

# Activity Calendar – July 2025

## The Director's Corner

Happy July to all our Caregivers, Partners, and Members! A friendly reminder that the Mozaic Adult Day program will be closed on Friday, July 4<sup>th</sup>. Wishing everyone a safe and happy Independence Day!

Finally, don't miss a special holiday themed painting program facilitated by JoAnne on Wednesday, July 2nd. Please note space is limited.






## Care Partner Meetings

This month the virtual session will take place on July 15<sup>th</sup>, 7:15-8:15pm, *RSVP* to receive a link. The in-person session will be July 16<sup>th</sup> 3-4:00pm.

For more information, contact Tiffany Colucci, MS, PC, NCC ElderCare Navigator at 203-396-1066 or [tcollucci@mozaicsl.org](mailto:tcollucci@mozaicsl.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Coffee Hour For Clients Every Morning at 9:00am</b> Alternate programs offered daily	<b>1</b> 10:00AM Sit and Be Fit 10:30AM Hangman <b>10:30AM Men's Group</b> LUNCH 1:00PM Fitness Ball Stretches 1:30PM Golf Match 2:30PM Refreshments 2:45PM Casual Conversation	<b>2</b> 10:00AM Silver Sneakers Exercise 10:30AM Bingo <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Painting w/ JoAnn</b> 1:30PM Odd One Out! 2:30PM Refreshments 2:45PM Casual Conversation	<b>3</b> 10:00AM Fusion Fitness 10:30AM Same Meaning Challenge LUNCH 1:00PM Chair Stretches <b>1:30PM Entertainment w/ Larry Batter</b> 2:30PM Refreshments 2:45PM Casual Conversation	<b>4</b>  <b>CENTER CLOSED</b>
<b>7</b> 10:00AM Chair Zumba 10:30AM Family Feud <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Bingo w/ Horizon H.S.</b> 2:30PM Refreshments 2:45PM Table Topics	<b>8</b> 10:00AM Fusion Fitness 10:30AM Wordle <b>10:30AM Men's Group</b> LUNCH 1:00PM Bean Bag Stretches 1:30PM Horseshoe Toss 2:30PM Refreshments 2:45PM Table Topics	<b>9</b> 10:00AM Sit and Be Fit 10:30AM Trivia <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	<b>10</b> 10:00AM Silver Sneakers Exercise 10:30AM Pictionary <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches <b>1:30PM Entertainment w/ Warren Bloom</b> 2:30PM Refreshments 2:45PM Table Topics	<b>11</b> 10:00AM Finish the Analogies <b>10:30AM Yoga w/Doris</b> <b>10:30 AM Water Painting w/ Letty</b> LUNCH 1:00PM Fitness Ball Stretches 1:30PM Sing Along 2:30PM Refreshments 2:45PM Table Topics
<b>14</b> 10:00AM Sit and Be Fit 10:30AM Is that your final answer? <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Golden Conversation	<b>15</b> 10:00AM Chair Zumba 10:30AM Antonym Challenge <b>10:30AM Men's Group</b> LUNCH 1:00PM Fitness Ball Stretches 1:30PM Ring Toss 2:30PM Refreshments 2:45PM Golden Conversation <b>3:00PM Caregiver Meeting (Virtual)</b>	<b>16</b> 10:00AM Fusion Fitness 10:30AM 28 Letter Word in a Word <b>10:30AM OUT TRIP</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Golden Conversation <b>3:00PM Caregiver Meeting (In-Person)</b>	<b>17</b> 10:00AM Chair Exercise <b>10:30AM Entertainment w/ John Valerio</b> <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bowling Match 2:30PM Refreshments 2:45PM Golden Conversation	<b>18</b> 10:00AM Silver Sneakers Exercise <b>10:00AM Clay Garden Painting w/ Letty</b> 10:30AM Odd One Out! 10:30AM Rummikub/Dominoes LUNCH 1:00PM Follow the Lyrics <b>1:30PM Tai Chi w/ Jonathon</b> 2:30PM Refreshments 2:45PM Golden Conversation
<b>21</b> 10:00AM Chair Exercise 10:30AM You Be the Judge <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Casual Conversation	<b>22</b> 10:00AM Silver Sneakers Exercise 10:30AM Wheel of Fortune <b>10:30AM Men's Group</b> LUNCH 1:00PM Fitness Ball Stretches 1:30PM Golf Match 2:30PM Refreshments 2:45PM Casual Conversation	<b>23</b> 10:00AM Chair Zumba 10:30AM Finish the Analogies <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Casual Conversation	<b>24</b> 10:00AM Sit and Be Fit 10:30AM Hangman <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Let's Sing and Dance 2:30PM Refreshments 2:45PM Casual Conversation	<b>25</b> 10:00AM Fusion Fitness <b>10:30AM Entertainment w/ Lynn Lewis</b> LUNCH 1:00PM Bean Bag Stretches 1:30PM Family Feud 2:30PM Refreshments 2:45PM Casual Conversation
<b>28</b> 10:00AM Sit and Be Fit 10:30AM Scattergories <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	<b>29</b> 10:00AM Fusion Fitness 10:30AM Celebrity Faces <b>10:30AM Men's Group</b> LUNCH 1:00PM Bean Bag Stretches 1:30PM Noodle Balloon Volley 2:30PM Refreshments 2:45PM Table Topics	<b>30</b> 10:00AM Chair Exercise 10:30AM Family Feud <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Bingo 2:30PM Refreshments 2:45PM Table Topics	<b>31</b> 10:00AM Chair Zumba 10:30AM Puzzle Vision <b>10:30AM Men's Group</b> LUNCH 1:00PM Chair Stretches 1:30PM Drum Line 2:30PM Refreshments 2:45PM Casual Conversation	 <b>HAPPY 4TH OF JULY</b>

