



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>July - Special Programs & Events: 2nd - Patriotic Music Bingo: Deirdre from Oyster Bay Manor hosts a lively Music Bingo game 9th - Gallery Gathering: "ArtTalk" facilitated by Laura Lynch 10th - "Recall & Reminiscence" Group: Guided by LIU Post professors & student interns 15th - Sip & Socialize: Crafts and trivia with Pam & Judith from Sunrise & CareFirst 16th - Live Music: Disco fever w/ the talented Maria Menniti sponsored by CareFirst 16th - Caregiver Support Group @ 10:15a</p>	<p>July - Special Programs & Events: 20th - "In the Moment:" Long Island Museum virtual gallery tour and art-making session 22nd - Meet the Animals! An exciting interactive lecture w/ a variety of creatures from APEC 23rd - Christmas in July Celebration: A festive sing-along w/ our Christmas crooner Tom Smith 24th - Music Therapy: Facilitated by NEG 28th - Music Therapy: Led by Zachery Thomas 30th - Making Memories at the Movies: Film reminiscence guided by Marcy Rhodes</p>	<p>Fireworks 1 10a - Coffee & Short Stories: Danger, Invention, & Beauty - Shining a light on the ancient origins of gunpowder and firecrackers 10:30a- Expressive Art: Facilitated by Art Therapy Interns Dorcy and Kirsten from LIU Post 11:45a - Brain Teaser: Color crossword challenge 12p - Lunch, music, & a gunpowder wordplay 1-2p - End of Day: Exercise - Tai Chi w/ Maria</p>	<p>Freedom 2 10a - Recall & Reminiscing: Life, Liberty, & ... - Reflections on what it means to fight for our freedom and independence 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a Name-That-Tune game 1-2p - End of Day: Red, White, & Blue Bash - Patriotic music bingo w/ Deirdre from OBM</p>	<p>3 CLOSED FOR Independence Day  <i>"The summer night is like a perfection of thought."</i> - Wallace Stevens</p>
<p>Capture the Sunset & Vacations 6 10a - Recall & Reminiscence: Tin Can Tourists - Reflections on the hazy days of road trips, cozy coaches, & woodie wagons 10:30 - Cerebral Challenge: Making Plans game 11a - Exercise: Beachball Kickball 12p - Lunch, music, & a "State" challenge 1-2p - End of Day: Summer Splash Soiree - Mocktails, watercolors, and a game of sand darts</p>	<p>Seashells & Sand 7 10a - Show & Tell: Shorelines and Sea Beads - Showcasing the captivating worlds of arenophiles & conchologists 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: At the Beach picture-find 12:15 - Lunch, music, & a summer A-Z game 1-2p - End of Day: Shellabration Shindig - Decoupage shells, sundaes, and beach bingo</p>	<p>Swimsuits & Sun 8 10a - Sip & Share: She Wore an Itsy Bitsy... - Bloomers to bikinis! The fascinating conception of swimwear 10:30a- Expressive Art: Facilitated by Art Therapy Interns Dorcy and Kirsten from LIU Post 11:45a - Brain Game: By the Sea crossword 12p - Lunch, music, & a Memory Match game 1-2p - End of Day: Exercise: Tai Chi w/ Maria</p>	<p>Hammocks 9 10a - Tea & Trivia: "Stretch of Cloth" ... - From protective sleeping tools to symbols of leisure, the story of Hammocks 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a game of Outburst 1:15-2p - End of Day: ArtTalk! Summer and the Living is Easy - Discussing the portrayal of summer in art, guided by Laura Lynch</p>	<p>Sharks / Recall & Rem Group 10 10a - Coffee & Conversation: Swimming with the ... - Delving into the ancient lineage of these "Chondrichthyes" 11a - "Recall & Reminiscence" Group - Led by LIU Post professors & graduate interns 12p- Lunch, music, & shark Scattergory game 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>
<p>Zoos & Aquariums 13 10a - Sip & Share: Aquatic & Zoological Adventures - Diving into the magical world of our childhood destinations 10:30a- Expressive Art: Facilitated by Art Therapy Interns Dorcy and Kirsten from LIU Post 1:45a - Brain Game: Aquarium I-Spy 12p - Lunch, music, & a marine life hangman 1-2p - End of Day: Exercise - Balance, Strength, & Fitness class w/ Kayla from Metro PT</p>	<p>Grilling & Hot Dogs 14 10a - Coffee & Conversation: Hot Grills & Hot Dawgs - Shining a light on the ancient origins of grilling and the introduction of our ever-popular gastronomic staple 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: Carnival picture-find 12p - Lunch, music, & a food pairs challenge 1-2p - End of Day: Grills & Thrills - Art w/ Dorcy and Kirsten, ice pops, & a game of corn hole</p>	<p>Disney 15 10a - Show & Tell: When You Wish Upon a Star - Discussing the opening of the "happiest place on earth" 10:30a - Felt Craft: Disney character creations 