

Independence Village of Ames

Assisted Living

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Cardio Drumming w/ Brooke (CH/TV) 11:00 Thank our Postal Workers (IF-F) 2:00 Culinary Resident Forum (DR) 3:00 Like the Sucker, Small the Soap (IF-F) 6:15 Bev's Movie (MC)	2 9:30 Outing: Walmart (CO) 10:30 Chair Yoga (CH/TV) 11:00 Thank our Postal Workers (IF-F) 1:30 4th of July BINGO! (DR) 3:00 Flag Making (MC) 4:00 4 th of July Celebration (PO) 6:30 Thursday Night Bible Study (CYH)	3 10:30 Zumba (CH/TV) 11:00 Thank our Postal Workers (IF-F) 2:00 Bars, Stars, Balloons, & Darts (CY) 3:00 Red, White, Blue Happy Hour (IF-F) 6:15 Friday Night Movie (CH/TV)	4 10:30 Sit & Be Fit (CH/TV) 1:00 Music and Manicures (MC) 3:00 Let's Play: Tenzi (Dice Game) (CH/TV)
5 10:15 Catholic Communion (CH/TV) 11:00 Sit & Be Fit (CYH) 2:00 Church with Denny (CH/TV) 3:00 Trivia (CH/TV)	Shark Week 6 10:30 Exercise with Danae (CH/TV) 2:00 Resident Activity Planning Meeting (LIB) 3:00 Music with Carol (MC) 3:30 Activity Suggestion Box Decorating (AR) 6:15 Monday Movie (CH/TV)	Tommy's Birthday Shark Week 7 10:30 Sit & Be Fit (CH/TV) 2:00 Shrinky Dinks (AR) 3:00 Guess the Drink (PO) 3:30 Resident Council (LIB)	Shark Week 8 10:30 Cardio Drumming w/ Brooke (CH/TV) 2:00 Resident Activity Planning Committee (AR) 3:00 Billiards and Beer (Pool Table - 2 nd FL) 6:15 Bev's Movie (MC)	Shark Week 9 9:30 Outing: Walmart (CO) 10:30 Balloon Volleyball (CH/TV) 1:30 BINGO! (DR) 3:00 Live Entertainment: Paul Headly 6:30 Thursday Night Bible Study (CYH)	Shark Week 10 10:30 Zumba (CH/TV) 12:00 Summertime Grilling Series (CY) 2:00 "I trust our Residents" (IF-F) 3:00 Shark Week Happy Hour 3:00 Gender Reveal Happy Hour 6:15 Friday Night Movie (CH/TV)	11 10:30 Sit & Be Fit (CH/TV) 1:00 Hit the Target (IF-F) 3:00 Let's Play: Rummikub (LIB)
Lois's Birthday 12 10:15 Catholic Communion (CH/TV) 11:00 Sit & Be Fit (CYH) 2:00 First Methodist Church (CH/TV)	13 10:30 Exercise with Danae (CH/TV) 11:00 Amazing Race (Biannual) Chat (LIB) 2:00 Water Gun Tower Topple (PO) 3:00 Music with Carol (MC) 6:15 Monday Movie (CH/TV)	National Hot Dog Day 14 9:30 Outing: Hobby Lobby (CO) 10:30 Sit & Be Fit (CH/TV) 2:15 Resident Forum (IF-F) 3:00 Hot Dogs around the U.S.A. (IF-F) 6:00 Dementia Support Group (AR)	15 10:30 Cardio Drumming w/ Brooke (CH/TV) 11:00 Throw Puck for Prize (IF-F) 1:00-3:00 Foot Clinic (CYH) 2:00 Culinary Showcase (AR) 3:00 Cyber Safety Seminar (CH/TV) 6:15 Bev's Movie (MC)	16 10:30 Chair Yoga (CH/TV) 11:00 Human Slot Machine (IF-F) 1:30 Candy Bar BINGO! (DR) 3:00 Live Entertainment: Neil Hewitt 6:30 Thursday Night Bible Study (CYH)	17 10:30 Zumba (CH/TV) 11:00 Get that Ink: Temp. Tatoos (IF-F) 2:00 Craft: Banksy Stencil Art (AR) 3:00 Slushie Happy Hour 6:15 Friday Night Movie (CH/TV)	Carolyn Pop. Birthday National Tadoo Day 18 10:30 Sit & Be Fit (CH/TV) 1:00 Music and Manicures (MC) 3:00 Let's Play: Crazy 8s (LIB)
