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| **July Purposeful Programming** | |
| **DAY** | **CELEBRATION IDEAS AND RESOURCES** |
| **July 7th**  **World**  **Chocolate Day** | * Video about the making of chocolate from tree to bar: <https://www.youtube.com/watch?v=V-4FsJ6-bzc> * Have a mobile chocolate party and give out the recipe and the word search provided.   + [Chocoholics Word Search](https://mymasterpieceliving.com/resource/chocolate-word-search/)   + [No-Bake Freezer Chocolate Recipe](https://mymasterpieceliving.com/resource/no-bake-freezer-chocolate/) |
| **July 11th**  **National Cheer Up the Lonely Day** | * Make someone laugh! * [Riddles](https://mymasterpieceliving.com/resource/riddles/) and [Jokes](https://mymasterpieceliving.com/resource/jokes/) Printable sheets * Encourage residents and team members to keep a Gratitude Journal.   + 3 Gratitude journal templates:     - [Gratitude Journal #1](https://mymasterpieceliving.com/resource/gratitude-journal-template-1/)     - [Gratitude Journal #2](https://mymasterpieceliving.com/resource/gratitud-journal-templates-2/)     - [Gratitude Journal #3](https://mymasterpieceliving.com/resource/gratitude-journal-template-3/) * Create an art project for team members and residents making stamped clay bowls and everyone plans to give it to another person with a "We are all in this together!” quote. [Instructions for stamped clay bowls](https://www.gatheringbeauty.com/blog/2014/06/diy-stamped-clay-bowls.html) * **The 4th Annual UnLonely Festival:** <https://artandhealing.org/uff4>   Stream 35+ films curated to inspire, enlighten, elevate and inform. Their goal is to provide a sense of connectedness. On each film page, there are opportunities to reflect and engage.   * Bring the community together with a [Collaborative Art Ideas](https://mymasterpieceliving.com/resource/collaborative-art-ideas/). Share where the art piece will be displayed after everyone (TMs and residents) completes their piece. * **Positive Psychology’s list:** [The Power of Gratitude TED Talks and videos](https://positivepsychology.com/gratitude-ted-talks-videos/) * Have family members, friends, or TMs call residents using the life story questions from Lives Well Lived. If permissioned, post stories in the newsletter. * **Sky Bergman’s** [Lives Well Lived Questions](https://mymasterpieceliving.com/training/lives-well-lived-sky-bergmans-interview-questions/) |
| **July 19th**  **National Ice Cream Day** | * **PBS article to print:**  [Explore the Delicious History of Ice Cream](https://mymasterpieceliving.com/resource/the-delicious-history-of-ice-cream/) * Schedule an Ice Cream Food Truck to visit the community or Host a travelling Ice Cream Sundae Cart. * Organize a Zoom Ice Cream Social in the afternoon. * **Ice Cream Jeopardy:** easy to printquestions sheet, answers, look up fact source links, edit, download, or set up game for multiple players online.   Source: <https://jeopardylabs.com/print/ice-cream3>   * Provide **Root Beer Floats** while playing a radio broadcast of the final innings of baseball game. (Easy to deliver ahead of time: ice cream cups and cans of root beer)   Download historical broadcasts of baseball games between 1934-1966.  Source: Old Time Radio Downloads  <https://www.oldtimeradiodownloads.com/sports/baseball-games/13?display=324>   * **Homemade Ice cream in a bag:**   Printed instructions: [Ice Cream in a Bag Recipe](https://mymasterpieceliving.com/resource/ice-cream-in-a-bag-recipe/)  To print instructions with pictures: <https://www.thebestideasforkids.com/wprm_print/9085>   * Share this list of[Most Unusual Ice Cream Flavors](https://mymasterpieceliving.com/resource/unusual-ice-cream-flavors/). Ask your dining team to make one of the unusual flavors of ice cream. |
| **July 30th International Day of Friendship** | * Pass out this list of ideas to celebrate a friend:   [Friend Celebrations](https://mymasterpieceliving.com/resource/friend-celebrations/)   * Set up a graham service (flowers, cocktails, gift cards, or sweet treats) - offer residents and team members items they can purchase and send to someone in the community.. * Have a social distanced writing circle using these [Friendship Writing Prompts](https://mymasterpieceliving.com/resource/friendship-writing-prompts/). * Share these quotes on internal TV channel or in the newsletter. [Friendship Quotes](https://mymasterpieceliving.com/resource/friendship-quotes/). |