

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 July 2026 Day Program				8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/Virtual Pedaling 10:30 Famous Faces/Ball Toss 11:00 BINGO 12:00 Walking Groups 12:30 Hearty Lunch 1:30 Daily Chronicles/Arts & Crafts 2:30 Light Refreshments	1	8:30 Morning Greet 9:00 Breakfast Club 10:00Morning Stretch/Dance Moves 10:30 Daily Chronicles/Women's Group 11:30 Light Refreshments 12:00 Brain Games/Trivia 12:30 Hearty Lunch 1:30 Music with John 2:30 Music History	2	8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/ Hand Massages 10:30 Baking/Daily Chronicles 11:30 Light Refreshments 12:00 In/Outdoor Walking Groups 12:30 Hearty Lunch 1:30 Quiet Space/ Reading/Trivia 2:00 Movie of the Week/Sweet Treats	3
8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/One on One 10:30 Daily Chronicles or Puzzles 11:30 Light Refreshments 12:00 In/Outdoor Walking Groups 12:30 Hearty Lunch 1:30 Art/Jeopardy/Brain games 2:00 Lawn Games	6	8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Yoga/Mens Group 10:30 Travelogue or Art 11:30 Light Refreshments 12:00 In/Outdoor Walking Groups 12:30 Hearty Lunch 1:30 Trivia/Unscramble Words 2:30 Board Games	7	8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/Virtual Pedaling 10:30 Famous Faces/Ball Toss 11:00 BINGO 12:00 Walking Groups 12:30 Hearty Lunch 1:30 Daily Chronicles/Arts & Crafts 2:30 Light Refreshments	8	8:30 Morning Greet 9:00 Breakfast Club 10:00Morning Stretch/Dance Moves 10:30 Daily Chronicles/Women's Group 11:30 Light Refreshments 12:00 Brain Games/Trivia 12:30 Hearty Lunch 1:30 Music with John 2:30 Music History	9	8:30 Morning Greet 9:00 Breakfast Club 10:00 Morning Stretch/ Hand Massages 10:30 Baking/Daily Chronicles 11:30 Light Refreshments 12:00 In/Outdoor Walking Groups 12:30 Hearty Lunch 1:30 Quiet Space/ Reading/Trivia 2:00 Movie of the Week/Sweet Treats	10
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