

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

"Keep your face to the sun, and you will never see shadows."
- Helen Keller

1
10:00 Seated Zumba
11:00 Manicures
1:00 Peaceful Pause
2:00 Beach Ball Volleyball
3:00 Tabletops
6:00 Matinee: Thunder Force

Canada Day

2
10:00 Arm Strengthening
11:00 Jumbo Jenga
12:00 4th of July Family Lunch
1:00 Peaceful Pause
2:00 Mr. Benny Performance
3:00 Coca Cola Float Social
6:00 Matinee: Beverly Hills Cop

3
10:00 Chair Exercise
11:00 Independence Day Trivia
1:00 Peaceful Pause
2:00 4th Of July Bingo!!!
3:00 Ice Cream Social
6:00 Matinee: Captain America

4
10:00 Sunshine Walk
11:00 Finish The Phrase
1:00 Peaceful Pause
2:00 Tabletops
3:00 Hymns On The Patio
6:00 Movie: Matlock

Independence Day (U.S.)

5
10:00 Walk and Roll Club
11:00 Cascade Hills Service
1:00 Peaceful Pause
2:00 Uno
3:00 Sunshine Walk
6:00 Movie: Golden Girls

6
10:00 Noodle Exercise Group
11:00 Devotion
1:00 Mindful Meditation
2:00 Mark Blaxton Performance
3:00 Learn To Play Checkers
6:00 Movie Matinee: Sister Act

7
10:00 Leg Strengthening
11:00 Book Club
1:00 Peaceful Pause
2:00 Balloon Badminton
3:00 Garden Club
6:00 Matinee: Sister Act II

Turn The Page Day

8
10:00 Seated Zumba
11:00 Connect Four
1:00 Peaceful Pause
2:00 Putt Putt Golf
3:00 Tabletops
6:00 Matinee: Back In Action

9
10:00 Arm Strengthening
11:00 Mad Libs
1:00 Peaceful Pause
2:00 Twister Penny Pitch
3:00 Licorice Tasting Social
6:00 Matinee: Meet Dave

10
10:00 Chair Exercise
11:00 Trivia
1:00 Peaceful Pause
2:00 Movie In The Theatre
3:30 Church On The Trail
6:00 Matinee: The Intern

Happy Birthday Charlie V.

11
10:00 Seated Stretch
11:00 Finish The Phrase
1:00 Peaceful Pause
2:00 Sunshine Walk
3:00 Tabletops
6:00 Movie: Matlock

12
10:00 Walk and Roll Club
11:00 Joyce Meyers
1:00 Peaceful Pause
2:00 Checkers
3:00 Sunshine Walk
6:00 Movie: Golden Girls

13
10:00 Noodle Exercise Group
11:00 To Roll A Garden
1:00 Peaceful Pause
2:00 Mason Jar Lid Suncatchers
3:00 Cupcake Decorating
6:00 Movie Matinee: Finding Ohana

14
10:00 Leg Strengthening
11:00 Pictionary
1:00 Peaceful Pause
2:00 Beach Volleyball
3:00 Garden Club
6:00 Matinee: Red Notice

Bastille Day

15
10:00 Seated Zumba
11:00 Devotion
1:00 Peaceful Pause
2:00 Bingo
3:00 Tabletops
6:00 Matinee: Tall Girl II

16
10:00 Arm Strengthening
11:00 What Came First?
1:00 Peaceful Pause
2:00 Air Hockey
3:00 What's In The Box
6:00 Matinee: Into It

Happy Birthday Virginia J.

17
10:00 Chair Exercise
11:00 Manicures
1:00 Peaceful Pause
2:00 Parachute Ball
3:00 Craft Corner: Bird Feeder
6:00 Movie Matinee: Mid 90s

18
10:00 Sunshine Walk
11:00 Finish The Phrase
1:00 Peaceful Pause
2:00 Tabletops
3:00 Hymns On The Patio
6:00 Movie: Matlock

19
10:00 Walk and Roll Club
11:00 St. Luke Church Service
1:00 Peaceful Pause
2:00 Group Jigsaw Puzzle
3:00 Sunshine Walk
6:00 Movie: Fatherhood

20
10:00 Noodle Exercise Group
11:00 Penny Pitch
1:00 Peaceful Pause
2:00 Blooming Twig Tree Craft
3:00 Floor Hockey
6:00 Movie Matinee: Beverly Hills Cop

21
10:00 Leg Strengthening
11:00 Find The Missing Letter
1:00 Peaceful Pause
2:00 Bingo
3:00 Garden Club
6:00 Matinee: True Spirit

22
10:00 Seated Zumba
11:00 Would You Rather?
1:00 Peaceful Pause
2:00 Mark Blaxton Performance
3:00 Tabletops
6:00 Matinee: I Still Believe

23
10:00 Arm Strengthening
11:00 Devotion
1:00 Peaceful Pause
2:00 Volleyball
3:00 Lemonade and Patio Time
6:00 Matinee: Work It

24
10:00 Chair Exercise
11:00 Short Stories
1:00 Peaceful Pause
2:00 Movie In The Theatre
3:30 Church On The Trail
6:00 Matinee: A Week Away

25
10:00 Seated Stretch
11:00 Finish The Phrase
1:00 Peaceful Pause
2:00 Sunshine Walk
3:00 Tabletops
6:00 Movie: Matlock

26
10:00 Walk and Roll Club
11:00 First Baptist Church
1:00 Peaceful Pause
2:00 Magic Water Painting
3:00 Sunshine Walk
6:00 Movie: Golden Girls

27
10:00 Noodle Exercise Group
11:00 Parachute Ball
1:00 Peaceful Pause
2:00 Garden Club
3:30 Watercolor Painting
6:00 Movie Matinee: Meet Dave

28
10:00 Leg Strengthening
11:00 Floor Hockey
1:00 Peaceful Pause
2:00 Air Hockey
3:00 Garden Club
6:00 Matinee: Miracles From Heaven

29
10:15 Chair Yoga
11:00 Parachute Ball
1:00 Peaceful Pause
2:00 Bingo!!!
3:30 Tabletops
6:00 Movie Matinee: The Half Of It

30
10:00 Arm Strengthening
11:00 Manicures
1:00 Peaceful Pause
2:00 Jenga
3:00 Trivia and Cookies
6:00 Matinee: A Wrinkle In Time

31
10:00 Chair Exercise
11:00 Devotion
1:00 Peaceful Pause
2:00 Craft Corner
3:00 Popsicles On The Patio
6:00 Matinee: Maid In Manhattan

