

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Happy 250th Anniversary America!			9:00 Exercise with Weights- RR 1 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 2:30 Patriotic Celebration & Sing-a-Long with Alincia & Jr.- Pies will be Served- RR 3:30 TV Trivia - RR 6:00 Residents Card Night - RR	9:00 Exercise with Weights- RR 2 9:00 Catholic Communion - CH 9:45 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Peter Morgan - RR 6:00 Bingo with Terry - RR	***Staff Holiday*** 3 9:00 Exercise with Weights - RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:30 250th Anniversary of the United States of America History Video - RR 3:30 USA Trivia Challenge - RR 6:00 Friday Night Movie - RR	*4th of July Holiday* 4 9:00 Tai Chi DVD - RR 9:45 Stretch & Strength Exercise 10:30 to 12:30 4th of July BBQ Brunch & To-go Dinner Pick-up 11:00 Seated Yoga - RR 11:30 Wii Bowling Session - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 5 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 2:00 Mahjong - LB 6:00 Bingo with Terry	9:00 Exercise with Weights- RR 6 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Puzzle Hour - LB	9:00 Exercise with Weights- RR 7 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD - RR 1:00 Gardening Club 2:30 Bean Bag Baseball - RR 3:30 National Chocolate Day Video - RR 6:00 Pencil Color Art - LB	9:00 Exercise with Weights- RR 8 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Card Night - RR	9:00 Exercise with Weights 9 9:00 Catholic Communion - CH 9:45 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Music with Alincia & Jr. - RR 6:00 Bingo with Terry- RR	9:00 Exercise with Weights - RR 10 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise - RR 1:00 Hydration Presentation with RX Healthcare - RR 3:00 Afternoon Bingo with Ginger - RR 6:00 Friday Night Movie - RR	9:00 Tai Chi DVD - RR 11 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 12:00 to 2:00 p.m. Golden Goodies Clothing Sale 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 12 9:45 Stretch & Strength DVD - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 2:00 Mahjong - LB 3:00 Chef Talk with Louis- RR 6:00 Bingo with Terry- RR	9:00 Exercise with Weights 13 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Puzzle Hour - LB	9:00 Exercise with Weights 14 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:00 Sprinkle & Batter Bakery Sale 12:30 Name that Tune with Piano Man Dan - RR 2:30 Bean Bag Baseball - RR 6:00 Pencil Color Art - LB	9:00 Exercise with Weights 15 9:30 Donut Social - RR 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Residents Card Night - RR	9:00 Exercise with Weights 16 9:00 Catholic Communion - CH 9:45 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour with Moon Glow Band - RR 6:00 Bingo with Terry - RR	9:00 Exercise with Weights- RR 17 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 12:30 Afternoon Bingo - RR 2:30 Karaoke Hour with Jim & Linda - Lemonade will be served - RR 6:00 Friday Night Movie	9:00 Tai Chi DVD - RR 18 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 3:00 Wii Sports - RR 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 19 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie- RR 3:00 Teaching Kitchen with Chef Louis: Watermelon 6:00 Bingo with Terry	9:00 Exercise with Weights 20 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Puzzle Hour - LB	9:00 Exercise with Weights 21 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:00 Veteran's Meeting 1:00 Gardening Club 2:30 Bean Bag Baseball 3:30 National Junk Food Day Video - RR 6:00 Pencil Color Art - LB	9:00 Exercise with Weights 22 9:00 Bible Study & Worship- CH 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Residents Card Night - RR	9:00 Exercise with Weights 23 9:00 Catholic Communion - CH 9:45 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour with Gary Blodgett - RR 6:00 Bingo with Terry - RR	9:00 Exercise with Weights- RR 24 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 1:30 Bean Bag Baseball Championship with Stadium Snacks & Beer 3:30 Amelia Earhart Day History Video - RR 6:00 Friday Night Movie	9:00 Tai Chi DVD - RR 25 9:45 Stretch & Strength Exercise 11:00 Seated Yoga - RR 11:00 a.m. to 2:00 p.m. Women's Clothing Boutique 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 2:00 Down Memory Lane - LB 6:00 Saturday Night Movie - RR
9:00 Tai Chi DVD - RR 26 9:45 Stretch & Strength DVD - RR 10:00 Brain Teasers - RR 11:00 Seated Exercise - RR 1:00 Afternoon Movie - RR 2:00 Mahjong - LB 6:00 Bingo with Terry	9:00 Exercise with Weights 27 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 POKENO - RR 2:00 Seated Volleyball-RR 3:00 Horse Races - RR 6:00 Puzzle Hour - LB	9:00 Exercise with Weights 28 9:45 Sit & Stretch Exercise - RR 10:30 Tai Chi Exercise DVD - RR 11:00 Seated Massages - CR 12:30 Name that Tune with Piano Man Dan - RR 2:30 Bean Bag Baseball - RR 3:30 Buffalo Soldiers Day Video 6:00 Pencil Color Art - LB	9:00 Exercise with Weights 29 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise DVD 1:00 POKENO - RR 2:30 Afternoon Bingo - RR 3:30 TV Trivia - RR 6:00 Residents Card Night - RR	9:00 Exercise with Weights 30 9:00 Catholic Communion - CH 9:45 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR 1:00 Music Videos - RR 2:30 Happy Hour & Birthday Party with Todd Morgan 6:00 Bingo with Terry - RR	9:00 Exercise with Weights 31 9:45 Sit & Stretch Exercise 10:30 Tai Chi Exercise 2:30 Karaoke Hour with Jim & Linda- Ice Cream Bars will be Served - RR 3:30 TV Jokes & Humor Hour - RR 6:00 Friday Night Movie - RR	