19 10:15 Catholic Communion (CH/TV) 11:00 Sit & Be Fit (CYH) 2:00 Cornerstone Church (CH/TV) 3:00 Trivia (CH/TV)	20 10:30 Exercise with Danae (CH/TV) 1:00 S'mores Mobile Cart (TYD) 2:00 Fun with Fox: Exercise Education (DR) 3:00 Music with Carol (MC) 6:15 Monday Movie (CH/TV)	21 10:30 Sit & Be Fit (CH/TV) 11:00-1:00 Hearing Air Check & Clean by AudioNova (IF-F) 1:00 Sparkle and Strole Walker and Wheelchair Car Wash (CY) 3:00 Nurse Chat (CH/TV)	22 10:30 Cardio Drumming w/ Brooke (CH/TV) 12:00 Summertime Grilling Series (CY) 2:00 Outing: Duck Pin Bowling at the 60 Forward Center (CO) 3:00 Billiards and Beer (Pool Table - 2 nd FL) 6:15 Bev's Movie (MC)	Ivan's Birthday 23 9:30 Outing: Target (CO) 10:30 Balloon Volleyball (CH/TV) 1:30 BINGO! (DR) 3:00 3D Printing Demo: Avery's Grandpa (CH/TV) 6:30 Thursday Night Bible Study (CYH)	Christmas Eve in July 24 10:30 Zumba (CH/TV) 1:30 Culinary Demo (DR) 3:00 Christmas Eve (in July) Party (IF-F) 6:15 Friday Night Movie (CH/TV)	25 10:30 Sit & Be Fit (CH/TV) 1:00 Resident Spotlight (IF-F) 3:00 Resident Led Book Swap (IF-F)
26 10:15 Catholic Communion (CH/TV) 11:00 Sit & Be Fit (CYH) 2:00 First Baptist Church (CH/TV) 3:00 Trivia (CH/TV)	27 10:30 Exercise with Danae (CH/TV) 2:00 Guess the Item & WIN!! (CYH) 3:00 Live Entertainment with Tom Hoffer (IF-F) 6:15 Movie (Show): The Crown (s1e2) (Netflix)(CH/TV)	Karen H. Birthday 28 9:30 Dollar Tree (CO) 10:30 Sit & Be Fit (CH/TV) 11:45 Veterans Lunch (PDR) 2:00 Farmers Market Day (IF-F)	29 10:30 Cardio Drumming w/ Brooke (CH/TV) 2:00 Flower Arrangements (AR) 3:00 Music with Carol (MC) 6:15 Bev's Movie (MC)	30 10:30 Chair Yoga (CH/TV) 1:30 Too HOT BINGO! (DR) 3:00 Minute to Win It (AR) 6:30 Thursday Night Bible Study (CYH)	31 10:30 Zumba (CH/TV) 1:00 Can I Pet? (PO) 3:00 Happy Birthday / New Resident Happy Hour (CYH) 6:15 Friday Night Movie (CH/TV)	

Calendar Key:
 AR – Activities Room
 CYH – CyHawk Room
 CH/TV – Chapel/TV Room
 CY – Courtyard
 IF-F – 1st Floor Fireplace
 2F-F – 2nd Floor Fireplace
 DR – Dining Room
 PDR– Private Dining Room
 PO - Patio
 LIB – Library
 CO – Community Outing
 2F - 2nd Floor Area
 TYD - To Your Door
 * - Sign Up for Activity!!