

July 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:45 Cardio 10:15 Balance 11:00 Jokes and Puns 1:30 Fast Facts: Summer Vacations 3:00 Bingo 6:00 Cool Down with Shay	2 10:00 Stretch & Shape 11:00 Jeopardy 1:30 Sing Along 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	3 10:00 Dance to Fitness 11:00 Brain Games 12:00 Picnic 1:30 Zumba 2:00 Fill in The Blank 3:00 Activity Tables 6:00 Eileen in the Evening	4 Fourth of July 10:00 Lower Body Focus 11:00 It's Trivial 1:30 Table Games & Cocktails 3:00 Sing Along 3:30 Remember When	5 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
6 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	7 10:00 Using Weights 11:00 Photo Hunt 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Movement to Music	8 9:45 Cardio 10:15 Balance 11:00 Fast Facts: Cow Appreciation Day 1:30 Hand Painting 3:00 Bingo 6:00 Cool Down with Shay	9 10:00 Stretch & Shape 11:00 Jeopardy 1:30 Sing Along 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	10 10:00 Dance to Fitness 11:00 Brain Games 1:30 John Paolillo 2:00 Fill in The Blank 3:00 Activity Tables 6:00 Movement with Shay	11 10:00 Lower Body Focus 11:00 Founding Fathers 1:30 Staff Games 3:00 Seated Soccer 3:30 Short Stories & Tales 6:00 An Evening with Eileen	12 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
13 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Barbershop Music 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	14 10:00 Using Weights 11:00 Photo Hunt 1:30 Basketball 2:00 Storming the Bastille 3:00 Patio Groups 6:00 Movement to Music	15 10:00 Sit & Stand Exercise 11:00 Fast Facts: Confections 1:30 Watercolors 3:00 Bingo 6:00 Cool Down with Shay	16 10:00 Stretch & Shape 11:00 Hot Dog! 1:30 Larry Batter 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	17 10:00 Dance to Fitness 11:00 RT Council & Reminisce 1:30 Riddles & Rhymes 2:00 Puzzle Pages 3:00 Activity Tables 5:00 Support Group 6:00 Eileen in the Evening	18 10:00 Lower Body Focus 11:00 Proverbs 1:30 Beat the Staff 3:00 Seated Soccer 3:30 Floor Fishing 6:00 An Evening with Eileen	19 Daiquiri Day 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley And Blended Drinks! 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
20 Ice Cream Day 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 2:30 Sundaes 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	21 10:00 Using Weights 11:00 Photo Hunt 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Movement to Music	22 9:45 Cardio 10:15 Balance 11:00 Fast Facts: States 1:30 Hammock Day Catch 3:00 Bingo 6:00 Cool Down with Shay	23 10:00 Stretch & Shape 11:00 Jeopardy 11:00 Dietary & Resident Council 1:30 Sing Along 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	24 Amelia Earhart Day 10:00 Dance to Fitness 11:00 Around the World 1:30 Zumba 2:00 Fill in The Blank 3:00 Activity Tables 6:00 Movement with Shay	25 Thread the Needle Day 10:00 Lower Body Focus 11:00 It's Trivial 1:30 Chip Ames 3:00 Seated Soccer 3:30 "Thread the Needle" 6:00 An Evening with Eileen	26 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
27 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	28 10:00 Using Weights 11:00 Photo Hunt 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Movement to Music	29 9:45 Cardio 10:15 Balance 11:00 Fast Facts: Lions, Tigers and Bears, Oh My 1:30 Mad Gab 3:00 Bingo 6:00 Cool Down with Shay	30 Friendship Day 10:00 Stretch & Shape 11:00 A Friend in Need 1:30 Mary Morse 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	31 10:00 Dance to Fitness 11:00 Reminisce 1:30 Riddles & Rhymes 2:00 Puzzle Pages 3:00 Activity Tables 6:00 Eileen in the Evening		

All programming is subject to change to suit the needs of the community and our residents.