

Independence Village of White Lake

Independent Living | Enhanced Living

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Wear Patriotic Colors 10:00 Mindful Meditation (L) 11:00 Sit and Be Fit (GP) 11:00 Shopping at Kroger (S) 12:30 4 th of July BBQ (MC, C) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Texas Hold'Em (GP)	2 10:15 Daily Devotion (L) 11:00 Exercise w/PowerBack PT (GP) 11:30 After Exercise Yogurt Bar (C) 12:30 Gardening w/Stephanie (EC) 2:00 4 th of July Craft (C) 4:00 Intro to Wii Golf (GP) 6:00 Pinochle (GP)	3 10:00 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 11:00 Lunch at Spruce & Ash (S) 1:00 Chair Volleyball (C) 2:30 UV Awareness Presentation (GP) 3:00 Audio Book Lounge (DR) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (C)	Independence Day 4 11:00 Weight Workout (GP) 11:30 Early Dinner (EDR) 12:00 Early Dinner (MDR) 1:30 Sunshine Walking Club (FL) 2:30 Popsicles on the Front Patio 2:30 Euchre Club (C) 3:00 Patriotic Sing A Long (FL) 3:30 4 th of July Activity Packet (FL)
5 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 12:30 Polish Me Pretty Nails (C) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	6 10:15 Daily Devotion (L) 10:30 Massage with Annie, by appt. 11:00 Theraband w/Powerback PT (GP) 12:30 Short Stories (L) 1:00 Confession w/Fr. Socorro (DR) 1:30 Mass and Communion (GP) w/Fr. Socorro St. Pat's 3:00 Left, Right, Center Dice (GP) 6:00 Poker Club (GP)	7 10:30 Belle Isle Trip (S) 11:00 Weight Workout (GP) 12:30 Nickels Game (GP) 1:00 Blood Pressure Check (L) 2:00 Cardio Drumming (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (C) 6:00 Chicken Foot Dominoes (FL)	8 10:00 Mindful Meditation (L) 11:00 Sit and Be Fit (GP) 11:30 Lunch at Lai Ting (S) 11:45 Tech Talk with Maria (L) 12:30 Balance Clinic w/PowerBack (C) 12:30 Intro to Wii Golf (GP) 1:00 Audio Book Lounge (DR) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Texas Hold'Em (GP)	Shark Day 9 10:15 Daily Devotion (L) 11:00 Exercise w/PowerBack PT (GP) 12:30 Culinary Showcase (MC) 2:00 Shark Puzzle Palooza (GP) 3:30 Shark Week Happy Hour With Kelly (C) 6:00 Movie Madness (Theatre) The Shallows 6:00 Pinochle (GP)	Wear Purple 10 10:00 Mindful Meditation (L) 11:00 Noodlecise (GP) 1:00 Chair Volleyball (C) 2:30 Mocktails in the Cafe (C) 3:00 Audio Book Lounge (DR) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	11 11:00 Weight Workout (GP) 12:30 Sunshine Walking Club (FL) 1:30 Men's Coffee, Chat & Cookies (C) 2:00 Freestyle Painting (GP) 2:30 Euchre Club (C)
12 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 12:30 Play Mahjong w/Sydney (L) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	Nat'l Beans & Franks 13 10:15 Daily Devotion (L) 11:00 Theraband w/Powerback PT (GP) 12:30 Beans & Franks Lunch (C) 1:30 Prayer & Communion (GP) With St. Pat's 2:00 Shopping at Meijers (S) 2:00 Audio Book Lounge (DR) 3:00 Rummikub (GP) 6:00 Poker Club (GP)	Wear Green 14 11:00 Weight Workout (GP) 12:30 Chef Chat (C) 12:45-1:30 Foot Care (GP) 1:00 Blood Pressure Check (L) 2:00 Cardio Drumming (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (CA) 6:00 Chicken Foot Dominoes (FL)	15 10:00 Mindful Meditation (L) 9:30 Minor League Baseball Game (S) 11:00 Sit and Be Fit (GP) 12:30 Bingo (GP) 2:00 Jim Gill Performance (C) w/English Oaks 