

Glen Abbey Assisted Living and Memory Care

JULY 2026

Assisted Living Life Enrichment Monthly Calendar Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:00 Cardio Drumming 2:00 Bird House Making 4:00 Bowling 6:00 Relaxation Music	2 11:00 Zumba 2:00 Ice Cream Cart 3:00 Walking Club (O) 4:00 TV-Show 6:00 Classical Music	3 11:00 Chair Stretches 1:00 Communion 2:00 Bingo 4:00 Ladder Ball 6:00 Breathing Exercises	Independence Day 4 11:00 Chair Stretches 12:00 Independence Brunch 2:00 Book Mark Making 4:00 Book Club 6:00 Aromatherpy
5 10:00 Church Service (L) 11:00 Chair Stretches 2:00 Bag Toss 6:00 Relaxation Music	6 11:00 Resistance Bands 2:00 Axe Throwing 4:00 Book Club 6:00 Coloring and Chat	Joan G’s Birthday 7 11:00 Chair Exercise 2:00 Walking Club (O) 4:00 Card Games 6:00 Smooth Jazz Music	8 11:00 Cardio Drumming 2:00 Balloon Knock-Out 4:00 TV-Show 6:00 Relaxation Music	9 11:00 Zumba 2:00 Face Mask/Meditation 3:00 Name That Tune 6:00 Evening Reflection	10 11:00 Chair Stretches 2:00 Bingo with Wine 4:00 Walking Club 6:00 Aromatherapy	11 11:00 Zumba 2:00 Blueberry Muffing Cart 3:00 Dance Party 6:00 Breathing Exercises
12 10:00 Church Service (L) 11:00 Chair Zumba 12:00 Brunch 2:00 Card Games 6:00 Relaxation Chat	13 11:00 Resistance Bands 2:00 1 on 1's 4:00 Yahtzee 6:00 Calming Tea	14 11:00 Chair Exercise 2:00 Moving and Grooving 3:00 Bingo 6:00 Relaxation Music	15 11:00 Cardio Drumming 2:00 Apron Painting 4:00 Activity Meeting 6:00 Aromatherapy	16 11:00 Zumba 2:00 AI Video 4:00 Cotton Ball Scooping 6:00 Evening Reflection	17 11:00 Chair Stretches 11:00 Casper Therapy Dog 2:00 Bingo 4:00 TV-Show 6:00 Breathing Exercises	Lionel/Shelley ‘s B Day 18 11:00 Pastor Glass 1:00 Josh Men’s Group 2:00 Bowling 4:00 Chair Exercise 6:00 Relaxation Music
19 10:00 Church Service (L) 11:00 Chair Exercise 2:00 Movie 4:00 Walking Club 6:00 Aromatherapy	Mary M’s Birthday 20 11:00 Resistance Bands 2:00 Book Club 3:00 UNO Game 4:00 Cocktail Cart 6:00 Resident Led Games	21 11:00 Chair Exercise 2:00 Hydration Mobile Cart 3:00 Mike Letosky Sax 6:00 Evening Tea and Chat	22 11:00 Cardio Drumming 2:00 Horse Racing 4:00 Walking Club 6:00 Relaxation Chat	23 9:00 DIA Outing 11:00 Zumba 2:00 Spintopia 4:00 Min to Win 6:00 Calming Tea	24 11:00 Chair Stretches 1:00 Communion 2:00 Drinks with Netta/Alicia 2:00 Book Club 4:00 Board Games 6:00 Family Bingo Night	25 11:00 Chair Stretches 2:00 Trivia 4:00 1 on 1's 6:00 Relaxation Music
26 10:00 Church Service (L) 11:00 Chair Zumba 2:00 Outdoor Games 6:00 Breathing Exercises	27 11:00 Resistance Bands 2:00 Bingo 4:00 TV-Show 6:00 Aromatherapy	28 11:00 Chair Exercise 2:00 Moving and Grooving 3:00 Kick Ball for Points 4:00 Resident Council 6:00 Evening Reflection	29 11:00 Cardio Drumming 2:00 Culinary Showcase 4:00 Balloon Volley 6:00 Coloring and Chat	30 11:00 Chair Stretches 2:00 Resident Bday Party 2:00 Lukas Performing 4:00 Walkng Club 6:00 Relaxation Music	31 11:00 Zumba 2:00 Bingo 4:00 Book Club 6:00 Breathing Exercise	