

# RendeverLive™

## July 2021 Event Calendar

Rendever offers a variety of live programming every weekday for senior living communities to tune in and enjoy. Start each Monday, Wednesday, and Friday with a mindfulness session, don't miss our adventure and education series each Tuesday and Thursday afternoon. There are also special events like Trivia and Laughter Yoga planned throughout the month!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Famous Canadians	2 <b>11:00 am</b> EDT <b>Visualization</b> Attitude of Gratitude
5 <b>11:00 am</b> EDT <b>Mindfulness</b> Stimulating Creativity	6 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Independence Day  <b>4:30 pm</b> EDT <b>Chair Yoga</b>	7 <b>11:00 am</b> EDT <b>Breathing Technique</b> Breathwork to Spark Creativity  <b>4:30 pm</b> EDT <b>Trivia</b>	8 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Find the Animals	9 <b>11:00 am</b> EDT <b>Visualization</b> Creative Visualization
12 <b>11:00 am</b> EDT <b>Mindfulness</b> Developing Patience	13 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Reykjavik	14 <b>11:00 am</b> EDT <b>Breathing Technique</b> Breathwork for Patience  <b>4:30 pm</b> EDT <b>Trivia</b>	15 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Here's the Scoop	16 <b>11:00 am</b> EDT <b>Visualization</b> Making Space for Patience
19 <b>11:00 am</b> EDT <b>Mindfulness</b> Balancing the Body and Mind	20 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Machu Picchu	21 <b>11:00 am</b> EDT <b>Breathing Technique</b> Alternate Nostril Breathing  <b>4:30 pm</b> EDT <b>Trivia</b>	22 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Summer Blockbusters	23 <b>11:00 am</b> EDT <b>Visualization</b> Finding Inner Balance
26 <b>11:00 am</b> EDT <b>Mindfulness</b> Cultivating Compassion	27 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Summer Olympic Sports	28 <b>11:00 am</b> EDT <b>Breathing Technique</b> Compassionate Body Scan  <b>4:30 pm</b> EDT <b>Trivia</b>	29 <b>2:00 pm</b> EDT <b>Adventure &amp; Travel</b> Famous Artists	30 <b>11:00 am</b> EDT <b>Visualization</b> Loving Kindness Meditation  <b>2:30 pm</b> EDT <b>Laughter Yoga</b>