

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



July 2023

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

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