

Independence Village Of Traverse City

Independent Living

July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:45 Communion (GP) 11:00 Stretching (AA) 1:00 Popcorn & TRIVIA (AA) 2:00 August Activity Planning Meeting (AA) 3:00 WELCOME & Wine Down Wednesday(A) 6:00 Resident Led Games (P)	2 11:00 Chair Exercise (AA) 11:15 Beach Dockside Market (S/O) 3:00 Tabletop Bowling w/ Michaels (AA) 6:30 Timeless Movie Nights w/ Leslie (P)	3 11:00 Set up CAKE for lunch to cut 11:30 & I will distribute 11:00 Exercise w/ Michaela (AA) 1:30 Wall of Honor REVEAL (P) 2:00 SPINTOPIA w/ Michaela (AA) 3:00 Bible Study (GP) 6:00 Resident Led Games (P)	4 11:00 Exercise Moves Resident Led (AA) 2:00 Book Club w/ Leslie (GP) 3:00 BINGO for fun Resident Led (AA) 6:00 Beginners Euchre w/ Doris (P) 6:00 Resident Led Games (P)
5 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Movies w/ Leslie (GP) 3:00 Card Games (P) 4:00 Christian Fellowship w/ Jeff (GP) 6:00 Puzzle Group (L)	6 10:00 Balance Bingo w/ Fire Dept's Katie (AA) 1:30 Blood Pressure Clinic (A) 2:00 Paint-a-Nail Hour (AA) 4:00 Christian Fellowship w/ Jeff J (GP) 6:30 ADVANCED Euchre w/ Doris (P))	7 8:30/9:00/9:30- Shopping w/ Shuttle (FY) 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Crafting with Kaye (AA) 6:00 Resident Led Games (P)	8 10:45 Communion (GP) 11:00 Stretching (AA) 1:30 Performance: Al Firek (A) 3:00 WELCOME & Wine Down Wednesday(A) 6:00 Resident Led Games (P)	9 11:00 Chair Exercise (AA) 11:30 The Collage Restaurant Lunch Outing (Shuttle) 1:30 Cardio Drumming (AA) 4:00 Learn MY NAME w/ Jeanne (AA) 6:00 Resident Led Games (Pub) 6:30 Timeless Movie Nights w/ Leslie (P)	10 11:00 Powerback w/ Nikki (AA) 2:00 Bible Study (GP) 3:00 Performance:Miriam Pico (A) 6:00 Resident Led Games (P)	11 11:00 Exercise Moves w/ Michaela (AA) 2:00 Bookclub w/ Leslie A (GP) 3:00 Bingo for FUN (AA) 6:00 Beginners Euchre w/ Doris (P) 6:00 Resident Led Games (P)
12 9:30 Church Service (GP) 11:00 Exercises (AA) 2:00 Movies w/ Leslie (GP) 2:00 Popcorn & Trivia (AA) 6:00 Puzzle Group (L)	13 10:00 Cardio Drumming (AA) 11:00 Exercise Moves w/ Michaela (AA) 1:30 Blood Pressure Clinic (A) 2:00 Paint-A-Nail Hour (AA) 4:00 Christian Fellowship w/ Jeff J (GP) 6:00 TED Talk (P) 6:30 ADVANCED Euchre w/ Doris (P)	14 8:30/9:00/9:30- Shopping w/ Shuttle (FY) 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Walking Club (FY) 6:00 Resident Led Games (P)	15 10:45 Communion (GP) 11:00 Stretching (AA) 1:00 Popcorn (AA) 1:30 Resident Forum (AA) 3:00 WELCOME New Resd's & Wine Down Wed. (A) 6:00 Resident Led Games (P)	16 11:00 Chair Exercise (AA) 2:30 Up-Close look @ Shuttle (FY) 3:00 June BIRTHDAY PARTY (AA) 6:30 Concert on the Lawn: Elvis (FY) Shuttle 6:30 Timeless Movie Nights w/ Leslie (P)	17 11:00 Powerback w/ Nikki (AA) 2:00 Bible Study (GR) 3:00 Entertainer Mark DeNoyolles (A) 6:00 Resident Led Games (P)	18 11:00 Exercise Moves (AA) 2:00 Bookclub w/ Leslie A (GP) 3:00 BINGO for FUN (AA) 6:00 Beginners Euchre w/ Doris (P) 6:00 Resident Led Games (P)
