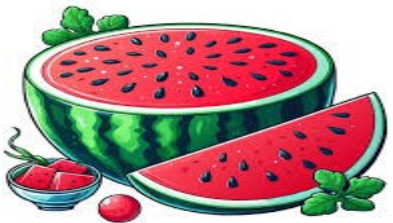


Discovery and Harmony Activity Calendar

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 7-4 Kathy Y. 7-6 Gary N. 7/25 Deborah H. 7-29 Judy H.	1 Word Game Wednesday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>July Word Game & Trivia</u> 11:40 Sit & Get Fit Exercises 12:00 Lunch and Social Hour D 12:45 <u>Star Art Project</u> H 12:45 Active Umbrella Game	2 National Blueberry Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Stars & States Game</u> H 11:00 <u>4th of July Crafts</u> 11:40 Music & Movement 12:00 Lunch and Social Hour 12:45 <u>Celebrate the 4th of July</u> 12:45 Alt: Dominoes Table	Center Closed Today 	
6 Pet Therapy  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Celebrate the 4th of July</u> 12:45 Alt: Table Top Activities	7 World Chocolate Day  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Music w/ Stephen Taylor</u> H 11:00 <u>Reminisce the 50's & 60's</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D 12:45 <u>Arts & Crafts Group</u> H 12:45 <u>Active Patio Social</u>	8 National Blueberry Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Core Class w/ Paola & Word Game</u> H 11:00 <u>Baking w/ Jo & Exercises</u> 12:00 Lunch and Social Hour 12:45 <u>Virtual Trip Hawaii</u> 12:45 Alt: Painting Club w/ Jo	9 National Sugar Cookie Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Golf Putt Putt Challenge H 11:00 <u>Reminisce: Campbell Soup</u> 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D 12:45 <u>America's 250th Anniversary</u> H 12:45 Active Game Time	10 National Watermelon Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Music Memories 11:00 <u>Creative Crew w/ Lori</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour D 12:45 Bingo Bash H 12:45 Table Games & Trivia	
13 Monday Movement 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Golf Challenge & Exercises H 11:00 Zumba Class & Word Game 12:00 Lunch and Social Hour D 12:45 Table Games H 12:45 Active Patio Social	14 Pet Therapy  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alt: Table Top Activities 11:45 Move & Groove Exercises 12:00 Lunch and Social Hour D 12:45 Slot ball Game H 12:45 <u>Virtual Travel: Texas</u>	15 Pet Therapy  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 <u>Craft Group w/ Paola</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D 12:45 Active Game Fun H 12:45 This or that Animals & Trivia	16 World Watercolor Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Watercolor Art</u> H 11:00 Active Game Time 11:45 Noodle Exercises 12:00 Lunch and Social Hour 12:45 <u>Magic Show w/ Brian Barry</u> 12:45 Alt: Table Games	17 Ice Cream Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Table Games H 11:00 <u>Ice Cream Art</u> 11:40 Chair Zumba 12:00 Lunch and Social Hour 12:45 <u>Ice Cream Trolley & Games</u>	
20 Space Exploration Day  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Chair Soccer H 11:00 <u>All about Space Trivia & Video</u> 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour D 12:45 <u>Glow in the Dark Space Art</u> H 12:45 Family Feud game	21 Show n Tell Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Sun Catcher Art</u> H 11:00 Reminiscing & Trivia 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Show n tell- Bring your favorite Memento to Share</u>	22 World Watercolor Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Watercolor Art</u> H 11:00 Active Game 12:00 Lunch and Social Hour D 12:45 Active Game H 12:45 Sensory & Music	23 Nat. Vanilla Ice Cream Day  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Core Class w/ Paola & Trivia</u> H 11:00 Hollywood Guess Who 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 Corn Hole Challenge & Music 12:45 Alt: Painting Club w/ Jo	24 Cowboy Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Horse Racing Game 11:00 <u>Creative Crew w/ Lori</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour D 12:45 <u>Country Music Dance & Trivia</u> H 12:45 <u>Reminisce: John Wayne & Trivia</u>	
27 National Ice Cream Month  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Slot Ball Game H 11:00 Active Game 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>50's Dance Party & Floats</u> 12:45 Alt: Arts & Crafts w/ Jo	28 Variety Tuesday  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Making Ice Cream w/ Erinn</u> H 11:00 Match Game & Trivia 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D 12:45 Bingo Bash H 12:45 Patio Active Game	29 National Lasagna Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Flower Art</u> H 11:00 Slot Ball Game 11:40 Ageless Grace Exercises  12:00 Lunch and Social Hour 12:45 <u>Dean & Frank Dance Party!</u> 12:45 Alt: Table Top Activities	30 Watermelon Month  10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Karaoke & Word Game H 11:00 <u>Watermelon Art</u> 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour 12:45 <u>Outdoor Watermelon Social</u> 12:45 Alt: Art Project	Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony . All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.	