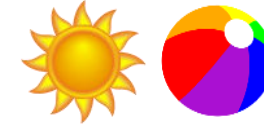








# JULY 2026: 3RD FLOOR ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 PROTESTANT SERVICES AR 2:00 WELCOME JULY 3A 3:00 WELCOME JULY 3B	2 10:00 WHEELCHAIR EXERCISES AR 2:15 RED, WHITE AND BLUE ICE CREAM SOCIAL 6:30 PET THERAPY	3 10:00 MUSIC AND MANICURES AR 2:15 FRIDAY FUN FACTS AR	4 <b>INDEPENDENCE DAY</b>  10:00 4TH OF JULY TRIVIA AR
5 10:30 MASS AR	6 10:00 MONDAY MORNING MUSIC AR 2:00 NAME 10 3A 3:00 NAME 10 3B	7 10:00 LUCKY 7 DAY 3A 10:45 LUCKY 7 DAY 3B 2:15 ART WITH MAE AR	8 10:30 PROTESTANT SERVICES AR 2:15 ACTIVITY ITEREST MEETING AR	9 10:00 COFFEE SOCIA AR 2:15 POKENO AR	10 10:00 JEOPARDY AR 2:00 KARAOKE 3A 3:00 KARAOKE 3B	11 10:15 HISTORICAL FIGURES TRIVIA AR
12 10:30 MASS AR	13 10:00 CHAIR EXERCISES 3A 10:45 CHAIR EXERCISES 3B 2:15 BIRTHDAY SOCIAL AR	14 10:00 WORLD ORCA DAY 3A 10:45 WORLD ORCA DAY 3B 2:15 BINGO AR	15 10:30 PROTESTANT SERVICES AR 2:00 MELODIES AND MEMORIES 3A 3:00 MELODIES AND MEMORIES 3B	16 10:00 COFFEE SOCIAL AR <b>2:00 RESIDENT COUNCIL 3RD FLOOR ACTIVITY ROOM</b> 2:00 SPA 3A 3:00 SPA 3B	17 10:00 CHAIR YOGA AR 10:45 HYDRATION AR 2:15 WORD GAMES AR	18 10:00 PERFECT 10 DAY 3A 10:45 PERFECT 10 DAY 3B 2:00 MOVIE MATINEE AR
19 10:30 MASS AR	20 10:00 TRUE OR FALSE 3A 10:45 TRUE OR FALSE 3B 2:15 AFTERNOON WORKOUT AR 3:00 HYDRATION AR	21 10:00 WONDERS OF THE WORLD 3A 10:45 WONDERS OF THE WORLD 3B 2:15 BINGO AR	22 10:30 PROTESTANT SERVICES AR 2:00 WORD PYRAMID 3A 3:00 WORD PYRAMID 3B	23 10:00 COFFEE SOCIAL AR 2:00 NAME THAT TUNE 3A 3:00 NAME THAT TUE 3B	24 10:00 TELL AN OLD JOKE 3A 10:45 TELL AN OLD JOKE 3B 2:15 CRAFT CORNER AR	25 10:00 MUSIC AND MOVEMENTS AR 2:00 RIDDLES 3A 3:00 RIDDLES 3B
26 10:30 MASS AR	27 10:00 MORNING STRETCHES 3A 10:45 MORNING STRETCHES 3B 2:15 ICE CREAM SOCIAL AR	28 10:00 SINGIING TELEGRAM DAY 3A 10:45 SINGING TELEGRAM DAY 3B 2:15 BINGO AR	29 10:30 PROTESTANT SERVICES AR 2:00 EARN YOUR STRIPES DAT 3A 3:00 EARN YOUR STRIPES DAY 3B	30 10:00 COFFEE SOCIAL AR 2:00 WAVES ANNIVERSARY 3A 3:00 WAVES ANNIVERSARY 3B	31 10:00 SPELLING BEE AR 2:00 BALLOON GAMES 3A 3:00 BALLOON GAMES 3B	

ONE TO ONE VISITS & WALKS ARE PROVIDED DAILY AT 9:15AM & 9:30AM 1:15PM, 3:30PM & 4:00PM MONDAY—FRIDAY

**JULY 16TH**  
**2:00 Resident Council Meeting—3rd Floor Activity Room**  
**WEDNESDAYS**  
**10:30 PROTESTANT SERVICES 3RD FLOOR AR**  
 ADDITIONAL ACTIVITY SUPPLIES ARE AVAILABLE PLEASE CALL THE RECREATION DEPARTMENT AT EXT 3181.



ALL PROGRAMS ARE SUBJECT TO CHANGE  
 ALL PROGRAMS ARE HELD IN THE ACTIVITY ROOM UNLESS OTHERWISE INDICATED  
 DYR—DAYROOM