



July 2026

Assisted Living Memory Support

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy Birthday 7/28 Clarence Rodewald	1 9:30 Rosary 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 visits 1:45 Chair Volleyball (CH) 3:00 Music & Relaxation	2 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:00 Performance by Erik Donner (CH)	3 9:00 Music With Melissa 9:30 Rosary 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:00 Root Beer Floats (VG) 3:30 Trivia	4 Independence Day 9:30 Rosary 10:00 Exercise 2:00 Table Games 3:00 Movie Matinee
5 9:30 Catholic Mass (Ch 7) 10:00 Coffee & Convo(MP) 11:00 Word Games 2:00 Movie Matinee w/ Healthy Snacks 4:00 Rest & Relaxation	6 9:15 Good Morning 10:00 Catholic Mass (CH) 10:45 Morning Stretch 1:00 Music w/ Melissa 2:00 Bingo 3:00 Snack & Chat 3:30 Massage Therapy w/ Erin	7 9:30 Rosary 10:00 Protestant Communion (TMR) 10:00 Brain Fitness 10:00 Manicures 1:30 1:1 Visits 1:30 Fitness Fun 2:15 Table Games 3:00 Trivia	8 9:30 Rosary 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 visits 2:00 Balloon Volleyball 3:00 Music & Relaxation 6:30 Blues Fest w/ music by ReTurn2Soul (VG/MP)	9 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	10 9:00 Music With Melissa 9:30 Rosary 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:30 Sweet Treats on Friday 3:30 Trivia	11 9:30 Rosary 10:00 Exercise 10:30 Trivia 2:00 Dice Games 3:00 Movie Matinee
12 9:30 Catholic Mass (Ch 7) 10:00 Coffee & Convo(MP) 2:00 Movie Matinee & Snack 4:00 Rest & Relaxation	13 9:15 Good Morning Program 10:00 Catholic Mass (CH) 11:00 Morning Stretch 1:00 Music w/ Melissa 2:00 SV Carnival (VG) 2:00 Bingo 3:00 Snack & Chat	14 9:30 Rosary 10:00 Brain Fitness 10:00 Manicures 1:30 1:1 Visits 2:15 Table Games 3:00 Trivia	15 9:30 Rosary 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 1:45 Chair Volleyball (CH) 3:00 Music and Relaxation	16 9:30 Good Morning Program 10:00 Bingo w/ Park Lawn 11:00 Rosary 1:30 Journey to Fitness 2:15 Travelogue 7:00 Bingo Night (MP)	17 9:00 Music With Melissa 9:30 Rosary 10:00 Chair Yoga 11:00 Music & Relaxation 1:30 Sing Along 2:30 Sweet Treats on Friday 3:30 Trivia	18 9:30 Rosary 10:00 Exercise 10:30 Trivia 2:00 Table Games 3:00 Movie Matinee



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19 9:30 Catholic Mass (Ch 7) 10:00 Coffee & Convo w/ the Gracenotes (MP) 11:00 Word Games 2:00 Movie Matinee & Snack 4:00 Rest & Relaxation	20 9:15 Good Morning Program 10:00 Catholic Mass (CH) 11:00 Morning Stretch 1:00 Music w/ Melissa 2:00 Bingo 3:00 Snack & Chat	21 9:30 Rosary 10:00 Manicures 10:00 Brain Fitness 1:30 Fitness Fun 2:15 Table Games 3:00 Trivia	22 9:30 Rosary 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 2:00 Active Game 6:30 Music by Tom and Maggie Dignan (VG)	23 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:00 Pianist Performance by Conrad Black (CH) 3:30 Resident Choice	24 9:00 Music With Melissa 9:30 Rosary 10:00 Chair Yoga 10:30 Rehydrate & Refresh 11:00 Music & Relaxation 1:30 Sing Along 2:00 Sweet Treats on Friday	25 9:30 Rosary 10:00 Exercise 10:00 Refresh & Rehydrate 10:30 Trivia 2:00 Dice Games 3:00 Movie Matinee
26 9:30 Catholic Mass (Ch 7) 10:00 Community Bingo (CH) 2:00 Movie Matinee & Snack 4:00 Rest & Relaxation	27 9:15 Good Morning Program 10:00 Catholic Mass (CH) 11:00 Morning Stretch 1:00 Music w/ Melissa 2:00 Bingo 3:00 Snack & Chat	28 9:30 Rosary 10:00 Manicures 10:00 Brain Fitness 1:30 Fitness Fun 2:00 Topsy Tuesday 3:00 Trivia	29 9:30 Rosary 10:00 Morning Stretch 10:30 Rest & Rehydrate 11:00 Brain Fitness 1:30 1:1 Visits 2:30 Birthday Party w/ Fred Dubose (ALMDR)	30 9:30 Good Morning 9:45 Daily Chronicles 10:00 Bingo 11:00 Rosary 1:30 Journey to Fitness 2:15 Celebrity Bio 3:30 Jeopardy	31 9:00 Music With Melissa 9:30 Rosary 10:00 Annual Pet Parade (CH) 11:00 Music & Relaxation 1:30 Sing Along 2:00 Performance by Jane Allyson (Touhy Room)	