

## Assisted Living

# July 2026

## Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                                                                                                                                                                                                              | Monday                                                                                                                                                                                                                                                                                  | Tuesday                                                                                                                                                                                                                                     | Wednesday                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                          |
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|                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                             | 1<br>9:45AM- Catholic Communion w/Joe-St. Athanasius Church-IA<br>10:30AM-Workout-Wednesday Exercise Class-AR<br>1PM-Relaxation Music for the Soul-AR<br>2:15PM-News Currents Sr.-AR<br>4PM-Walking Club<br>7:00PM-Wednesday Evening Movie-AR                                                         | 2<br>10:30AM-Throwdown Thursday Exercise Class-AR<br>11:00AM-Nurturing the Spirit w/Evelyn-AR<br>1:00PM-Relaxation Music for the Soul-AR<br>1:30PM-Checkers-AR<br>2:30PM-Sunning on the Veranda-FV<br>3PM-Garden Club-RG<br>7:00PM-Thursday Evening Movie-AR | 3<br>10:30AM-Friday Fitness Exercise Class-AR<br>11AM-Intellectual Awareness Time<br>1:00PM-Relaxation Music for the Soul-AR<br>1:30PM-B-I-N-G-O-AR<br>3:15PM-Walking Club<br>4:00PM-Shabbos Friends w/Dana D.-AR<br>7:00PM-Friday Evening Movie-LR                      | 4<br>10:30AM-Saturday Morning Exercise Class-AR<br>11:00AM-Intellectual Awareness Time-AR<br>11:30AM-Pick-A-Page to Color-AR<br>1PM-Relaxation Music for the Soul-AR<br>3PM-Grad-Bags & Songs w/Evelyn-AR<br>4PM-Walking Club<br>7:00PM-Saturday Evening Movie-AR |
| 5<br>10:30AM-Sunday Stretch-Out Exercise Class-AR<br>11:00AM-Catholic Communion w/St. Albert The Great Catholic Church-IA<br>1:00PM-Walking Club<br>1:30PM- Relaxation Music for the Soul-AR<br>2:30PM-Intellectual Awareness Time-IA<br>3PM-Garden Club-RG<br>4:00PM-Sunday Service w/Lyndon Baptist Church-AR<br>7:00PM-Sunday Evening Movie-LR   | 6<br>10:30AM-Lite Jazz & Ballet Class w/Sandy-AR<br>11:00AM-Live! News & News Related Programming-LR<br>1:00 PM-Walking Club-AR<br>1:30Pm-Relaxation Music for the Soul-AR<br>2:30PM-Comedian Andy Huggins-AR<br>3:30PM-Sunning on the Veranda-F<br>7:00PM-Monday Evening Movie-LR      | 7<br>10:30AM- Touch-Your-Toes-Tuesday Exercicise Class-AR<br>1PM- Walking Club<br>2:00PM-Relaxation Music for the Soul-AR<br>3:15PM-Animals & More w/Evelyn-L<br>4:00PM-Brain Games-AR<br>7:00PM- Tuesday Evening Movie-AR                  | 8<br>9:45AM- Catholic Communion w/Joe-St. Athanasius Church-IA<br>10:30AM-Workout-Wednesday Exercise Class-AR<br>1PM-Relaxation Music for the Soul-AR<br>2:15PM - News Currents Sr.