19 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Movies w/ Leslie (GP) 3:00 Card Games (P) 4:00 Christian Fellowship w/ Jeff (GP) 6:00 Puzzle Group (L)	20 10:00 Balance Bingo w/ Fire Deptmt's Katie (AA) 1:30 Blood Pressure Clinic (A) 2:00 Paint-A-Nail Hour (AA) 3:00 TC Mobile Library w/ Anita (A) 4:00 Christian Fellowship w/ Jeff J (GP) 6:30 ADVANCED Euchre w/ Doris (P)	21 8:30/9:00/9:30- Shopping w/ Shuttle (FY) 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Crafting with Kaye (AA) 6:00 Resident Led Games (P)	22 10:45 Communion (GP) 11:00 Stretching (AA) 3:30 WELCOME New Resd's & Wine Down Wed. (A) 6:00 Resident Led Games (P)	23 9:30 Lavender Farm Shuttle Outing 11:00 Chair Exercise (AA) 1:30 Bridge Club (P) 1:30 Cardio Drummingn(AA) 3:00 Tabletop Bowling w/ Michaela (AA) 6:30 Timeless Movie Nights w/ Leslie (P)	24 11:00 Powerback w/ Nikki (AA) 2:00 Bible Study (GR) 3:00 Heart Strings Entertainment (A) 6:00 Resident Led Games (P)	25 11:00 Exercise Moves with Michaela (AA) 1:30 Wall of Honor Bios (P) 2:00 Bookclub (GP) 3:00 Candy Bingo(AA) 6:00 Resident Led Games (P)
26 9:30 Church Service (GP) 11:00 Exercise Video (AA) 2:00 Mercedes Dance (AA) 3:00 Movies w/ Leslie (GP) 4:00 Christian Fellowship w/ Jeff (GP) 6:00 Puzzle Group (L)	27 10:00 Volleyball (NO NET) (AA) 11:00 Exercise Moves w/ Michaela (AA) 1:30 Blood Pressure Clinic 2:00 Paint-A-Nail Hour (AA) 3:00 Talking Book Library w/ Anita (A) 4:00 Christian Fellowship w/ Jeff J (GP) 6:00 TED Talk (P) 6:30 ADVANCED Euchre w/ Doris (P)	28 8:30/9:00/9:30- Shopping w/ Shuttle (FY) 11:00 Chair Exercise (AA) 1:30 Quarter Bingo (AA) 3:00 Walking Club (FY) 6:00 Resident Led Games (P)	29 10:45 Communion (GP) 11:00 Stretching (AA) 1:30 Popcorn for... 3:30 WELCOME New Resid's Wine Down Wednesday(A) 6:00 Resident Led Games (P)	30 11:00 Chair Exercise (AA) 2:00 SPINTOPIA w/ Michaela (AA) 6:15 Pit Spitters Game (S/O) 6:30 Timeless Movie Nights w/ Leslie (P)	31 11:00 Powerback w/ Nikki (AA) 2:00 Bible Study (GR) 3:00 EXCITING Travel w/ Senion Center - Julie Kitner (AA) 6:30 Timeless Movie Nights w/ Leslie (P)	

Calender Key:

A - Atrium
S/O- Shuttle Outing
GP - Gathering Place

DR - Dining Room
FY - Front Yard
ER - Exercise Room
P - Pub

PDR - Private Dining Room
L – Library
AA - Activity Area

Independence
Village SENIOR LIVING