


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Activities and Event Locator</div> <div><div><div>AAbbey</div><div>BBeaujolais</div><div>C1Chateau 1</div><div>C2Chateau 2</div><div>VDRVilla Dining Room</div><div>CTCoterie Theatre</div><div>LMLe Marche’</div><div>CHCommons Hallway</div></div><div><div>FQFrench Quarter</div><div>LCLe Cinema</div><div>MWCMontereau Warren Chapel</div><div>VVilla</div><div>VCVilla Courtyard</div><div>GRLGrand Riviera Lounge</div><div>CMCafé Mondial</div><div>ACAbbey Courtyard</div></div></div>			<div>Color-Coded SIPSE</div> <div><div>Purple: Social</div><div>Pink: Intellectual</div><div>Yellow/Gold: Physical</div><div>Blue: Spiritual</div><div>Green: Emotional</div></div> <div>Activity will cost money: *</div>	<div></div> <div>Music Channels Available in Room on TV - Music Channels Start at 900</div>		<div>Questions About Activities? Please contact Nancy Jarzen njarzen@montereau.net</div>
		<div>1</div> <div><div>10:00 Catholic Mass</div><div>10:00 Chair Exercises</div><div>10:30 Tai Chi Techniques</div><div>11:00 Brain Enrichment Games</div><div>1:00 Cardio Drumming with Jennifer</div><div>2:30 4th Of July Party (A)</div><div>4:00 Word Search</div><div>4:00 Water Gardens</div><div>6:00 Dominoes</div></div>	<div>2</div> <div><div>10:00 Catholic Mass</div><div>10:00 Exercise group</div><div>11:00 Balloon Ball</div><div>1:30 Spelling Bee</div><div>2:00 Sing A Long</div><div>3:00 Cardio Drumming with Jennifer</div><div>3:30 Accordion Music with Nick</div><div>4:30 Word Search Puzzles</div><div>6:00 Puzzles</div></div>	<div>3</div> <div><div>10:00 Catholic Mass</div><div>10:00 Exercise group</div><div>10:30 Tai Chi Techniques</div><div>11:00 Word scramble</div><div>1:15 Craft-4th Of July</div><div>2:00 Scenic Drive: Swirl 66</div><div>2:30 David Horn Band (A)</div><div>4:00 Exercise Bike</div><div>4:30 Table puzzles</div></div>	<div>4</div> <div><div>10:00 Catholic Mass</div><div>10:00 Light& Lively</div><div>11:15 Balloon Ball</div><div>1:30 Family Feud</div><div>2:30 Music with Pam & Randy C-1</div><div>3:00 Dominos/board games</div><div>4:00 Exercise Bike</div><div>6:00 Puzzles</div></div>	<div>5</div> <div><div>10:00 Catholic Mass</div><div>11:00 Exercise</div><div>11:15 Puzzle Group</div><div>2:00 Art Therapy</div><div>3:00 Comedy Hour</div><div>4:00 iN2L Games</div><div>4:30 Water Garden</div><div>6:00 Dominos</div></div>
<div>6</div> <div><div>10:30 Catholic Mass (MWC)</div><div>11:00 Boston Avenue on TV</div><div>11:30 Protestant Service (MWC)</div><div>1:30 Massages & Manicures</div><div>2:30 Parachute Game</div><div>3:00 iN2L Trivia</div><div>3:30 Walking Group</div><div>4:00 White Board Games</div><div>6:00 Word Search</div></div>	<div>7</div> <div><div>10:00 Catholic Mass</div><div>10:00 Light & Lively</div><div>10:45 Lunch Outing: Oklahoma Joes *</div><div>11:15 in2L sing a long</div><div>1:15 Balloon Ball</div><div>2:00 Small Group Games</div><div>3:00 Walking Group</div><div>3:30 Karaoke</div><div>4:30 Water Gardens</div></div>	<div>8</div> <div><div>10:00 Catholic Mass</div><div>10:00 Light & Lively</div><div>11:00 Tai Chi Techniques</div><div>1:00 Cardio Drumming with Jennifer</div><div>1:15 Small Group Games</div><div>2:30 Cleo’s Story (C1)</div><div>330 Trivia, Riddles & Fun Facts</div><div>5:00 Pizza Party (FQ)*</div></div>	<div>9</div> <div><div>10:00 Catholic Mass</div><div>10:00 Light n Lively</div><div>10:30 Arm Exercises</div><div>11:00 Hangman Word Game</div><div>1:30 Card game– Uno</div><div>3:00 Cardio Drumming with Jennifer</div><div>3:45 Paino music with Sandy Knox A</div><div>6:00 Card Games</div></div>	<div>10</div> <div><div>10:00 Catholic Mass</div><div>10:00 Chair Exercise</div><div>10:30 Tai Chi Techniques</div><div>1:00 Trivia 4th of July</div><div>2:00 Ron Holtz– Bluegrass / gospel music (Abbey)</div><div>3:00 Abbey Birthday party</div><div>4:00 iN2L Games</div></div>	<div>11</div> <div><div>10:00 Catholic Mass</div><div>10:00 Chair Exercises</div><div>10:30 Arm Exercises</div><div>1:30 Word / Alphabet game</div><div>2:30 Tulsa Opera: Songs of The Heart (C2)</div><div>3:30 Bingo</div><div>4:00 Billards</div><div>6:00 Comedy Hour</div></div>	<div>12</div> <div><div>10:00 Catholic Mass</div><div>10:00Exercise</div><div>11:15 Puzzle Group</div><div>2:00 Creative Corner</div><div>3:00 iN2L Trivia</div><div>3:30 Sing-A-Long</div><div>4:30 Water Garden</div><div>6:00 Movie on Prime TV</div></div>

