

Independence Village of Ames

Memory Care

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00 Daily Chronical 10:30 Exercise with Danae 2:00 Sweet Creations Club: Fruit Kabobs 6:15 Bevs Movie	2 9:00 Daily Chronical 10:30 Chair Yoga 12:30 BINGO! 3:00 Flag Making 6:00 Hand Massages	3 9:00 Daily Chronical 10:30 Zumba 2:00 Red, White, and Blue Happy Hour 6:15 Movie: Rio Bravo (Netflix)	4 Independence Day 9:00 Daily Chronical 10:30 Sit and Be Fit 3:00 Silverwear Polishing 6:00 Sock Matching
5 9:00 Daily Chronical 10:15 Catholic Communion 10:30 Sit and be Fit 2:00 Church with Denny 6:00 Towel Folding	6 Shark Week 9:00 Daily Chronical 10:30 Balloon Volleyball 2:00 Color Me Happy: Sharks 3:00 Music With Carol 6:15 Movie: Jaws (Netflix)	7 Shark Week 9:00 Daily Chronical 10:30 Sit and Be Fit 2:00 Sea Glass Shark Art 6:00 Lid Matching	8 Shark Week 9:00 Daily Chronical 10:30 Exercise with Danae 2:00 Sweet Creations Club: Freezy Pops 6:15 Bevs Movie	9 Shark Week 9:00 Daily Chronical 10:30 Chair Yoga 12:30 BINGO! 3:30 Feed the Shark Bean Bag Toss 6:00 Hand Massages	10 Shark Week 9:00 Daily Chronical 10:30 Zumba 2:00 Fin & Tonic Happy Hour 6:15 Movie: The Rookie (Netflix)	11 9:00 Daily Chronical/Patio Social Hour 10:30 Sit and Be Fit 6:00 Sock Matching
12 9:00 Daily Chronical 10:15 Catholic Communion 10:30 Sit and Be Fit 2:00 First Methodist Church 6:00 Towel Folding	13 9:00 Daily Chronical 10:30 Balloon Volleyball 2:00 Yarn Rolling 6:15 Beach Blanet Bingo (Netflix)	14 National Hot Dog Day 9:00 Daily Chronical 10:30 Sit and Be Fit 2:00 Favorite Hot Dog Topping Voting Board 6:00 Lid Matching	15 9:00 Daily Chronical 10:30 Exercise with Danae 1:00-3:00 Foot Clinic 2:00 Sweet Creations Club: Trail Mix 6:15 Bevs Movie	16 9:00 Daily Chronical 9:30 The Filling Station Outing 12:30 BINGO! 3:00 Live Entertainment with Neil Hewit 6:00 Hand Massages	17 9:00 Daily Chronical 10:30 Zumba 2:00 Slushie Happy Hour 6:15 Movie: Driving Miss Daisy(Netflix)	18 National Tadoo Day 9:00 Daily Chronical 10:30 Sit and Be Fit 1:00 Temporary tattoos to your Door 6:00 Sock Matching
19 9:00 Daily Chronical 10:15 Catholic Communion 10:30 Sit and Be Fit 2:00 First Babstist Church 6:00 Towel Folding	20 9:00 Daily Chronical 10:30 Balloon Volleyball 2:00 Twinkling Lantern Creations 2:00 Live Entertainment with Tom Hoffer (IF-F) 6:15 The Music Man (Netflix)	21 9:00 Daily Chronical 10:30 Sit and Be Fit 1:00 Sparkle and Strole Walker and Wheelchair Car Wash 3:00 Music With Carol 6:00 Lid Matching	22 9:00 Daily Chronical 10:30 Exercise with Danae 2:00 Sweet Creation Club: No Bake Cookies 6:15 Bevs Movie	23 9:00 Daily Chronical 10:30 Chair Yoga 12:30 BINGO! 2:00 3:00 Live Entertainment with David Watson 6:00 Hand Massages	24 9:00 Daily Chronical 10:30 Zumba 2:00 Gone Fishing Happy Hour 6:15 Movie: (Netflix)	25 9:00 Daily Chronical 10:30 Sit and Be Fit 3:00 Uno Attack 6:00 Sock Matching
26 9:00 Daily Chronical 10:15 Catholic Commuion 10:30 Sit and Be Fit 2:00 Church with Pastor Craig 6:00 Towel Folding	27 9:00 Daily Chronical 10:30 Balloon Volleyball 2:00 Live Entertainment with Tom Hoffer 6:15 Movie: Blue Hawaii(Netflix)	28 9:00 Daily Chronical 10:30 Sit and Be Fit 1:00 Fishing Lure Wind Chimes 3:00 Music with Carol 6:00 Lid Matching	29 Colleen's Birthday! 9:00 Daily Chronical 10:30 Sit and Be Fit 2:00 Sweet Creations Club: Dirt Cake 6:00 Lid Matching	30	31	

Calender 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!!