

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

# July 2026


1  
 9:30 Greet the Day  
 10:30 Chair Tai Chi  
 11:30 Sing along with Suzy Q  
 1:00 July Fun Facts  
**2:30 Exercise with AIM**  
 4:30 Finish the Expression  
 6:00 Beach Ball Toss



Canada Day

2  
 9:30 Greet the Day  
 10:30 Morning Movement  
 11:30 Fun and Games  
 1:00 Fascinating Facts  
**1:10 Reds Game in common area**  
 2:30 Cooking Club  
 4:30 Reflect and Reminisce  
 6:00 Parachute Fun


3  
 9:30 Greet the Day  
 10:30 Noodle Ball  
 11:30 Golden Memories  
**1:00 Music w/ Michelle**  
 2:30 Snack and Chat  
 4:30 Craft and Color  
 6:00 Kick the Ball



National Doughnut Day!

4  
 9:30 Greet the Day  
 10:30 Sit and Be Fit  
 11:30 Down Memory Lane  
 1:00 Arts and Crafts  
**2:00 FOURTH of JULY CELEBRATION**  
 3:30 Alphabet Games  
 6:00 Saturday at the Movies

5  
 10:00 Greet the Day  
 10:30 Let's Exercise  
 11:30 Gospel Music Sing Along  
 1:00 Finish the Saying  
 2:00 Devotions  
 3:30 Name 5



6  
 9:30 Greet the Day  
 10:30 Chair Yoga  
 11:30 Topic Talk  
 1:00 BINGO!  
**2:30 Exercise with AIM**  
 4:00 Finish the Expression  
 6:00 Rhythm Band


7  
 9:30 Greet the Day  
**10:30 Sittercise w/ PurposeCare**  
 11:30 Nature Notes  
 1:00 Down Memory Lane  
 2:30 Catagory Trivia  
 4:30 Basketball  
 6:00 Coloring Fun

8  
 9:30 Greet the Day  
 10:30 Core Strengthening  
 11:30 Sing Along with Suzy Q  
 1:00 Topic Talk  
**2:00 National Freezer Pop Day**  
**2:30 Exercise with AIM**  
 4:30 Wild Wonders  
 6:00 Kick the Ball

9  
 9:30 Greet the Day  
 10:30 Fitness Fun  
 11:30 Finish the Expression  
 1:00 Crafting Fun  
 2:30 Rhythm Band  
 4:30 Helping Hands  
 6:00 Kick the Ball

10  
 9:30 Greet the Day  
 10:30 Gentle Stretch  
 11:30 Fun and Games  
 1:00 Fascinating Facts  
 2:30 Manicure and a Movie  
 4:30 Name 5  
 6:00 Parachute Fun

11  
 9:30 Greet the Day  
 10:30 Sit and Be Fit  
 11:30 Down Memory Lane  
 1:00 Fun & Games  
 2:00 BINGO!  
 3:30 Alphabet Games  
 6:00 Saturday at the Movies




12  
 10:00 Greet the Day  
 10:30 Movin' to the Music  
 11:30 Gospel Music Sing Along  
 1:00 Finish the Saying  
 2:00 Devotions  
 3:30 Trivia

13  
 9:30 Greet the Day  
 10:30 Fitness Fun  
 11:30 Trivia Time  
 1:00 Did you know?  
**2:30 Exercise with AIM**  
**4:00 Massage with Deb**  
 6:00 Noodle Ball

14  
 9:30 Greet the Day  
**10:30 Sittercise w/ PurposeCare**  
 11:30 Finish the Expression  
 1:00 Orientation Trivia  
 2:30 Art Works  
 4:30 Through the Years  
 6:00 Beach Ball Toss

15  
 9:30 Greet the Day  
 10:30 Chair Tai Chi  
 11:30 Fascinating Facts  
 1:00 BINGO!  
**2:30 Exercise with AIM**  
 4:30 Brain Games  
 6:00 Coloring Fun

