

Activity highlights for the month of July

You are cordially invited to any or all of the listed events. Availability on a first come first served basis. For information or reservations please call 480-767-9800 x 105

Week of July 4th

~Monday, July 5th, 3:00 p.m., Activity Room

Speaker Phyllis Strupp: "The Brain's Past"- Review how the brain makes memories, and use several techniques to "limber up" our memory muscles as we learn why the brain records certain types of information and how we can help the brain to remember the past.

Week of July 11th

~Wednesday, July 14th, 3:00 - 4:00 p.m.- Camelback Bistro

Happy Hour with Staff. Join us for friendship and laughter with our staff and the funny theme they have come up with this month.

~Thursday, July 15th, 3:00 p.m.-Activity Room

Speaker, Sonja Long, R.N., B.S., Care Coordinator for Assisted AZ Home Health: "Quench Your Thirst"- Sonja will be here to discuss the importance of staying hydrated, especially in the summer.

Week of July 18th

~Tuesday, July 20th, 10:05 - 11:50 a.m.-Activity Room

Yoga Class- Instructor Nancy M. Martin leads our seated/standing yoga class with all skill levels in mind.

~Wednesday, July 21st, Depart 10:30 a.m.-Excursion

Lunch at Joe's Crab Shack followed by the AZ Sealife Aquarium-We will head down to Arizona Mills for lunch and then to visit the brand new AZ Sea life Aquarium.

Week of July 25th

~Sunday, July 25th, 3:00 - 4:00 p.m.-Activity Room

Pianist Anna Chepikova will be wowing us with her talent.

~Monday, July 26th, 3:00 p.m.-Activity Room

Speaker, Physical Therapist Cynthia Cooper with Scottsdale Healthcare: "Hands Up! Ways to Treat Common Hand Problems"