

July 2026 Active Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>8:30 Praise & Worship 9:00 Happy Feet Sunday 10:00 Hydration Cart and Snacks 10:00 Strike A Pose: Yoga Class 10:30 Brain Teaser: Puzzles 11:00 Wellness Talk: Discussion (Lungs) 1:00 Bingo 2:00 Leg and Feet Exercise Class 2:30 Fireworks: Breathing Exercise 3:00 Hydration Cart and Snacks 3:00 Table Air Hockey 4:00 Hollywood Hideaway</p>	<p>8:30 Monday Scavenger Walk 10:00 Hydration Cart and Snacks 10:00 Board game Tables 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Connect Four 4:00 Netflix:</p>	<p>8:30 Strolling Tuesday Walks 10:00 Hydration Cart and Snacks 10:00 Grow Wiser: Garden Club 10:30 Classic Karaoke Sing-Along 11:00 Indoor Bowling 1:00 Bingo 2:00 Leg Race 2:30 Story Time! 3:00 Hydration Cart and Snacks 3:00 Enhance Motor Skills 4:00 Movie Madness</p> <p>Happy Birthday Carmen S</p>	<p>8:30 Wild Walk Wednesdays 10:00 Hydration Cart and Snacks 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Sole Searching Thursday 10:00 Hydration Cart and Snacks 10:00 Self Love Affirmations 10:30 Ping Pong 11:00 Balloon Tennis 1:00 Bingo 2:00 Brush Hour: Painting Class 2:00-4:00 Tech Thursdays 2:30 WINE anyone? (Sparkling wine) 3:00 Hydration Cart and Snacks 3:00 Music Therapy (1940s) 4:00 Netflix: movie choice</p>	<p>8:30 Friday Fun Walk 10:00 Hydration Cart and Snacks 10:00 4th of July Parada 10:30 Arm & Shoulder Exercise 11:00 Room Visits 1:00 Bingo 2:00 Bean Bag Toss 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 Blackjack, Poker & Solitaire 4:00 Screening Under the Stars</p>	<p>8:30 Bubble Walk Saturdays 10:00 Hydration Cart and Snacks 10:00 4th of July Parada 10:30 Arm & Shoulder Exercise 11:00 Room Visits 1:00 Bingo 2:00 Bean Bag Toss 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 Blackjack, Poker & Solitaire 4:00 Screening Under the Stars</p>
<p>8:30 Praise & Worship 9:00 Happy Feet Sunday 10:00 Hydration Cart and Snacks 10:00 Strike A Pose: Yoga Class 10:30 Brain Teaser: Puzzles 11:00 Wellness Talk: Discussion (Lungs) 1:00 Bingo 2:00 Leg and Feet Exercise Class 2:30 Fireworks: Breathing Exercise 3:00 Hydration Cart and Snacks 3:00 Table Air Hockey 4:00 Hollywood Hideaway</p>	<p>8:30 Monday Scavenger Walk 10:00 Hydration Cart and Snacks 10:00 Board game Tables 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Netflix:</p>	<p>8:30 Strolling Tuesday Walks 10:00 Hydration Cart and Snacks 10:00 Grow Wiser: Garden Club 10:30 Classic Karaoke Sing-Along 11:00 Indoor Bowling 1:00 Bingo 2:00 Leg Race 2:30 Moo Cow Project 3:00 Hydration Cart and Snacks 3:00 Enhance Motor Skills 4:00 Movie Madness</p> <p>Happy Birthday Amelia R Happy Birthday Marcos L</p>	<p>8:30 Wild Walk Wednesdays 10:00 Hydration Cart and Snacks 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Sole Searching Thursday 10:00 Hydration Cart and Snacks 10:00 Self Love Affirmations 10:30 Ping Pong 11:00 Balloon Tennis 1:00 Bingo 2:00-4:00 Tech Thursdays 2:00 Brush Hour: Painting Class 2:30 Word Boggle 3:00 Hydration Cart and Snacks 3:00 Music Therapy (1940s) 4:00 Netflix: movie choice</p>	<p>8:30 Friday Fun Walk 10:00 Hydration Cart and Snacks 10:00 I Knew That! - 1950s Pop Quiz 10:30 Arm & Shoulder Exercise 11:00 Room Visits 1:00 Bingo 2:00 Make Your Own Sundaes 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 Blackjack, Poker & Solitaire 4:00 Screening Under the Stars</p>	<p>8:30 Bubble Walk Saturdays 10:00 Hydration Cart and Snacks 10:00 Spelling Bee Contest 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>
<p>8:30 Praise & Worship 9:00 Happy Feet Sunday 10:00 Hydration Cart and Snacks 10:00 Strike A Pose: Yoga Class 10:30 Brain Teaser: Puzzles 11:00 Wellness Talk: Discussion (Oral Care) 1:00 Bingo 2:00 Leg and Feet Exercise Class 2:30 Fireworks: Breathing Exercise 3:00 Hydration Cart and Snacks 3:00 Table Air Hockey 4:00 Hollywood Hideaway</p>	<p>8:30 Monday Scavenger Walk 10:00 Hydration Cart and Snacks 10:00 Board game Tables 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Netflix:</p>	<p>8:30 Strolling Tuesday Walks 10:00 Hydration Cart and Snacks 10:00 Grow Wiser: Garden Club 10:30 Classic Karaoke Sing-Along 11:00 Indoor Bowling 1:00 Bingo 2:00 Leg Race 2:30 Moo Cow Project 3:00 Hydration Cart and Snacks 3:00 Enhance Motor Skills 4:00 Movie Madness</p>	<p>8:30 Wild Walk Wednesdays 10:00 Hydration Cart and Snacks 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Sole Searching Thursday 10:00 