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a Mickey category game 1-2p - End of Day: Sip & Socialize - Mocktails, trivia, games, and crafts with Pam and Judith from Sunrise & CareFirst</p>	<p>Disco / Support Group 16 10a - Coffee & Conversation: I Will Survive! - Celebrating the music that defied the mainstream and gave voice to the unheard 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15- 2p - Lunch and a musical performance Dance the Last Dance! An uplifting tribute to the Disco dance music genre with the talented Maria Menniti</p>	<p>State Fairs & Carousels 17 10a - Reminiscing and Reflecting: Merry-Go-Rounds & Culinary Contests - The charming story of carousels and the birth of state fairs and agricultural innovations 10:30a- Decorative Art: Carousel cups 11:45a - Brain Game - Hidden picture teaser 12p - Lunch, music, & a fairground wordplay 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin</p>
<p>Moon Day 20 10a - Recall & Reminiscence: Seeing Stars! - Reflecting on the legends that pushed the boundaries of space exploration 10:30a - Brain Teaser: Transportation crossword 11a - "In the Moment:" LIM virtual gallery tour 12p - Lunch, music, & a planetary wordplay 1-2p - End of Day: Celestial Celebration - Moon pies, star print ceramic pots, & a game of Pokemo</p>	<p>Drive-Thrus & Fast Foods 21 10a - Tea & Trivia: Culinary Cruise - The intriguing backstory of drive-thrus & the enticing history of snack foods 11a - Exercise: Zumba w/ Carol 11:45a - Cognitive Challenge: Food crossword 12p - Lunch, music, & a game of Who Am I? 1-2p - End of Day: Warhol Wonders - Quad pop art, cake, & a food Jingo</p>	<p>Piña Colada 22 10a - Coffee & Conversation: Essence of the Tropics - Delving into the tantalizing tale of this sought-after tiki bar classic 10:30a - Brain Booster: Beverage word search 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & a game of Name Three 1-2p - End of Day: Meet the Animals! Alley Pond Environmental Center's lecture introduces us to the world of reptiles, songbirds, mammals, & insects</p>	<p>Christmas in July 23 10a - A.M. Christmas Sing-along Half Christmas! - Keystone camp, Fanny Holt, and the birth of "Christmas in July" 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & an Xmas Outburst game 1-2p - End of Day: "Halfway There" Celebration Sweet treats, gift giving, and a festive sing-along with our Christmas crooner Tom Smith</p>	<p>Jokes / Music Therapy 24 10a - Readings & Reenactments: Knock! Knock! - Laugh out loud as we honor "Humor Day" by sharing our best & worst jokes 10:30a - Brain Teaser: Decode a joke 11a - Music Therapy - Led by Sam from NEG 12p - Lunch, music, & some musical riddles 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>
<p>Picnics 27 10a - Coffee & Short Stories: Today's the Day That... - Celebrating the history of teddy bears & the origins of picnics 10:30a - Story Crafting: Picnic in the park 11a - Staff-Guided Exercise: Bingo-cise 12p - Lunch, music, & a Making Plans challenge 1-2p - End of Day: Picnic Palooza - Teddy Bear creations, woven baskets, & a game of kickball</p>	<p>Baseball 28 10a - Show & Tell: Take Me Out to the ... - Exploring the rich lingo, history, and superstitions surrounding one of America's favorite pastimes 10:30a - Brain Game: Baseball wordsearch 11a - Music Therapy - Facilitated by the energetic Zachary Thomas 12p - Lunch, & a sports hangman 1-2p - End of Day: Home Run Derby: Art w/ Dorcy and Kirsten, punch, & Pokemo</p>	<p>Fireflies 29 10a - Sip & Share: Dance of Light & Shadow - Discussing the mesmerizing bioluminescent courtship, folklore, and symbolism of these ancient luminaries 10:30a- Expressive Art: Facilitated by Art Therapy Interns Dorcy and Kirsten from LIU Post 11:45a - Brain Fitness: In the Garden crossword 12p - Lunch, music, & a game of Making a List 1-2p - End of Day: Exercise: Tai Chi w/ Maria</p>	<p>Summer Fruits 30 10a - Tea & Trivia: Sweet Taste of Summer - Exploring the many health benefits of July's juiciest fruits 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a fruit cocktail wordplay 1-2p - End of Day: "Making Memories at the Movies" - Film discussion guided by Marcy Rhodes</p>	<p>July Symbolism 31 10a - Coffee & Conversation: What is July Made of - Discussing the mystical symbols, lore, traditions, & signs of this "month of plenty" 10:30a - Sensory Craft - Essential oil soaps 11:45a - Brain Booster - Treasure Hunt I-Spy 12p- Lunch, music, & a game of name five 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>