

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2023

Cascade Park Active Day TBI Program Monday-Thursday 9am-1pm

							1
	<p>2 9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Confetti Poppers</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 History Trivia</p>	3	<p>4 Happy Fourth of July Program is Closed</p> <p><small>Independence Day (US)</small></p>	5 <p>9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Pool Noodle Baseball</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Daily Trivia</p>	6 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Evolution of Playgrounds</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Word Scramble</p>	7	8
	<p>9 9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Board Games</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Inventor Trivia</p>	10 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Write Like Hemingway</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Baseball Trivia</p>	11 <p>9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Table Puzzles</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Royal Trivia</p>	12 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- The Rest Stop</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Celebrity Trivia</p>	13	14	15
	<p>16 9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Video Game Day</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Who Said So?</p>	17 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Remembering Jell-o</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Riddle me This</p>	18 <p>9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Frisbee Toss</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Daily Trivia</p>	19 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Sights and Sounds of Nashville Tennessee</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Egg Trivia</p>	20	21	22
	<p>23 9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Bowling</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Daily Trivia</p>	24 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Call and Response Songs</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Word Scramble</p>	25 <p>9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Bowling</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Buy A Vowel</p>	26 <p>9:00 Coffee Club Social</p> <p>9:15 Daily Chronicle- Daily Exercise Class</p> <p>10:00 Get moving w/ Active Day</p> <p>10:45 Cognitive Stimulation with Active Day- Amazing Animals of the Florida Keys</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Word to the Wise</p>	27	28	29
	<p>30 9:00 Coffee Club Social</p> <p>9:15 Cranium Crunches</p> <p>10:00 Get moving w/ Active Day Daily Exercises</p> <p>10:45 Gross Motor Stimulation with Active Day – Umbrella Ball Toss</p> <p>11:45 Lunch Bunch @ Active Day Diner</p> <p>12:30 Buy A Vowel</p>	31					