-AR<br>3:30PM-DJ Deano Hill w/WYOU Radio-AR<br>4:00PM-Walking Club<br>7:00Pm-Wednesday Evening Movie-LR            | 9<br>10:30AM-Thursday Exercise Class-AR<br>11:00AM-Nurturing the Spirit w/Evelyn-AR<br>1:00PM-Relaxation Music for the Soul-AR<br>2:00PM-Checkers-AR<br>3PM-Greg Vencenti Music Performance-AR<br>7:00PM-Thursday Evening Movie-LR                           | 10<br>10:30AM-Doug Pinson Guitar Performance-AR<br>11:30AM-Friday Fitness Exercise Class-AR<br>1:30PM-B-I-N-G-O-AR<br>3:30PM-Joe Zimmerman-YouTube-AR<br>4PM- Walking Club<br>7:00PM-Friday Evening Movie-LR                                                             | 11<br>10:30AM-Saturday Morning Exercise Class-AR<br>11:00AM-Intellectual Awareness Time-AR<br>11:30AM-Pick-A-Page to Color-AR<br>1PM-Relaxation Music for the Soul-AR<br>3:30PM-Walking Club<br>7:00PM-Saturday Evening Movie-AR                                  |
| 12<br>10:30AM-Sunday Stretch-Out Exercise Class-AR<br>11:00AM-Catholic Communion w/St. Albert The Great Catholic Church-IA<br>1:00PM-Walking Club<br>1:30PM- Relaxation Music for the Soul-AR<br>2:30PM-Intellectual Awareness Time-IA<br>3PM-Garden Club-RG<br>4:00PM-Sunday Service w/Kenwood Baptist Church-AR<br>7:00PM-Sunday Evening Movie-LR | 13<br>10:30AM-Lite Jazz & Ballet Class w/Sandy-AR<br>11:00AM-Live! News & News Related Programming-LR<br>1:00 PM-Walking Club-AR<br>1:30Pm-Relaxation Music for the Soul-AR<br>2:30PM-Comedian Susan Rice-AR<br>3:30PM-Sunning on the Veranda-F<br>7:00PM-Monday Evening Movie-LR       | 14<br>10:30AM- Touch-Your-Toes-Tuesday Exercicise Class-AR<br>1PM- Walking Club<br>2:00PM-Relaxation Music for the Soul-AR<br>3:15PM-Animals & More w/Evelyn-L<br>4:00PM-Brain Games-AR<br>7:00PM- Tuesday Evening Movie-AR                 | 15<br>9:45AM- Catholic Communion w/Joe-St. Athanasius Church-IA<br>10:30AM-Work-Out-Wednesday Exercise Class-AR<br>1PM-Relaxation Music for the Soul-AR<br>2:15PM-News Currents Sr.-AR<br>4PM-Walking Club<br>7:00PM-Wednesday Evening Movie-AR                                                       | 16<br>10:30AM-Thursday Exercise Class-AR<br>11:00AM-Resident Forum-AR<br>1:00PM-Relaxation Music for the Soul-AR<br>1:30PM-Checkers-AR<br>2:30PM-Sunning on the Veranda-FV<br>3PM-Garden Club-RG<br>7:00PM-Thursday Evening Movie-LR                         | 17<br>10:30AM-Friday Fitness Exercise Class-AR<br>10:45AM-Mary M. Miller Riverboat Cruise-L<br>11AM-Intellectual Awareness Time-IA<br>1PM-Walking Club<br>1:30PM-B-I-N-G-O-AR<br>3:30PM-Jerry Seinfeld-YouTube-AR<br>4PM- Walking Club<br>7:00PM-Friday Evening Movie-LR | 18<br>10:30AM-Saturday Morning Exercise Class-AR<br>11:00AM-Intellectual Awareness Time-AR<br>11:30AM-Pick-A-Page to Color-AR<br>1PM-Relaxation Music for the Soul-AR<br>3:30PM-Walking Club<br>7:00PM-Saturday Evening Movie-AR                                  |
| 19<br>10:30AM-Sunday Stretch-Out Exercise Class-AR<br>11:00AM-Catholic Communion w/St. Albert The Great Catholic Church-IA<br>1:00PM-Walking Club<br>1:30PM- Relaxation Music for the Soul-AR<br>2:30PM-Intellectual Awareness Time-IA<br>3PM-Garden Club-RG<br>4:00PM-Sunday Service w/Lyndon Baptist Church-AR<br>7:00PM-Sunday Evening Movie-LR  | 20<br>10:30AM-Lite Jazz & Ballet Class w/Sandy-AR<br>11:00AM-Live! News & News Related Programming-LR<br>1:00 PM-Walking Club-AR<br>1:30Pm-Relaxation Music for the Soul-AR<br>2:30PM-Comedian Kathleen Madigan-AR<br>3:30PM-Sunning on the Veranda-F<br>7:00PM-Monday Evening Movie-LR | 21<br>10:30AM- Touch-Your-Toes-Tuesday Exercicise Class-AR<br>1PM- Walking Club<br>2:00PM-Relaxation Music for the Soul-AR<br>3:15PM-Animals & More w/Evelyn-L<br>4:00PM-Piano Performance w/Dana D.