# Lunch Menu – July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<sup>1</sup> TUSCAN CAULIFLOWER SOUP CHICKEN POT PIE GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	<sup>2</sup> LENTIL SOUP HAMBURGER OR HOT DOG POTATO SALAD BAKED BEANS CUBED WATERMELON	<sup>3</sup> MINESTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	<sup>4</sup> <b>CENTER CLOSED</b>  <b>HAPPY 4TH OF JULY</b>
<sup>7</sup> BEEF VEGETABLE SOUP HERB ROASTED TURKEY BAKED SWEET POTATOES RATATOUILLE BLUEBERRY SHORTCAKE	<sup>8</sup> TURKEY NOODLE SOUP STUFFED PEPPER LYONNAISE POTATOES ROASTED ZUCCHINI & SUMMER SQUASH CREAM CHEESE BROWNIE	<sup>9</sup> WISCONSIN BEER & CHEESE SOUP HAWAIIAN CHICKEN BAKED FRENCH FRIES BAKED BEANS PEAR HALVES	<sup>10</sup> CARROT APPLE SOUP SALISBURY STEAK BROWN RICE CALIFORNIA BLEND VEGGIES CHOCOLATE ÉCLAIR	<sup>11</sup> <b>PIZZA DAY</b> SOUTHWESTERN TOMATO SOUP GARDEN SALAD CHEESE PIZZA BLACK FOREST PARFAIT
<sup>14</sup> BEEF VEGETABLE SOUP HOT ROAST BEEF W/GRAVY MASHED POTATOES CHOPPED COLESLAW RED, WHITE & BLUE MOON PIES	<sup>15</sup> CHICKEN GUMBO SOUP CHICKEN POT PIE CAESAR SALAD/GARLIC BREAD ROASTED ZUCCHINI & SUMMER SQUASH ICE CREAM SUNDAE	<sup>16</sup> MUSHROOM LEEK & TURKEY BACON CHOWDER HAMBURGER OR HOT DOG FRENCH FRIES & BAKED BEANS CUBED WATERMELON	<sup>17</sup> SWEET & SOUR SOUP GENERAL TSO CHICKEN FRIED RICE/EGG ROLL ASIAN BLEND VEGETABLES DICED PEACHES	<sup>18</sup> POTATO LEEK SOUP ROAST TURKEY W/GRAVY FRUITED STUFFING VEGETABLE MEDLEY STRAWBERRY CHEESECAKE
<sup>21</sup> TURKEY NOODLE SOUP TERIYAKI PINEAPPLE CHICKEN WILD RICE SEASONED SPINACH PEANUT BUTTER BROWNIE	<sup>22</sup> LEMON CHICKEN & RICE SOUP BBQ MEATLOAF DIRTY MASHED POTATOES HONEY GLAZED CARROTS CHOC. GANACHE CHEESECAKE	<sup>23</sup> WHITE BEAN SOUP GARDEN SALAD VEGETABLE QUICHE FRUIT COCKTAIL	<sup>24</sup> ITALIAN WEDDING SOUP CHICKEN MARSALA FRUITED QUINOA ROASTED ROOT VEGETABLES CARROT CAKE W/CREAM CHEESE ICING	<sup>25</sup> MINESTRONE SOUP SALISBURY STEAK W/GRAVY LYONNAISE POTATOES SAUTEED BROCCOLI STRAWBERRY SHORTCAKE
<sup>28</sup> ALPHABET SOUP LEMON ROSEMARY CHICKEN ROASTED RED POTATOES SEASONED CABBAGE BANANA SPLIT SUNDAE	<sup>29</sup> TUSCAN CAULIFLOWER SOUP CHICKEN POT PIE GARDEN SALAD GARLIC BREAD BLONDE BROWNIE	<sup>30</sup> LENTIL SOUP HAMBURGER OR HOT DOG POTATO SALAD BAKED BEANS CUBED WATERMELON	<sup>31</sup> MINESTRONE SOUP CHICKEN CACCIATORE CAPELLINI ITALIAN BLEND VEGETABLES COCONUT CAKE	

ALL MEALS MEET UNITED STATES DEPT OF AGRICULTURE NUTRITIONAL REQUIREMENTS. BREAKFAST OPTIONS: 1% MILK, COFFEE/TEA, JUICE, TOAST (MARGARINE, JELLY, PEANUT BUTTER), OATMEAL, CEREAL, YOGURT, FRUIT. SNACK VARIES, MAY INCLUDE: 1% MILK, CHEESE STICKS, GRAHAM OR ANIMAL CRACKERS, YOGURT, APPLESAUCE, FRUIT, ASSORTED DESSERTS. MENUS ARE SUBJECT TO CHANGE. SPECIAL MENUS CAN BE ARRANGED TO ACCOMMODATE SPECIAL MEDICAL NEEDS; GLATT KOSHER AVAILABLE UPON REQUEST