

Independence Village of Waukee

Memory Care

July 2026
Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Daily Hope/Chronicles 1 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Happy Hour: The Red, White & Blue Social 3:00 Patriotic Trivia 6:00 Evening Tea Time	9:30 Daily Hope/Chronicles 2 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft: Flip-Flop Folk Art 2:30 Scenic Drive: The "Shirley" Express 6:00 Coloring Creations	9:30 Daily Hope/Chronicles 3 10:00 Cardio Drumming 10:30 Hydration Cart 12:00 Red White and BBQ Lunch 1:30 Manicures 3:00 BINGO 6:00 Movie Night: Lawrence Welk	Independence Day 4 9:30 Daily Chronicles 10:00 Sunshine and Stretch 1:00 Balloon Volleyball 6:00 Puzzles and Word Search
9:30 Daily Hope/Chronicles 5 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Dust n Shine 6:00 Aromatherapy/Hand Massages	9:30 Daily Hope/Chronicles 6 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Cranium Crunches 3:00 Frisbee Golf 6:00 Connection Pods	9:30 Daily Hope/Chronicles 7 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 2:00 Joanns Birthday Party! 3:00 Universal Yums Tasting 6:00 Reading Circle with Katie	9:30 Daily Hope/Chronicles 8 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Happy Hour: Midweek Sunshine Social 3:00 Yahtzee! 6:00 Evening Tea Time	9:30 Daily Hope/Chronicles 9 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft: Diamond Art 3:00 Documentary: The Greatest Night in Pop 6:00 Coloring Creations	9:30 Daily Hope/Chronicles 10 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 Live Music: Tom Hofer 6:00 Movie Night: I Love Lucy	9:30 Daily Hope/Chronicles 11 10:00 Sunshine and Stretch 1:00 Balloon Bat 6:00 Puzzles and Word Search
9:30 Daily Hope/Chronicles 12 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Color Sorting 6:00 Aromatherapy/Hand Massages	9:30 Daily Hope/Chronicles 13 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Caption This! 3:00 Color Dash & Grab 6:00 Connection Pods	9:30 Daily Hope/Chronicles 14 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 2:00 Smoothie Tuesday 3:00 UNO! 6:00 Reading Circle with Katie	9:30 Daily Hope/Chronicles 15 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Velmas Birthday Celebration 3:00 Name 10 (Birthday Traditions) 3:30 Noodle Relay 6:00 Evening Tea Time	9:30 Daily Hope/Chronicles 16 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft: DIY Flower Vase 2:30 Scenic Drive: Coin Flip Ride 6:00 Coloring with Katie	9:30 Daily Hope/Chronicles 17 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night: Antiques Roadshow	9:30 Daily Hope/Chronicles 18 10:00 Sunshine and Stretch 1:00 Bucket Ball 6:00 Puzzles and Word Search
National Ice Cream Day 19 9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Ice Cream Sundae Social 6:00 Aromatherapy/Hand Massages	9:30 Daily Hope/Chronicles 20 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Pet Therapy with Grady 3:00 Velcro Catch (Patio Game) 6:00 Connection Pods	9:30 Daily Hope/Chronicles 21 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Balloon Bat 3:00 Finish the Phrase 6:00 Reading Circle with Katie	9:30 Daily Hope/Chronicles 22 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Happy Hour: The Melon Social 3:00 Drama Club with Estella 6:00 Evening Tea Time	9:30 Daily Hope/Chronicles 23 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft: Watermelon Button Crafts 3:00 Tech Exploration: Bluetooth Sleep Mask 6:00 Coloring Creations with Katie	9:30 Daily Hope/Chronicles 24 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night: Leave it to Beaver	9:30 Daily Hope/Chronicles 25 10:00 Sunshine and Stretch 1:00 Ladder Toss 6:00 Puzzles and Word Search
Parents Day 26 9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 1:30 Parents' Day Social & Summer Tea 6:00 Aromatherapy/Hand Massages	9:30 Daily Hope/Chronicles 27 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Bean Bag Tic Tac Toe 3:00 Name That Tune! 6:00 Connection Pods	9:30 Daily Hope/Chronicles 28 10:00 Live 2B Healthy Exercise 10:30 Hydration Cart 1:30 Live Music: Bill Connect 2:30 Smoothie Tuesday 3:00 Will It Grill- Culinary Demo 6:00 Reading Circle with Katie	9:30 Daily Hope/Chronicles 29 10:00 Cardio Drumming 10:30 Hydration Cart 2:00 Happy Hour: Sun Tea & Lemonade 3:00 Seated Travelers: Ye Olde Williamsburg 6:00 Evening Tea Time	9:30 Daily Hope/Chronicles 30 10:00 Walk for Wellness 10:30 Hydration Cart 1:30 Craft: Fly Swatter Canvas Painting 3:00 Breezy Beats & Timeless Tunes 6:00 Coloring Creations with Katie	9:30 Daily Hope/Chronicles 31 10:00 Cardio Drumming 10:30 Hydration Cart 1:30 Manicures 3:00 BINGO 6:00 Movie Night: State Fair	