

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living Activities may vary July 2026 "Stars, stripes, and sunshine."			Postal Worker Day. 1 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Bingo- AR 1:30 CVS 2:30 Arts & Crafts- AR 3:30 Rummikub- LR Canada Day	2 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 MICHAEL (The movie)- LR	3 9:15 Tea &Talk- AR 10:30 Volleyball- LR 10:30 Ralph's 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 Target 2:30 Yoga w/ Jenny- LR 3:30 Rummikub- AR	Independence Day. 4 9:15 Tea and Talk-AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 12:00 Independence Day Celebration- DR 2:30 Movie Matinee- LR
Back To The Future 5 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR	6 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 Dollar Tree Store 2:30 Limericks w/ Lou- AR 3:30 Pictionary- AR	7 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 2:30 Hangman Challenge 3:45 Rummikub- AR	Avocado Day. 8 9:15 Tea & Talk- AR 10:00 Chase Bank 10:30 Volleyball- LR 10:30 CVS 11:15 Stretch & Flex- LR 1:15 Arts & Crafts- AR 2:30 Rummikub- AR 3:30 Happy Hour- LR	Rock Around the Clock Day. 9 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Ageless Strength- AR 3:45 Dance Fitness- AR	10 9:15 Tea and Talk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 DD's 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:30 Rummikub For Beginners- AR	11 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
Social Wellness Week 12 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:45 Bingo- AR 2:30 Movie Night- LR (See Posting)	13 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo w/ Celso & Jerrod- AR 2:30 Limericks w/ Lou- AR 3:30 Pictionary- AR	MLB All-Star Game 14 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Fun Trivia Tuesday- AR 1:15 Frappé & Friends Outing 2:30 Music Recall- AR 3:30 Homerun Celebration!-AR	Relaxation Day. 15 9:15 Tea & Talk- AR 10:00 Volleyball- LR 10:00 Scan OTC- AR 11:15 Stretch & Flex - LR 1:30 Arts & Crafts w/ Theresa- LR 1:30 Walgreen's 2:45 Spa Hour- LR	Employee Appreciation Day. 16 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Bingo- AR 2:45 Rummikub- AR 3:45 Dance Fitness- AR	Disneyland Celebration 17 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:00 Walmart 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Pictionary- LR	18 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
19 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	International Day of Chess 20 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 1:30 Post Office 2:30 Limericks w/ Lou- AR 3:30 Board Games- AR	21 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Unity In Motion- LR 3:30 Bullseye!- AR	22 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 Green Apple Restaurant 11:15 Stretch & Flex- LR 1:30 Spanish 101- AR 3:30 Happy Hour- LR	Gorgeous Grandma Day. 23 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Ageless Strength- AR 3:45 Forever Fabulous!- LR	24 9:15 Morning Walk- AR 10:30 Volleyball - LR 10:30 Trader Joe's 11:15 Stretch & Flex- LR 1:15 Marshall's 1:30 Exploring History- AR 2:30 Yoga w/Jenny- LR 3:30 Jewelry Making- AR	25 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex-LR 1:15 Bingo- AR 2:30 Movie Matinee- LR
Women's Equality Day. 26 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:30 Bingo- AR 2:30 Movie Night- LR (See Posting)	27 9:15 Tea & Talk- AR 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:30 Bingo- AR 2:30 Limericks w/ Lou- AR 3:30 Pictionary- AR	28 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:00 Brent's Deli 11:15 Sit & Fit- LR 1:15 Trivia Tuesday- AR 2:30 Bullseye!- AR 3:30 Memories & Moments- LR	National Ice Cream Day. 29 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 Resident Council Meeting-LR 1:30 Town Hall-LR 3:30 Ice Cream Social w/ Theresa- AR	International Day of Friendship 30 9:15 Tea & Talk- AR 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 Bingo- AR 2:45 Ageless Strength- LR 3:30 Arts & Crafts- LR	31 9:15 Tea & Talk- AR 10:30 Volleyball - LR 10:30 Ralph's Market 11:15 Stretch & Flex- LR 1:15 The Plant Shopping Center 1:30 Exploring History- AR 2:30 Yoga w/ Jenny- LR 3:45 Fun Trivia- AR	Room Key: AR- Activity Room DR- Dining Room LR- Living Room RG- Rear Garden CQ- Center Quad

