





# A MOMENT IN TIME: LET'S LEARN, LAUGH, PLAY AND PRAY!<sup>TM</sup> ACTIVITY CALENDAR FOR JULY

WEEK	THEME OF THE WEEK	SUGGESTED ACTIVITIES
1	 <p><b>Independence Day, July 4</b></p>	<ul style="list-style-type: none"> <li>• <b>What You Might Not Know About the Declaration of Independence</b></li> <li>• Sing songs together from our Patriotic Song Sheets</li> <li>• <b>Listen to Patriotic Music</b></li> <li>• Make July 4th craft</li> <li>• Pray for our Country</li> </ul>
2	 <p><b>World Chocolate Day, July 7</b></p>	<ul style="list-style-type: none"> <li>• <b>Read together The Benefits of Chocolate for Seniors</b></li> <li>• <b>Make homemade fudge</b> Or Duncan Hines Brownies</li> <li>• Separate a Hershey Chocolate Bar into pieces - using the pieces, separate into different fractions: 1/2; 1/3; 1/4; 1/12</li> <li>• Name That Chocolate Bar Quiz</li> <li>• <b>Visit our own Memory Lane - Candy - Reminisce about candy bars from your youth</b></li> <li>• Take a trip to your local Cracker Barrel and tour their country gift shop. They have a great selection of old-fashioned candy. Barring no dietary restrictions of no sugar, buy your favorite candy of years back, sit in the rocker out front and indulge!</li> </ul>
3	 <p><b>Beach Week</b></p>	<ul style="list-style-type: none"> <li>• <b>Visit our own Just Breathe - Nature - Gentle Ocean Wave Sounds</b> (play as background music while making your craft, doing the word search, etc.)</li> <li>• Make beach craft</li> <li>• Life is a Beach Word Search • Play Tic-Tac-Toe...At the Beach with starfish and seashells!</li> <li>• Play catch and volleyball with your beach ball</li> <li>• <b>Watch Sea Turtles with Relaxing Music</b></li> <li>• Discussion Questions: What beach did you go to growing up? How did you get there? Did you have a favorite bathing suit? Can you swim? How did you learn to swim? What is your favorite time of day at the beach? What did you do at the beach: collect seashells and starfish? build sandcastles? sunbathe? watersports? look for dolphins? watch a sunrise or sunset?</li> </ul>
4	 <p><b>National Ice Cream Month</b></p>	<ul style="list-style-type: none"> <li>• <b>The History of Ice Cream</b></li> <li>• I Scream, You Scream, We All Scream for Ice Cream! Word Search</li> <li>• Most Popular Ice Cream Toppings Word Unscramble</li> <li>• Discussion Questions: What is your favorite ice cream flavor? What new and wacky flavors can you create? Submit your creations to the office by phone to win a prize.</li> <li>• Go out for ice cream!</li> </ul>



## BONUS ACTIVITIES: Crossword Puzzles with the Letter "J" and Famous People Born In July Trivia

• Level 1 - "I've Got the Joy, Joy, Joy, Joy Down in My Heart" - Fun, Positive and Joyful "J" Words • Level 2 - Jazzy "J" Words to Throw Around the Joint

# HELPFUL HINTS FOR THE CAREGIVER

Get the most out of each week's activities with helpful hints and tips below.

## TIP 1

The clickable dark bullets are links for learning, story time, music, recipes, crafts, and activities. If you aren't clicking these links, you are missing out!

- 1) Go to our website at [www.alwaysanangelhomecare.com](http://www.alwaysanangelhomecare.com)
- 2) Click **A MOMENT IN TIME** and scroll down to Activity Calendars to select the current month.
- 3) From there, click the links under each week's activities.
- 4) Learn, read, sing, cook, make, do!



## TIP 4

**FOR THE VISUALLY IMPAIRED** – difficulty seeing

If your client can't see the reading material, read it to them.

**Word Searches:** Forget about the word search and lead a discussion about the words in the box:

- What does that word mean? Can you define it?
- Is it a noun, verb, adjective or adverb?
- How does that word relate to the topic?
- What other thoughts come to mind when you hear that word?

**Crossword Puzzles, Birthdays Trivia, and Other Word Games:** You ask the questions and write in your client's answers.

It's easier for your client to see the clickable links on an iPad rather than a cell phone. If your client doesn't have an iPad, talk with the office or family directly about getting one. A desktop or laptop computer works well too.



## TIP 3

Visit the clickable links yourself first. Determine what is appropriate for your client.

## TIP 2

**FOR THE HEARING IMPAIRED**  
– difficulty hearing

Many of the clickable links can be read. Encourage your client to read the material. Other links are very visual with few words. If needed, pause the video to allow your client to finish reading the text.

## TIP 5

## TIP 6

**Check out the other 24 activities online:**

Mind, Body, Soul, 100 Questions, All About Me, Art 101, Bible Stories, Coloring, Count Your Blessings, For Men Only, Games Galore, Household Chores, It's Your Party, Just Breathe, Knit Happens, Let It Snow, Memory Lane – 1950s, Car Games, Reading, Sensory Therapy, Sing-Alongs, The Great Outdoors, Virtual Visits, Wanna Be A Wise Guy