16  
 9:30 Greet the Day  
 10:30 Morning Movement  
 11:30 Helping Hands  
 1:00 Baking Buddies  
 2:30 Manicure and a Movie  
 4:30 Then and Now  
 6:00 Kick the Ball




17  
 9:30 Greet the Day  
 10:30 Noodle Ball  
 11:30 Trivia Time  
**1:00 Music w/ Michelle**  
 2:30 Memory Match  
 4:30 Craft and Color  
 6:00 Parachute Fun

18  
 9:30 Greet the Day  
 10:30 Sit and Be Fit  
 11:30 Down Memory Lane  
 1:00 Arts and Crafts  
 2:00 BINGO!  
 3:30 Alphabet Games  
 6:00 Saturday at the Movies

19  
 10:00 Greet the Day  
 10:30 Let's Exercise  
 11:30 Gospel Music Sing Along  
 1:00 Finish the Saying  
 2:00 Devotions  
**3:30 Name 5**

20  
 9:30 Greet the Day  
 10:30 Chair Yoga  
 11:30 Historic Happenings  
 1:00 Topic Talk  
**2:30 Exercise with AIM**  
 4:00 Fun & Games  
 6:00 Rhythm Band

21  
 9:30 Greet the Day  
**10:30 Sittercise w/ PurposeCare**  
 11:30 Trivia Time  
 1:00 Historic Happenings  
**2:30 Birthday Party**  
 4:30 Helping Hands  
 6:00 Parachute Fun



22  
 9:30 Greet the Day  
 10:30 Core Strengthening  
 11:30 Word Games  
**12:40 Reds Game in common area**  
 1:00 Reflect and Reminisce  
**2:30 Exercise with AIM**  
 4:30 BINGO!  
 6:00 Kick the Ball


23  
 9:30 Greet the Day  
 10:30 Fitness Fun  
 11:30 Topic Talk  
 1:00 Sing Along with Mary Sue  
 2:30 Solitaire  
 4:30 Trivia Time  
 6:00 Coloring Fun

24  
 9:30 Greet the Day  
 10:30 Core Exercises  
 11:30 Word Games  
 1:00 **BINGO!**  
**2:30 Franfurter Friday**  
 4:30 Would you Rather?  
 6:00 Rhythm Band

25  
 9:30 Greet the Day  
 10:30 Sit and Be Fit  
 11:30 Down Memory Lane  
 1:00 Fun & Games  
 2:00 BINGO!  
 3:30 Alphabet Games  
 6:00 Saturday at the Movies



26  
 10:00 Greet the Day  
 10:30 Movin' to the Music  
 11:30 Gospel Music Sing Along  
 1:00 Finish the Saying  
 2:00 Devotions  
 3:30 Trivia



27  
 9:30 Greet the Day  
 10:30 Fitness Fun  
 11:30 Fascinating Facts  
 1:00 Do You Remember  
**2:30 Exercise with AIM**  
**4:00 Massage with Deb**  
 6:00 Noodle Ball

28  
 9:30 Greet the Day  
**10:30 Sittercise w/ PurposeCare**  
 11:30 Fun & Games  
 1:00 Family Traditions  
 2:00 Solitaire  
 4:00 Ring Toss  
 6:00 Kick the Ball

29  
 9:30 Greet the Day  
 10:30 Tai Chi  
 11:30 Sing along with Suzy Q  
 1:00 Travel Time  
**2:30 Exercise with AIM**  
 4:30 Finish the Expression  
 6:00 Beach Ball Toss

30  
 9:30 Greet the Day  
 10:30 Morning Movement  
 11:30 Fun and Games  
 1:00 Fascinating Facts  
 2:30 Cooking Club  
 4:30 Reflect and Reminisce  
 6:00 Parachute Fun

31  
 9:30 Greet the Day  
 10:30 Noodle Ball  
 11:30 Golden Memories  
**1:00 Music w/ Michelle**  
 2:00 Bowling  
 4:30 Craft and Color  
 6:00 Kick the Ball

**Josephine Memory Care**

