

Assisted Living July 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 Chair Yoga - F 1:00 Patriotic Wheelchairs and Walkers - B 1:30 Bible Study - F 3:00 Happy Hour with JK Sway - B	2 10:30 Resistance Bands - F 11:00 4 th of July “Route 250 Luncheon - D 12:00 Rock N’ Soul - B 2:00 Lawn Games - P	3 10:30 Cardio Drumming - F 1:00 Wii Bowling - F 2:00 Bingo - B 3:00 Bingo Store - C 6:00 Netflix Feature - T	4th of July 4 9:30 Music Time - T 10:00 Activity Packet Pick Up at Front Desk 2:00 Bingo - C 4:00 Fourth of July Meal - D
5 10:30 Livestream Mass – T 1:30 Chair Exercise - F 2:30 Sunday Cinema - T 3:00 Card Game Club -C	6 10:30 Chair Exercise - F 1:30 How to Your Smart Phone - B 3:00 Chase the Ace - C 6:00 Movie Monday and Popcorn - T	7 10:30 Resistance Bands - F 11:00 Outing to Mexican Village Restaurant 1:30 Amazing Race TV Show - T 3:00 Bingo - C	8 10:30 Chair Yoga - F 11:00 Hydration Talk - F 1:00 Nifty Nails - S 1:30 Bible Study - T 1:30 Ice Cream and Trivia - B 3:00 New Resident Happy Hour with Steve Elmore - B	9 10:00 Catholic Communion - -T 10:30 Resistance Bands - F 1:30 Boccee Ball Lessons - P 2:30 DIY Sun Flower Weaving - A 5:30 Card Game Club - C	10 10:30 Cardio Drumming - F 1:30 Wii Bowling - F 1:30 Penny Pitching - B 3:00 Bingo - C 6:00 Netflix Feature - T	11 9:30 Music Time - T 10:00 Activity Packet Pick Up at Front Desk 2:00 Bingo - C
12 10:30 Livestream Mass – T 1:30 Chair Exercise - F 2:00 Guacomole Demonstration - B 2:30 Sunday Cinema - T	13 10:30 Chair Exercise - F 1:30 Book Club - L 3:00 Left, Right, Center - C 6:00 Movie Monday and Popcorn - T	14 10:30 Resistance Bands - F 11:00 Outing to Lake St. Clair 1:30 Amazing Race TV Show - T 3:00 Bingo - C	15 10:30 Chair Yoga - F 1:30 Bible Study - T 2:00 Resident Council - F 3:00 Happy Hour with Lukas - B	16 10:30 Resistance Bands - F 12:00 Men’s Club - C 2:30 DIY Bedazzled Sunglasses - A 5:30 Card Game Club - C	17 10:30 Cardio Drumming - F 1:00 Wii Bowling - F 2:00 Bingo - C 3:00 Bingo Store - C 6:00 Netflix Feature - T	18 9:30 Music Time - T 10:00 Activity Packet Pick Up at Front Desk 2:00 Bingo - C
19 10:30 Livestream Mass – T 11:00 Sunday Brunch - D 1:30 Chair Exercise - F 2:30 Sunday Cinema - T 3:00 Card Game Club -C	20 9:00 Moon Mobile Cart 10:30 Astronut Chair Exercise - F 1:30 Book Club 3:00 Designing a Mission to the Moon Presentation - T 6:00 Movie Monday - T	21 10:30 Resistance Bands - F 1:30 - Baking Class - Dog Treats - B 1:30 Amazing Race TV Show - T 3:00 Bingo - C	22 10:30 Chair Yoga - F 1:00 Nifty Nails - S 1:30 Bible Study - T 2:30 Resident Forum - B 3:00 Happy Hour with Chet Penkala - B	23 10:30 Resistance Bands - F 12:00 Outing to Sterling Fest 2:30 DIY Paint Pouring - A 5:30 Card Game Club - C	24 10:30 Cardio Drumming - F 1:00 Wii Bowling - F 1:30 Boccee Ball - P 3:00 Bingo - C 6:00 Netflix Feature - T	25 9:30 Music Time - T 10:00 Activity Packet Pick Up at Front Desk 11:00 Outing to Macomb 250 th Patriotic Cruise 2:00 Bingo - C
26 10:30 Livestream Mass – T 1:30 Chair Exercise - F 2:30 Sunday Cinema - T 3:00 Card Game Club -C	27 10:30 Chair Exercise - F 1:30 Book Club - L 3:00 UNO - C 6:00 Movie Monday and Popcorn - T	28 10:30 Resistance Bands - F 1:00 Outing to Sander’s Ice Cream 1:30 Amazing Race TV Show - T 3:00 Bingo - C	29 10:30 Chair Yoga - F 11:00 - 1:00 Firefighter’s BBQ - D 1:30 Bible Study - T 3:00 Birthday Happy Hour with Marrisa Hochburg - B	30 10:30 Resistance Bands - F 12:00 Ladies Club (Photo Shoot) - C 2:30 DIY Sun Catcher - A 5:30 Card Game Club - C	31 10:30 Cardio Drumming - F 1:00 Wii Bowling - F 2:00 Bingo - C 3:00 Bingo Store - C 6:00 Netflix Feature - T	