Hydration Cart and Snacks 10:00 Self Love Affirmations 10:30 Ping Pong 11:00 Balloon Tennis 1:00 Bingo 2:00-4:00 Tech Thursdays 2:00 Brush Hour: Painting Class 2:30 Word Boggle 3:00 Hydration Cart and Snacks 3:00 Music Therapy (1940s) 4:00 Netflix: movie choice</p>	<p>8:30 Friday Fun Walk 10:00 Hydration Cart and Snacks 10:00 I Knew That! - 1960s Pop Quiz 10:30 Arm & Shoulder Exercise 11:00 AM P.J. Contest 1:00 Bingo 2:00 Bean Bag Toss 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 PM P.J. Contest 4:00 Screening Under the Stars</p>	<p>8:30 Bubble Walk Saturdays 10:00 Hydration Cart and Snacks 10:00 Spelling Bee Contest 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p> <p>Happy Birthday Nancy T</p>
<p>8:30 Praise & Worship 9:00 Happy Feet Sunday 10:00 Hydration Cart and Snacks 10:00 Strike A Pose: Yoga Class 10:30 Brain Teaser: Puzzles 11:00 Wellness Talk: Discussion (Hands) 1:00 Bingo 2:00 Happy Hour - Ice Cream Party 2:30 Fireworks: Breathing Exercise 3:00 Hydration Cart and Snacks 3:00 Table Air Hockey 4:00 Hollywood Hideaway</p>	<p>8:30 Monday Scavenger Walk 10:00 Hydration Cart and Snacks 10:00 Fine Arts- 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Rock n Roll Trivia 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Tic Tac Toe 4:00 Netflix:</p>	<p>8:30 Strolling Tuesday Walks 10:00 Hydration Cart and Snacks 10:00 Grow Wiser: Garden Club 10:30 Classic Karaoke Sing-Along 11:00 Indoor Bowling 1:00 Bingo 2:00 Leg Race 2:30 Story Time! 3:00 Hydration Cart and Snacks 3:00 Enhance Motor Skills 4:00 Movie Madness</p>	<p>8:30 Wild Walk Wednesdays 10:00 Hydration Cart and Snacks 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 12:00 Jammin w/ Jimmy Lee 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Sole Searching Thursday 10:00 Hydration Cart and Snacks 10:00 Self Love Affirmations 10:30 Ping Pong 11:00 Balloon Tennis 1:00 Bingo 2:00-4:00 Tech Thursdays 2:30 Frozen Margarita Party 2:30 Word Boggle 3:00 Hydration Cart and Snacks 3:00 Music Therapy (1940s) 4:00 Netflix: movie choice</p>	<p>8:30 Friday Fun Walk 10:00 Hydration Cart and Snacks 10:00 I Knew That! - 1970s Pop Quiz 10:30 Arm & Shoulder Exercise 11:00 Beach sand art Project 1:00 Bingo 2:00 Bean Bag Toss 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 Blackjack, Poker & Solitaire 4:00 Screening Under the Stars</p>	<p>8:30 Bubble Walk Saturdays 10:00 Hydration Cart and Snacks 10:00 Spelling Bee Contest 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Water Gun Fight Outback 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>
<p>8:30 Praise & Worship 9:00 Happy Feet Sunday 10:00 Hydration Cart and Snacks 10:00 Strike A Pose: Yoga Class 10:30 Brain Teaser: Puzzles 11:00 Wellness Talk: Discussion (Neck) 1:00 Bingo 2:00 Leg and Feet Exercise Class 2:30 Fireworks: Breathing Exercise 3:00 Hydration Cart and Snacks 3:00 Table Air Hockey 4:00 Hollywood Hideaway</p>	<p>8:30 Monday Scavenger Walk 10:00 Hydration Cart and Snacks 10:00 Board game Tables 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Trivia Game 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Netflix:</p>	<p>8:30 Strolling Tuesday Walks 10:00 Hydration Cart and Snacks 10:00 Grow Wiser: Garden Club 10:30 Classic Karaoke Sing-Along 11:00 Indoor Bowling 1:00 Bingo 2:00 Leg Race 2:30 Story Time! 3:00 Hydration Cart and Snacks 3:00 Enhance Motor Skills 4:00 Movie Madness</p>	<p>8:30 Wild Walk Wednesdays 10:00 Hydration Cart and Snacks 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Friendship bracelets 2:30 Balloon Toss 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Sole Searching Thursday 10:00 Hydration Cart and Snacks 10:00 Spelling Bee Contest 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 12:00 Residents Birthday Party 1:00 Bingo 2:00 Resident Council Meeting 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>	<p>8:30 Friday Fun Walk 10:00 Hydration Cart and Snacks 10:00 I Knew That! - 1970s Pop Quiz 10:30 Arm & Shoulder Exercise 11:00 Beach sand art Project 1:00 Bingo 2:00 Bean Bag Toss 2:30 Stroll Down Memory Lane 3:00 Hydration Cart and Snacks 3:00 Blackjack, Poker & Solitaire 4:00 Screening Under the Stars</p>	<p>8:30 Bubble Walk Saturdays 10:00 Hydration Cart and Snacks 10:00 Spelling Bee Contest 10:30 Neck & Shoulder Massages 11:00 Silent Basketball 1:00 Bingo 2:00 Water Gun Fight Outback 2:30 Balloon Tennis 3:00 Hydration Cart and Snacks 3:00 Hang Man 4:00 Spotlight Soiree</p>