30 Bingo (FTRA) 5 DR	16 Happy Birthday Lilian V & Victoria Y 11:00 Coffee Chat 2:00 Scrabble Club (FTRA) 5:30 Mints & Music 7:00 Loss Support Group 2 4 2 LI	17 Happy Birthday Joseph C 12:00 Movie n Chill 2:00 Episcopal Eucharist 6:30 Bingo (FTRA) 5 3 DR	18 Happy Birthday Cecylia, Shirley, Tanya & Lynn 10:00 Walk n Chat 1:00 Ice Cream Social 3:30 Shabbat Gathering OS 2 3	19 10:00 Chair Yoga (FTRA) 12:00 Brunch 6:30 Movie Night (FTRA) 5 DR 5
20 8:15 Catholic Communion 12:00 Brunch 4:30 Sunday Movie (FTRA) 2 DR 5	21 Happy Birthday Rita P 12:00 Quick Trivia 1:30 Reminiscences (FTRA) 5:30 Mints & Music (FTRA) 2 4 2	22 10:00 Stretch & Tone w/ Mary 1:30 Sip n Paint (FTRA) 6:30 Bingo (FTRA) 5 2 DR	23 Happy Birthday Naniram K 1:00 Book Buzz 2:30 Scrabble Club (FTRA) 2:30 Current Events (FTRA) 5:30 Mints & Music 4 4 LI 2	24 Happy Birthday Risa N 10:00 Chair Yoga (FTRA) 11:30 Chaplaincy Service 6:30 Bingo (FTRA) 5 LI DR	25 10:00 Walk n Chat 1:00 Terrace Talks OS DR	26 10:00 Chair Yoga (FTRA) 12:00 Brunch 1:00 Seabury Book Club 6:30 Movie Night (FTRA) 5 DR 5 5
27 Happy Birthday Seyedjalal G 8:15 Catholic Communion 12:00 Brunch 4:30 Sunday Movie (FTRA) 2 DR 5	28 12:00 Quick Trivia 1:30 Jigsaw Puzzles (FTRA) 5:30 Mints & Music (FTRA) 2 4 2	29 10:00 Stretch & Tone w/ Mary 6:30 Bingo (FTRA) 5 DR	30 Happy Birthday Maxine F & Janet P 11:00 Legal Counsel For the Elderly 2:30 Scrabble Club (FTRA) 2:30 Current Events (FTRA) 5:30 Mints & Music 5 4 LI 2	31 Happy Birthday Rak C & Eda V 10:00 Chair Yoga (FTRA) 6:30 Bingo (FTRA) 5 DR	LEGEND Seabury at Friendship Terrace Senior Living FL– Front Lobby, 2nd Floor DR–Dining Room, 2nd Floor LI– Library, 3rd Floor OS- Outside 2nd-Floor Lounge 4th–Game Room 6th–Roof Top Deck Activity Color keycode: AD– Green, RSC– Blue, FTRA– Black, FT– Burgundy BP– Beauty Parlor, 1st Floor ER–Exercise Room, 1st Floor WC–Wellness Center, 1st Floor 3rd–Floor Lounge 5th–Floor Lounge	