-LR<br>7:00PM- Tuesday Evening Movie-AR | 22<br>9:45AM- Catholic Communion w/Joe-St. Athanasius Church-IA<br>10:30AM-Jason Parroco Singing Performance-AR<br>11:30AM-Workout-Wednesday Exercise Class-AR<br>1PM-Relaxation Music for the Soul-AR<br>2:15PM-News Currents Sr.-AR<br>4PM-Walking Club<br>7:00PM-Wednesday Evening Movie-AR        | 23<br>10:30AM-Thursday Exercise Class-AR<br>11:00AM-Nurturing the Spirit w/ Evelyn-AR<br>1:00PM-Relaxation Music for the Soul-AR<br>1:30PM-Checkers-AR<br>2:30PM-Sunning on the Veranda-FV<br>3PM-Garden Club-RG<br>7:00PM-Thursday Evening Movie-LR         | 24<br>10:30AM-Friday Fitness Exercise Class-AR<br>11AM-Intellectual Awareness Time-IA<br>1PM-Walking Club<br>1:30PM-B-I-N-G-O-AR<br>3:30PM-Bob Newhart-YouTube-AR<br>4PM- Walking Club<br>7:00PM-Friday Evening Movie-LR                                                 | 25<br>10:30AM-Saturday Morning Exercise Class-AR<br>11:00AM-Intellectual Awareness Time-AR<br>11:30AM-Pick-A-Page to Color-AR<br>1PM-Relaxation Music for the Soul-AR<br>3:30PM-Walking Club<br>7:00PM-Saturday Evening Movie-AR                                  |
| 26<br>10:30AM-Sunday Stretch-Out Exercise Class-AR<br>11:00AM-Catholic Communion w/St. Albert The Great Catholic Church-IA<br>1:00PM-Walking Club<br>1:30PM- Relaxation Music for the Soul-AR<br>2:30PM-Intellectual Awareness Time-IA<br>3PM-Garden Club-RG<br>4:00PM-Sunday Service w/Lyndon Baptist Church-AR<br>7:00PM-Sunday Evening Movie-LR  | 27<br>10:30AM-Lite Jazz & Ballet Class w/Sandy-AR<br>11:00AM-Live! News & News Related Programming-LR<br>1:00 PM-Walking Club-AR<br>1:30Pm-Relaxation Music for the Soul-AR<br>2:30PM-Comedian Leanne Morgan-AR<br>3:30PM-Sunning on the Veranda-F<br>7:00PM-Monday Evening Movie-LR    | 28<br>10:30AM- Touch-Your-Toes-Tuesday Exercicise Class-AR<br>1PM- Walking Club<br>2:00PM-Relaxation Music for the Soul-AR<br>3:15PM-Animals & More w/Evelyn-L<br>4:00PM-Brain Games-AR<br>7:00PM- Tuesday Evening Movie-AR                 | 29<br>9:45AM- Catholic Communion w/Joe-St. Athanasius Church-IA<br>10:30AM-Workout-Wednesday Exercise Class-AR<br>1PM-Relaxation Music for the Soul-AR<br>2PM - Louisville Mobile Free Public Library w/Sarah<br>2:15PM-News Currents Sr.-AR<br>4PM-Walking Club<br>7:00PM-Wednesday Evening Movie-AR | 30<br>10:30AM-Thursday Exercise Class-AR<br>11:00AM-Nurturing the Spirit w/Evelyn-AR<br>1:00PM-Relaxation Music for the Soul-AR<br>1:30PM-Checkers-AR<br>2:30PM-Sunning on the Veranda-FV<br>3PM-Garden Club-RG<br>7:00PM-Thursday Evening Movie-LR          | 31<br>10:30AM-Friday Fitness Exercise Class-AR<br>11AM-HealthPro Presentation w/Simone (Hydration & Sun Safety)-IA<br>1PM-Walking Club<br>1:30PM-B-I-N-G-O-AR<br>3:30PM-Susan Price-YouTube-AR<br>4PM- Walking Club<br>7:00PM-Friday Evening Movie-LR                    |                                                                                                                                                                                                                                                                   |

**Calendar Key:**

## A-Activity Room

## B-Bistro

## FP-Front Porch

## FV-Front Veranda

## IA-Individual Apartments

## L-Lobby

## LR-Living Room

## RG-Raised Garden

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Senior Living