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Texas Hold'Em (GP)	16 9:00-3:00 Dermatology Visit (2F) 10:15 Daily Devotion (L) 11:00 Exercise w/Powerback PT (GP) 12:30 What is Ai, Presentation (GP) 2:30 Forum (GP) 3:30 Happy Hour with Marco (C) 4:00 Hearing Care (L) 6:00 Bunco (GP) 6:00 Pinochle (C)	17 10:00 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 1:00 Chair Volleyball (C) 2:30 Fruit Smoothies (C) 3:00 Audio Book Lounge (DR) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	18 11:00 Weight Workout (GP) 12:30 Sunshine Walking Club (FL) 1:30 Men's Coffee, Chat & Cookies(C) 2:00 Left, Right, Center Dice (GP) 2:30 Euchre Club (C)
Brunch 19 11:00 Walking Exercise (FL) 11:30 Brunch-Residents Only (EDR, MDR) 12:00 Brunch-Residents and Guests (MDR) 2:00 Outdoor Games (MC) 6:00 Mexican Train Dominoes (L)	20 10:15 Daily Devotion (L) 10:30 Massage with Annie, by Appt. 11:00 Shopping at Aldi (S) 11:00 Theraband w/Powerback PT (GP) 12:30 Audio Book Lounge (DR) 1:30 Prayer & Communion (GP) With St. Pat's 3:00 Nickels (GP) 6:00 Poker Club (GP)	21 11:00 Weight Workout (GP) 12:30 Vino and Vinyl (MC) 1:00 Blood Pressure Check (L) 2:00 Cardio Drumming (GP) 3:30 Chair Volleyball (C) 5:30 Therapy Dog Visit (CA) 6:00 Chicken Foot Dominoes (FL)	Wear Pink 22 8:30-9:30 Omelet Bar (MDR) 10:00 Mindful Meditation (L) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (GP) 1:15 Audio Book Lounge (DR) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Texas Hold'Em (GP)	23 10:15 Daily Devotion (FL) 11:00 Bend and Stretch (GP) 11:00 MSU Tollgate Farms (S) 12:30 Left, Right, Center Dice (GP) 2:00 Group Sudoku (GP) 3:30 Happy Hour with Tom (C) 6:00 Pinochle (GP)	24 10:00 Mindful Meditation (L) 11:00 Noodlecise (GP) 1:00 Chair Volleyball (C) 2:30 Popsicles on the Patio (MC, TC) 3:00 Audio Book Lounge (DR) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	25 11:00 Weight Workout (GP) 12:30 Sunshine Walking Club (FL) 1:00 Entertainment w/Jerry (C) 2:30 Freestyle Painting (C) 2:30 Euchre Club (C)
26 11:00 Noodlecise & Weights (GP) 12:30 Mass and Communion (GP) With St. Pat's 12:30 Mahjong with Sydney (L) 2:30 Candy Bingo (GP) 6:00 Mexican Train Dominoes (L)	27 10:15 Daily Devotion (L) 10:30 Massage with Annie, by Appt. 11:00 Theraband w/Powerback PT (GP) 12:00 Shopping at Walmart (S) 12:30 Audio Book Lounge (DR) 1:30 Prayer & Communion (GP) With St. Pat's 3:00 Card Bingo (GP) 6:00 Poker Club (GP)	28 11:00 Weight Workout (GP) 2:00 Family Reunion (Front Yard) 1:00 Blood Pressure Check (L) 5:00 Pig Roast (MDR, GP, C) 5:30 Therapy Dog Visit (CA) 6:00 Chicken Foot Dominoes (FL)	29 10:00 Mindful Meditation (L) 11:00 Protestant Service (GP) 12:30 Sit and Be Fit (GP) 1:15 Audio Book Lounge (DR) 2:30 Bingo (GP) 3:30 Rosary with St. Pat's (GP) 6:00 Euchre Club (GP) 6:00 Kevin Wills Perform (TBD) 6:00 Texas Hold'Em (GP)	Wear Orange 30 10:15 Daily Devotion (FL) 11:00 Exercise w/Powerback PT (GP) 11:30 Lunch at LaMarsa (S) 12:30 Intro to Wii Golf (GP) 2:00 Word in a Word (GP) 3:30 Happy Hour with Daniel (C) Celebrating New Residents and Birthdays 6:00 Pinochle (GP)	31 10:00 Mindful Meditation (L) 11:00 Bend and Stretch (GP) 1:00 Chair Volleyball (C) 2:30 Left, Right, Center Dice (GP) 3:00 Audio Book Lounge (DR) 3:00 Book Club (L) 6:00 Chicken Foot Dominoes (FL) 6:00 Rummikub (GP)	