

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026			Concierge w/ Christine 9:30 Morning Stroll 10:00 Communion w/ Mike 10:45 Seated Exercise 2:30 Word Puzzles 3:30 Activity Planning 4:00 Sunroom Social Canada Day	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Seated Pilates 10:45 Table Top Bowling 3:30 Holiday Music Bingo 4:00 Sunroom Social	10:00 Morning Stroll 10:30 Seated Tai Chi 10:45 Carrom Board Game 11:00 Out w/ Christine 2:00 Crafting 4:00 Sunroom Social	8:00 Catholic Mass (CH 28 ETWN) 10:00 July 4th Parade 1:30 Weekend Movie: 'A Yankee doodle Dandy' 4:00 Sunroom Drinks Independence Day (U.S.)
8:00 Catholic Mass (CH 28 ETWN) 11:00 Yahtzee w/ Ally 1:30 Sunday Movie: 'Mr Blandings Builds a Dream Home' 4:00 Sunroom Drinks	10:00 Morning Stroll 10:30 Morning Stretch 11:00 Wii Bowling 2:30 Workout w/ Kristen 4:00 Sunroom Social Happy Birthday Leslie!	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Drum Fit 10:45 Scrabble Club 10:45 Card Sharks 1:30 Tuesday Movie: 'Casino Royale' 4:00 Sunroom Social	Concierge w/ Christine 9:30 Morning Stroll 10:00 Devotions w/ Ruth 11:00 Seated Exercise 12:00 Lunch Out: (Sign Up) @The Dolphin in Barnstable 2:30 Fancy Fingers 4:00 Sunroom Social	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:15 Granny Pants 10:30 Canal Visitor Center 11:00 Flower Arranging 2:00 Out @ ShipWrecked 4:00 Sunroom Social	10:00 Morning Stroll 10:30 Seated Tai Chi 10:15 Out w/ Christine 10:45 Noodle Hockey 2:00 Crafting 4:00 Social Hour	8:00 Catholic Mass (CH 28 ETWN) 11:00 Bingo w/ Ally 1:30 Weekend Movie: 'Drums Along the Mohawk' 4:00 Sunroom Drinks
8:00 Catholic Mass (CH 28 ETWN) 11:00 Rummikub w/ Ally 1:30 Sunday Movie: 'A More Perfect Union' 4:00 Sunroom Drinks Happy Birthday Humphrey!	10:00 Morning Stroll 10:30 Morning Stretch 11:00 Wii Bowling 1:30 Monday Movie: 'Apollo 13' 4:00 Sunroom Social	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Drum Fit 10:45 Scrabble Club 10:45 Card Sharks 2:00 Paint w/ Leonie 4:00 Sunroom Social Bastille Day	Concierge w/ Christine 9:30 Morning Stroll 10:00 Communion w/ Mike 10:45 Seated Exercise 12:00 Lunch Out (Sign Up) @The Canal/SuperiorSeafood 2:30 Men's Nail Care 4:00 Sunroom Social	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Seated Yoga 10:30 Driving w/ Christine 10:45 Rummikub 2:30 Baking 4:00 Sunroom Social	9:30 Morning Stroll 10:00 Seated Tai Chi Donna 10:30 Out w/ Christine 10:45 Shuffleboard 2:00 Crafting w/ Christine 4:00 Social Hour Happy Birthday Jon L.	8:00 Catholic Mass (CH 28 ETWN) 11:00 Bingo w/ Ally 1:30 Weekend Movie: 'Hunt For Red October' 4:00 Sunroom Drinks
8:00 Catholic Mass (CH 28 ETWN) 11:00 Scribbage w/ Ally 1:30 Sunday Movie: 'National Treasure' 4:00 Sunroom Drinks Happy Birthday Barbara!	10:00 Morning Stroll 10:30 Morning Stretch 11:00 Wii Bowling 1:30 Monday Movie: 'Ford vs Ferrari' 4:00 Sunroom Social Happy Birthday Addie!	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Drum Fit 10:45 Scrabble Club 10:45 Card Sharks 2:00 Fancy Fingers 3:30 Meet w/ the Nurse 4:00 Sunroom Social	Concierge w/ Christine 10:00 Morning Stroll 10:00 Vets w/ Owen Earl 10: 30 Seated Exercise 12:00 Lunch Out (Sign Up) @The Local Tavern 1:00 Chef's Meeting 4:00 Sunroom Social Happy Birthday Eugenie!	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Seated Pilates 11:00 Julie Charland Music 2:00 Reiki w/ Susan Nolan 2:30 Bingo w/ Thalia 4:00 Sunroom Social	10:00 Morning Stroll 10:30 Seated Tai Chi 10:30 Out w/ Christine 10:45 Cornhole 2:00 Crafting w/ Joyce 4:00 Social Hour	8:00 Catholic Mass (CH 28 ETWN) 10:30 Bingo w/ Ally 1:30 Weekend Movie: 'Our Souls at Night' 4:00 Sunroom Drinks
8:00 Catholic Mass (CH 28 ETWN) 11:00 Rummy w/ Ally 1:30 Sunday Movie: 'The Sandlot' 4:00 Sunroom Drinks	10:00 Morning Stroll 10:30 Morning stretch 11:00 Wii Bowling 2:00 Paint w/ Mary Shea 4:00 Sunroom Social	9:00-12:00 Hair Salon 10:00 Morning Stroll 10:30 Drum Fit 10:45 Scrabble Club 10:45 Card Sharks 1:30 Tuesday Movie: 'Remarkably Bright Creatures' 4:00 Sunroom Social	Concierge w/ Christine 9:30 Morning Stroll 10:00 Chair Dancing w/ Rondae Drafts 12:00 Box Lunch/Movie (Signup) @ COAL 'Inside the Whale' 2:30 Readers Book Group 4:00 Social Hour	9:00-12:00 Hair Salon 10:00 Morning Mingle 10:00 Morning Stroll 10:30 Seated Yoga 10:45 Wii Bowling 2:30 Wheel of Fortune 4:00 Sunroom Social	10:00 Morning Stroll 10:30 Out w/ Christine 10:45 Volley Balloon 2:00 Crafting w/ Thalia 3:30 Drew Jacobs Music 4:00 Social Hour	8:00 Catholic Mass (CH 28 ETWN) 10:30 Bingo w/ Ally 1:30 Weekend Movie: 'Hamlet' 4:00 Sunroom Drinks