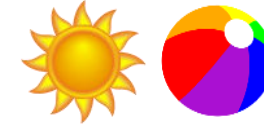




JULY 2026: 4A ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30 WELCOME JULY DR 2:15 BALLOON GAMES DR 3:00 HYDRATION DR	2 10:30 MUSIC AND MEDITATION DR 2:15 RING TOSS DR 3:00 HYDRATION DR	3 10:30 FRIDAY FITNESS DR 11:00 HYDRATION DR 2:15 SUMMER CRAFTS DR	4 INDEPENDENCE DAY 2:15 4TH OF JULY FUN FACTS DR
5 MORNING VISITS 2:00 MASS AR	6 10:30 SENSORY STATIONS DR 2:15 CHAIR EXERCISES DR 3:00 HYDRATION DR	7 10:30 MUSICAL MEMORIES DR 2:15 ACTIVITY CENTERS DR	8 10:30 WEDNESDAY WORKOUT DR 11:00 HYDRATION DR 2:15 SENSORY FUN DR 6:30 KARAOKE DR	9 10:30 TEA AND TRIVIA DR 2:15 SPA AND SYMPHONIES DR	10 10:30 BROADWAY FAVORITES DR 2:15 NAME 5 DR	11 2:15 AFTERNOON EXERCISES DR 3:00 HYDRATION DR
12 MORNING VISITS 2:00 MASS AR	13 10:30 BEST OF COUNTRY WESTERN MUSIC DR 2:15 HOT POTATOE DR 3:00 HYDRATION DR	14 10:30 ELVIS FUN FACTS DR 2:15 COFFEE AND CONVERSATION DR 6:30 OUTSIDE STROLLS	15 10:30 SENSORY STATIONS DR 2:15 ART WITH MAE DR	16 10:30 OCEAN SOUNDS AND FACTS DR 2:00 RESIDENT COUNCIL 3RD FLOOR ACTIVITY ROOM 2:15 BALLOON GAMES DR 3:00 HYDRATION DR	17 10:30 MUSIC AND MANICURES DR 2:15 JULY BIRTHDAY PARTY DR	18 2:15 TODAY IN HISTORY DR
19 MORNING VISITS 2:00 MASS AR	20 10:30 MUSIC AND MOVEMENTS DR 11:00 HYDRATION DR 2:15 LEMONADE SOCIAL DR	21 10:30 RISE AND SHINE DR 11:00 HYDRATION DR 2:15 FINISH THE LYRICS DR	22 10:30 WHEELCHAIR AEROBICS DR 11:00 HYDRATION DR 2:15 ICE CREAM SOCIAL DR 6:30 ACTIVITY CENTERS	23 10:30 BINGO DR 2:15 PARACHUTE DR 3:00 HYDRATION DR	24 10:30 ALL ABOUT NATURE DR 2:15 GAMES DR 3:00 HYDRATION DR	25 2:15 SNACK SHACK DR
26 MORNING VISITS 2:00 MASS AR	27 10:30 MORNING TEA DR 2:15 YOGA DR 3:00 HYDRATION DR	28 10:30 CHAIR STRETCHES DR 11:00 HYDRATION DR 2:15 KARAOKE DR	29 10:30 RIDDLES DR 2:15 SENSORY STATIONS DR	30 10:30 ACTIVITY CENTERS DR 2:15 ROOTBEER SOCIALS DR	31 10:30 MUSIC APPRECIATION DR 2:15 TABLE GAMES DR 3:00 HYDRATION DR	

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