

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30 House calls 1 10:00 Balloon Noodle Ball & Morning Chat - WW 2:00 Dice 5000 - EW <small>Canada Day</small>	8:30 House calls 2 10:00 Ballon Toss 2:00 Bingo – EW 5:40 StL Cardinals Game on TV Channel 34	8:30 House calls 3 10:00 Bible Study 2:00 Crafting with Robert 5:40 StL Cardinals Game on TV Channel 34	8:30 House calls 4 11:35 StL Cardinals Game on TV Channel 34 4TH of July Activity Packet <small>Independence Day (US)</small>	8:30 House calls 5 10:00 Morning Stretch WW 2:00 UNO - EW 5:45 StL Cardinals Game on TV Channel 34	10:00 Independent TV 6 Weekend Packets are available for Independent Activities 3:05 StL Cardinals Game on TV Channel 34
9:30 St. Mary's 7 12:35 StL Cardinals Game on TV Channel 34	8:30 House calls 8 2:00 Skunk Dice - EW 3:05 StL Cardinals Game on TV Channel 34	8:30 House calls 9 10:00 Beanbag Toss - WW 2:00 Bingo – EW 6:45 StL Cardinals Game on TV Channel 34	8:30 House calls 10 10:00 You Lucky Dawg - WW 2:00 Cookie Club 6:45 StL Cardinals Game on TV Channel 34	8:30 House calls 11 10:00 Betty the Beautician 2:00 Bingo – EW	8:30 House calls 12 10:00 Happy Feet - WW 3:05 StL Cardinals Game on TV Channel 34 2:00 Yahtzee _ EW	10:00 Independent TV 13 Weekend Packets are available for Independent Activities 1:15 StL Cardinals Game on TV Channel 34 7:15 StL Cardinals Game on TV Channel 34
9:30 St. Mary's 14 10:00 Heartland Baptist –EW 1:15 StL Cardinals Game on TV Channel 34	8:30 House calls 15 2:00 How Many Words – WW 3:30 Christmas in July Activity Packet	8:30 House calls 16 10:00 Morning Stretch - WW 2:00 Bingo – EW 7:00 StL Cardinals Game on TV Channel FOX 2	8:30 House calls 17 2:00 Resident Birthday Party Entertainment by Joe Powell – EW 3:30 Christmas In July Wordsearches	8:30 House calls 18 2:00 Bingo – EW 3:00 Resident Council - EW	8:30 House calls 19 CHRISTMAS in JULY 10:00 Pass the Present WW 2:00 Christmas Fun! - EW 6:20 StL Cardinals Game on TV Channel 34	10:00 Independent TV 20 Weekend Packets are available for Independent Activities 6:20 StL Cardinals Game on TV Channel 34
9:30 St. Mary's 21 12:35 StL Cardinals Game on TV Channel 34	8:30 House calls 22 10:00 Parachute - WW 2:00 Dice 5000 - EW 5:40 StL Cardinals Game on TV Channel 34	8:30 House calls 23 10:00 Chair Exercising - WW 2:00 Bingo – EW 5:40 StL Cardinals Game on TV Channel 34	8:30 House calls 24 10:00 Card Bingo - WW 11:35 StL Cardinals Game on TV Channel 34 2:00 Cookie Club	8:30 House calls 25 10:00 Betty the Beautician 10:00 Bingo – EW 2:00 Entertainment with Elle- EW 6:30 Ice Cream Sundae Cart	SUMMER OLYMPICS BEGIN 8:30 House calls 10:00 Olympic Games - WW 2:00 Olympic Snacks & Games EW 3:30 Olympic Puzzle Packet Turn your flags in today! 7:15 StL Cardinals Game on TV Channel 34	10:00 Independent TV 27 Weekend Packets are available for Independent Activities 6:15 StL Cardinals Game on TV Channel 34
9:30 St. Mary's 28 1:15 StL Cardinals Game on TV Channel 34	8:30 House calls 29 10:00 Penny Pitch - WW 2:00 Pictionary - EW 6:45 StL Cardinals Game on TV Channel 34	8:30 House calls 30 10:00 Coffee/Cocoa/Chat - WW 2:00 Bingo – EW 6:45 StL Cardinals Game on TV Channel 34	8:30 House calls 31 10:00 Tabletop Roll Game - EW 1:15 StL Cardinals Game on TV Channel 34 2:00 Crafting with Robert - WW	<h1>July 2024</h1> <h2>Alton Memorial Rehab and Therapy</h2>		

Activities and Times are subject to change, to better accommodate the changing needs of our residents.

* EW – East Wing Dining Room * WW- West Wing Dining Room