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Memory Care Activities may vary July 2026 "Sunshine, smiles and simple joys."			1 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:30 Arts & Crafts 2:30 Bingo 3:30 Math 101	2 9:15 Walk & Chat 9:30 Sunshine Outing 9:45 Sit & Fit 10:30 Balloon Volleyball 1:00 Name That Tune! 2:15 Balance and Fun 3:00 Poetry Reading	3 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Card Match 1:00 Balloon Racquetball 1:30 Bingo 2:30 Music & Memories 3:30 Yoga w/Jenny	Independence Day 4 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Music & Smiles 12:00 Independence Day Celebration! 1:30 Creative Time 2:30 Ping Pong Pathways 3:30 Reading 101
Back To The Future Day 5 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Fun with Letters 1:30 Bullseye 2:30 Art & Sensory Activity 3:30 Trivia	6 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Card match 1:30 Math 101 2:30 Bingo! 3:30 Folding Fun	7 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art & Coloring 1:45 Skill Builders 2:30 Memory Lane Scents 3:30 Bounce Into Fun	Avocado Day 8 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Arts & Crafts 1:00 Music & Smiles 1:30 Ice Cream Social 2:00 Bundle of Joy Celebration- AL/DR 3:30 Happy Hour!	Rock Around The Clock Day 9 9:15 Walk & Chat 9:30 Road Trip Thursday 9:45 Sit & Fit 10:30 Warm Chocolate Social 1:00 Memory Lane Scents 1:45 Balloon Volleyball 2:15 Ageless Strength	10 9:15 Happy Feet 9:45 Soothing Movements 10:30 Fun with Letters 1:00 Reminiscing 1:30 Bingo 2:30 Disco Fever 3:30 Yoga w/ Jenny	11 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Art Sensory Activity 1:00 Volleyball 1:30 Sing-Along 2:30 History Lesson 3:30 Comfort & Conversation
Social Wellness Week 12 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Bullseye 1:00 Card Match 1:45 Bullseye 2:30 Sing-along 3:30 Ice Cream Social	13 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Draw & Fun! 1:30 Math 101 2:30 Memory Lane Scents 3:30 Manicure Monday	MLB All-Star Game 14 9:15 Stretch & Flex 9:45 Folding Fun 10:30 Sing-along 1:00 Trivia Tuesday 1:30 Reminiscing 2:30 Fun with Letters 3:30 Helping Hands	Relaxation Day 15 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts 2:30 Bingo Time 3:30 Comfort & Spa	Employee Appreciation Day 16 9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along 2:15 Hangman Challenge 3:00 Memory In Rhyme	Disneyland Celebration Day 17 9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 History w/ Emma 1:30 Bingo 2:30 Sensory trivia 3:30 Yoga w/ Jenny	18 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Aroma Therapy 1:00 Music & Smiles 1:30 Outdoor Social 2:30 Mind & Senses 3:30 Reminiscing
19 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Fun with Letters 1:00 Music & Smiles 1:30 Creative Time 2:30 Skill Builders 3:30 Racquetball	20 9:15 Morning Walk 9:45 Soothing Movements 10:30 Kickball 1:00 Arts & Crafts 1:30 Bingo 2:30 Let's Bake Cookies! 3:30 Reminiscing Comfort	21 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Ball Toss 1:00 Sing-along 1:30 Memory Lane Scents 2:30 Art Sensory Activity 3:30 Unity In Motion	22 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Green Thumb Time 1:00 Music & Smiles 1:30 Volleyball 2:00 Movie & refreshments 3:30 Happy Hour!	23 9:15 Walk & Chat 9:30 Fun Time Outing 9:45 Sit & Fit 10:30 Puzzle Building 1:00 Sing-along 1:30 Lots of Dots Art 2:15 Ageless Strength 3:00 Helping Hands	24 9:15 Happy Feet 9:45 Soothing Movements 10:30 Balloon Volleyball 1:00 Outdoor Sensory Activity 1:30 Bingo 2:30 Karaoke 3:30 Yoga w/Jenny	25 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Sing-along 1:00 History Lesson 1:30 Garden Smiles 2:30 Social Hour 3:00 Show & Tell
26 9:15 Sit & Fit 9:45 Walk & Chat 10:30 Music & Smiles 1:00 Read Aloud 1:30 Racquetball 2:30 Bullseye 3:30 Comfort & Conversation	27 9:15 Morning Walk 9:45 Soothing Movements 10:30 Balloon Toss/ Kick 1:00 Fun with Letters 1:30 Creative Time 2:30 Bingo 3:30 Manicure Monday	28 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Let's Dance! 1:00 Trivia Tuesday 1:30 Bingo! 2:30 Arts & Crafts 3:30 Comfort & Conversation	29 9:15 Happy Feet Walk 9:45 Soothing Movements 10:30 Music & Smiles 1:00 Racquetball 1:30 Arts & Crafts 2:30 Bingo Time 3:30 Comfort & Conversation	30 9:15 Walk & Chat 9:30 Thursday Stroll Outing 9:45 Sit & Fit 10:30 Read Aloud 1:15 Sing-along 2:15 Ageless Strength 3:00 Memory In Rhyme	31 9:15 Happy Feet 9:45 Soothing Movements 10:30 Memory Lane Scents 1:00 History w/ Emma 1:30 Bingo 2:30 Sensory trivia 3:30 Yoga w/ Jenny	Room Key: RG- Rear Garden DR- Assisted Living Dining Room