MONTEREAU®

Abbey events July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 10:30 Catholic Mass 11:00 Boston Avenue on TV 11:30 Protestant Service (MWC) 1:30 Manicures and Massages 2:30 Exercise 3:00 Balloon Ball 4:00 Ice Cream Treats 6:00 Creative Corner	14 10:00 Catholic Mass (MWC) 10:00 Chair Exercise 10:45 Lunch Outing: Smitty's Garage , Burgers & Beer* 11:00 Balloon Ball 1:00 Sing A Long 2:30 Bingo 4:00 Movie on Netflix	15 10:00 Catholic Mass (MWC) 10:00 Exercise Group 10:30 Tai Chi Techniques 11:00 Spelling Bee 1:00 Cardio Drumming with Jennifer 1:30 Flower Arranging with Virginia 4:00 Forth Of July Word Search 6:00 Movie– U Tube	16 10:00 Catholic Mass (MWC) 10:00 Light n Lively 10:30 Simon Say's Exercises 11:00 Coffee and Chat 1:45 Outing: Rustic Cuff * 3:00 Cardio Drumming with Jennifer 3:30 Trivia in2L 6:00 Coloring Sheets/ Easter	17 10:00 Catholic Mass (MWC) 10:00 Tai Chi Techniques 10:30 Chair Exercise 11:30 Celebrating Independence Luncheon (GRL)* 1:15 parachute activity 2:00 Rendever- Virtual Reality 4:00 White Board Games 6:00 Movie on Prime TV	18 10:00 Catholic Mass (MWC) 10:00 Chair Exercise 10:30 Arm Exercises 11:00 Word scramble 1:00 Sing A Long 2:00 Bingo 3:30 6:00 in2L movie	19 11:15 Puzzle Group 2:00 Saturday Matinee 3:00 Small Group Games 4:00 Catholic Mass (MWC) 4:00 Comedy Hour 4:30 Water Indoor Garden 6:00 Game Night
20 10:30 Catholic Mass 11:00 Boston Avenue on TV 11:30 Protestant Service (MWC) 1:30 Manicures and Massages 2:30 Exercise 3:00 Bingo 4:00 Reminisce Trivia 6:00 Art Therapy	21 10:00 Catholic Mass (MWC) 10:00 Chair Exercises 10:45 Lunch Outing: Nola's Creole Cocktails * 1:00 Sing A Long in2L 2:00 BINGO 4:00 Small Group Games 4:30 Water Indoor Garden 6:00 Movie on Prime Video	22 10:00 Catholic Mass (MWC) 10:00 Light n Lively 10:30 Arm Exercises 11:00 Sing A Long in2L 1:00 Cardio Drumming with Jennifer 2:15 Gospel Music with the Millers (C1) 4:00 White Board Games 5:00 Pizza Party (FQ) *	23 10:00 Catholic Mass (MWC) 10:00 Light n Lively 10:30 Brain Stimulating Activity 11:30 Music with Mark 2:00 Outing: Tulsa Air and Space Museum * 3:00 Cardio Drumming with Jennifer 3:30 Alzheimer's Sing A Long 6:00 Puzzles	24 10:00 Catholic Mass (MWC) 10:00 Songs & Balloon 10:30 Noodle Hockey (A) 1:15 Seated Chair exercise 2:00 Movie & Theater Snacks: (CT) Nonnas 3:30 Game Shows on TV 4:00 Water Indoor Garden 4:30 Exercise Bike 4:30 Abbey Family Night	25 10:00 Catholic Mass (MWC) 10:00 Chair Exercise 11:00 Relaxation Techniques 1:15 Small Group Games 2:30 Music with Jerry Dewayne C-1 3:00 Bingo 4:00 Coloring Sheets, Word Search Sheets 6:00 Dominoes	26 11:00 Exercise 11:15 Puzzle Group 2:00 Saturday Matinee 3:00 Small Group Games 4:00 Catholic Mass (MWC) 4:00 Comedy Hour 4:30 Water Indoor Garden 6:00 Game Night
27 9:15 Morning Greeting 10:30 Catholic Mass 11:00 Boston Ave Church (Ch 8) 11:30 Protestant Church Service (MWC) 2:00 Midday Movie 3:00 Balloon Ball	28 10:00 Catholic Mass (MWC) 10:00 Chair Exercises 10:45 Lunch Outing: Uncle Paco's Mexican Grill * 11:00 Balloon Ball 1:30 Wii sports 3:00 Bingo 4:30 Water Indoor Garden 6:00 Movie on Prime Video	29 10:00 Catholic Mass (MWC) 10:00 Light n Lively 10:30 Tai Chi Techniques 11:00 Patio Time 1:00 Cardio Drumming with Jennifer 2:15 Music with Pathways (C1) 3:30 Bean Bag Toss 6:00 Exercise Bike	30 10:00 Catholic Mass (MWC) 10:00 Light n Lively 10:30 Arm Exercises 11:00 Hang Man 1:30 Group Dominoes 3:00 Cardio Drumming with Jennifer 3:00 Rendever 1:1 Virtual Reality			