

# Life Enrichment – Southfield

# July 2025

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|
|   | <b>1 Avon \$</b><br>10:15 What is NPRM?<br>10:45 Pom Pom Fitness<br>11:00 Patriotic Jewelry Making<br>12:00 Calendar Review/Request<br>1:30 Grateful, Grateful/ Bingo | <b>2</b><br>10:15 Yellowstone Nat'l Park<br>10:45 Pom Pom Fitness<br>11:00 <b>4<sup>th</sup> of July Party</b> 🎵<br>12:00 4 <sup>th</sup> of July Trivia<br>1:30 Velvet Art Magnet Craft            | <b>3 Paparazzi Jewelry \$</b><br>10:15 Zion National Park<br>10:45 Pom Pom Fitness<br>11:00 4 <sup>th</sup> of July Wreath Craft<br>12:00 4 <sup>th</sup> of July Bingo<br>1:15 <b>4<sup>th</sup> of July Party</b> 🎵 | <b>4</b><br><b>Closed for 4<sup>th</sup> of July</b><br>   |
| <b>7 Avon \$</b><br>10:15 Arches National Park<br>10:45 Olympics Practice<br>11:00 Nat'l Park Velvet Art<br>12:00 Calendar Review/Request<br>1:30 Bingo               | <b>8 Mary Kay \$</b><br>10:15 Joshua Tree Nat'l Park<br>10:45 Walk to the outside<br>11:00 Garden Club<br>12:00 IN2L Family Feud<br>1:15 <b>Dynamic Duo</b> 🎵         | <b>9 Melaleuca \$</b><br>10:15 Smokey Mountains Nat'l Park<br>10:45 Chair Chi<br>11:00 Spa Day<br>12:00 IN2L Participant Choice<br>1:30 This or That  | <b>10 Melaleuca \$</b><br>10:15 Yosemite National Park<br>10:45 Olympics Practice<br>11:00 Spa Day<br>12:00 Name That Tune<br>1:15 <b>Dancing with Deblon</b> 🎵   | <b>11 Devine Cre8tions\$</b><br>10:15 Grand Teton Nat'l Park<br>10:45 Chair Chi<br>11:00 Windmill Craft<br>12:00 Table Talk<br>1:30 Bingo   |
| <b>14</b><br>10:15 Glacier National Park<br>10:45 Senior Stretches<br>11:00 <b>Therapy Dogs</b> 🐕<br>12:00 Participant Rights<br>1:15 <b>Dancing with DJ Silk</b> 🎵   | <b>15 Senior Friendship Day</b> 🚌<br>10:15 Death Valley Nat'l Park<br>10:45 Olympics Practice<br>11:00 Sunglasses Craft<br>12:00 855 Education<br>1:30 Pokeno         | <b>16 C&amp;G Novelty \$</b><br>10:15 Olympic National Park<br>10:45 Walk to the outside<br>11:00 Garden Club<br>12:00 Movie and lunch<br>1:30 Independent Leisure                                  | <b>17 Lillie Mae's Outing</b> 🚌<br>10:15 Redwood National Park<br>10:45 Walk to the outside<br>11:00 Garden Club<br>12:00 Name That Tune<br>1:30 Jewelry Making   | <b>18 Art Club</b> 🎨<br>10:15 Grand Canyon Nat'l Park<br>10:45 Olympics Practice<br>11:00 Ceramic Painting<br>12:00 This or That<br>1:30 National Parks Bingo                                 |
| <b>21 Devine Cre8tions \$</b><br>10:15 Shark Week<br>10:45 Simon Says<br>11:00 Shark Velvet Art<br>12:00 This or That<br>1:30 Shark Bingo                             | <b>22 Tubby's Carry Out \$</b><br>10:15 Hawaii Volcanoes Nat'l Park<br>10:45 Walk to the outside<br>11:00 Garden Club<br>12:00 Conversation Ball<br>1:30 Shark Bingo  | <b>23 Lady Vee Creative Tees \$</b><br>10:15 Capital Reef Nat'l Park<br>10:45 Olympics Practice<br>11:00 <b>Monthly Bday Party</b> 🎵<br>12:00 Shark Trivia<br>1:30 3D Flower Craft                  | <b>24</b><br>10:15 Virgin Islands Nat'l Park<br>10:45 Move & Groove<br>11:00 <b>Monthly Bday Party</b> 🎵<br>12:00 Karaoke<br>1:30 Shark Craft   | <b>25 C&amp;G Novelty \$, Xmas in July</b><br>10:15 Great Sand Dunes Nat'l Park<br>10:45 Olympics Practice<br>11:00 Santa and Ms. Claus<br>12:00 Christmas Trivia<br>1:15 Xmas with DJ Mike 🎵 |
| <b>28 Tubby's Carry Out \$</b><br>10:15 Hot Springs Nat'l Park<br>10:45 Senior Stretches<br>11:00 Snack Shop<br>12:00 Would you rather?<br>1:00 <b>Vanessa Carr</b> 🎵 | <b>29</b><br>10:15 Everglades Nat'l Park<br>10:45 Olympics Practice<br>11:00 Snack Shop<br>12:00 This or That<br>1:30 Birdhouse painting                              | <b>30 Lillie Mae's Outing</b> 🚌, <b>African Clothing Vendor \$</b><br>10:15 Big Bend Nat'l Park<br>10:45 Walk to the outside<br>11:00 Garden Club<br>12:00 Music Requests<br>1:30 Conversation Ball | <b>31 Book Club</b> 📖<br>10:15 Mount Ranier Nat'l Park<br>10:45 Senior Stretches<br>11:00 Summer canvas painting<br>12:00 Would you rather?<br>1:30 Dance Contest   |   |



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