

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Winding Commons Senior Living			1 9:00 am Full Body Exercise w/Caroline-ER 11:00 am Birthday Brunch Celebration-DR 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/ Del & Susan-MR 3:30 pm Activities Raffle-MR 6:00 pm Tabletop Games w/Judith -2FGR 8:00pm Firework Show-PL	2 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 9:45 am Richards Donuts-L 2:30 pm Seated Badminton w/Caroline-ER	3 HAPPY BIRTHDAY, GLEN S! 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Ruthie-MR STAFF HOLIDAY	4 INDEPENDENCE DAY 
5 HAPPY BIRTHDAY, JOANNE S! 9:30 am Full Body Exercise-ER 1:00 pm Water Painting-ER 1:30 pm Bridge w/John-MR	6 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 10:45 am Garden Club-Patio 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER	7 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Alpha One Blood Pressure-MR 9:45 am Trivia w/Caroline-MR 1:00 pm Poker Walk-MR 2:00-3:00 Avalon Hearing Aids-MR 6:30 pm Bingo w/Lois-MR	8 9:00 am Full Body Exercise w/Caroline-ER 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/Alincia Vela-MR 6:00 pm Tabletop Games w/Judith -2FGR	9 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 2:30 pm Cup Pong w/Caroline-ER	10 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Ruthie-MR	11 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 2:30 pm Cornhole-ER
12 9:30 am Full Body Exercise-ER 1:00 pm Coloring Pages-ER 1:30 pm Bridge w/John-MR	13 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER	14 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Trivia w/Caroline-MR 1:00 pm Chef's Chat-MR 2:00 pm Craft Class w/Caroline-CR 6:30 pm Bingo w/Lois-MR	15 HAPPY BIRTHDAY, CHARLOTTE M! 9:00 am Full Body Exercise w/Caroline-ER 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/Todd Morgan-MR 6:00 pm Tabletop Games w/Judith -2FGR	16 HAPPY BIRTHDAY, RUTHIE C! 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 1:30 pm Teaching Kitchen-DR 2:30 pm Seated Badminton w/Caroline-ER	17 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Ruthie-MR	18 HAPPY BIRTHDAY, DOROTHY H! 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 2:30 pm Volleyball-ER
19 9:30 am Full Body Exercise-ER 1:00 pm Card Making-ER 1:30 pm Bridge w/John-MR	20 HAPPY BIRTHDAY, CONNIE N! 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 10:45 am Garden Club-Patio 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER	21 HAPPY BIRTHDAY, KAREN P! 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Alpha One Blood Pressure-MR 9:45 am Trivia w/Caroline-MR 2:00 pm Speed Bingo w/Caroline-MR 6:30 pm Bingo w/Lois-MR	22 9:00 am Full Body Exercise w/Caroline-ER 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/The Deleons-MR 6:00 pm Tabletop Games w/Judith -2FGR	23 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 2:30 pm Cup Pong w/Caroline-ER	24 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno w/Kristie-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Ruthie-MR	25 HAPPY BIRTHDAY, MARLYS B! HAPPY BIRTHDAY, PHYLLIS R! 9:30 am Full Body Exercise-ER 12:30 pm Sequence w/Willard-MR 2:30 pm Indoor Golf-ER
26 9:30 am Full Body Exercise-ER 1:00 pm Bookmark Decorating-ER 1:30 pm Bridge w/John-MR	27 9:00 am Video Exercise-ER 9:45 am The Game Pictionary w/Caroline-ER 1:00 pm Word Makers-ER 2:30 pm Beanbag Baseball-ER	28 9:00 am Full Body Exercise w/Caroline-ER 9:45 am Trivia w/Caroline-MR 2:30 pm New Resident Tea Social-MR 6:30 pm Bingo w/Lois-MR	29 9:00 am Full Body Exercise w/Caroline-ER 12:30 pm Stitch N Time-MR 2:30 pm Happy Hour w/Mike Ely-MR 6:00 pm Tabletop Games w/Judith -2FGR	30 9:00 am Yoga w/Tracy-ER 9:00 am Wii Bowling-MR 2:30 pm Seated Badminton w/Caroline-ER	31 9:00 am Yoga w/Tracy-ER 9:45 am The Game Blank Slate-MR 1:00 pm Pokeno-MR 2:30 pm Resident Wine Social (BYOB)-MR 6:30 pm Bingo w/Ruthie-MR	

ER = Exercise Room, MR = Media Room, PL = Parking Lot, 2FGR = 2nd Floor Game Room, L = Lobby, DR = Dining Room, CR = Craft Room, PR = Pool Room, FPL = Front Parking Lot – All Activities are subject to change.