

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JULY 2026 HEALTHCARE ACTIVITY CALENDAR *ALL ACTIVITIES ARE SUBJECT TO CHANGE*		LOCATION KEY AN—All Neighborhoods RTR—Room to Room MA—Mast Auditorium FH—Fellowship Hall O – Outing D– Dale MD—Midlothian MT– Matoaca P– Patio	1 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 10:30 Hydration Cart [RTR] 11:00 All About July [FH] 11:30 4th of July Reminiscing [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [Dale Dining]	2 8:45 Daily Chronicle Pass [AN] 10:30 Scarf Exercise [FH] 10:30 Hydration Cart [AN] 11:00 Food Club: Berry Flags [FH] 2:00 Manicures and Music [FH] 4:00 Hydration Cart [RTR]	3 9:00 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 11:00 Through the Decades [FH] 11:30 Patriotic Prize Pass FH] 2:00 4th of July Party [FH]	4 4TH OF JULY! 9:00 Packet Pass [AN] 11:00 Exercise [FH] 11:30 4th of July Word Games [FH] 
5 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:15 Music and Movement [FH] 11:45 Brain Teasers [FH] 2:30 Church Service: Faith Landmark Church [MA]	6 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 10:30 Hydration Cart [RTR] 11:00 Guess that Price [FH] 11:30 Morning Mingle [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [Dale Dining] 6:30 Sherriﬀ’s Bingo [MA]	7 8:45 Daily Chronicle Pass [AN] 10:30 Ball Toss [FH] 11:00 Brain Games [FH] 11:15 CRAFT: Q-Tip Fireworks [FH] 2:30 Paint and Sip [FH] 4:00 Hydration Cart [AN]	8 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 10:30 Hydration Cart [AN] 11:00 Food Club: Red White & Blue Dirt Cups [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	9 SUGAR COOKIE DAY! 8:45 Daily Chronicle Pass [AN] 10:30 Bowling [FH] 10:30 Hydration Cart [AN] 11:00 OMA Art Program [FH] 11:00 Penny Ante [FH] 11:30 Guess the Year [FH] 2:30 Walt Street Performs [MA] 4:00 Hydration Cart [RTR]	10 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 10:30 Hydration Cart [AN] 11:00 Through the Decades [FH] 11:30 Karaoke! [FH] 2:30 Horseracing [FH]	11 8:45 Daily Chronicle Pass [AN] 11:15 Balloon Volleyball [FH] 11:30 Linked Senior [FH] 11:45 Fact or Crap Trivia [FH] 2:45 Watercolor Creations [FH] 3:30 Black Jack Card Game [FH]
12 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:15 Music and Movement [FH] 11:45 Brain Teasers [FH] 2:30 Church Service: Mt. Gillead Church [MA]	13 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 10:30 Hydration Cart [RTR] 11:00 Coffee & Current Events [FH] 11:30 Morning Mingle [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [Dale Dining]	14 8:45 Daily Chronicle Pass [AN] 10:30 Pull From a Hat Exercise [FH] 11:00 Brain Games [FH] 11:15 CRAFT: Pom Pom Stars [FH] 2:30 Joy Ride [O] 2:30 Penny Prize Toss [FH] 4:00 Hydration Cart [AN] 6:30 Amy Ladd Sings [FH]	15 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 10:30 Hydration Cart [AN] 11:00 Virtual Travel [FH] 11:00 Outing: Brusters [O] 11:30 Universal Yums [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	16 8:45 Daily Chronicle Pass [AN] 10:30 Dance Party Exercise [FH] 11:00 OMA Art Program [FH] 11:00 Finish the Phrase [FH] 11:30 Riddles and Jokes [FH] 2:30 Resident Council [FH] 4:00 Friendly Visits [RTR]	17 8:45 Daily Chronicle Pass [AN] 10:30 Kevin Salyer Sings [FH] 2:30 Bingo Store [FH] 2:30 Dale, 2:45 Matoaca 3:00 Midlothian	18 8:45 Daily Chronicle Pass [AN] 11:15 Balloon Volleyball [FH] 11:30 Linked Senior [FH] 11:45 Urban Myths [FH] 2:45 Colorful Creations [FH] 3:30 Magazine Hunt, Music, & Munchies [FH]
19 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:15 Music and Movement [FH] 11:45 Brain Teasers [FH] 2:30 Church Service: Amazing Grace World Fellowship [CHAPEL]	20 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 10:30 Hydration Cart [RTR] 11:00 Family Feud [FH] 11:30 Morning Mingle [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [Dale Dining]	21 8:45 Daily Chronicle Pass [AN] 10:30 Parachute Exercise [FH] 11:00 Brain Games [FH] 11:15 CRAFT: Button Flags [FH] 2:00 Outing: Dollar Tree [O] 2:30 Movie Matinee [FH] 4:00 Hydration Cart [AN]	22 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 10:30 Hydration Cart [AN] 11:00 Dietician Group [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	23 VANILLA ICE CREAM DAY 8:45 Daily Chronicle Pass [AN] 10:30 Twister Toss [FH] 10:30 Hydration Cart [AN] 11:00 OMA Art Program [FH] 11:00 Manicures and Music [FH] 2:30 Joy Ride [O] 2:30 Ice Cream Social [FH]	24 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 11:00 Through the Decades [FH] 11:30 Mad Libs [FH] 2:30 Christmas In July Party [FH]	25 8:45 Daily Chronicle Pass [AN] 11:15 Balloon Volleyball [FH] 11:30 Linked Senior [FH] 11:45 Fact or Crap Trivia [FH] 2:45 Movie Matinee [FH]
26 8:45 Packet/Devotional Pass [RTR] 10:30 Catholic Communion [RTR] 11:15 Music and Movement [FH] 11:45 Brain Teasers [FH] 2:30 Church Service: New Hope Church [MA]	27 8:45 Daily Chronicle Pass [AN] 10:30 Exercise Circle [FH] 10:30 Hydration Cart [RTR] 11:00 Deal or No Deal [FH] 11:30 Morning Mingle [FH] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [Dale Dining]	28 8:45 Daily Chronicle Pass [AN] 10:30 Chair Kickboxing [FH] 10:30 Hydration Cart [AN] 11:00 Brain Games [FH] 11:30 CRAFT: Flag Mason Jars [FH] 2:30 Sam Singleton Performs [MA]	29 8:45 Daily Chronicle Pass [AN] 10:30 Exercise with Sue [FH] 11:00 Dear Abby [FH] 12:00 July Luncheon [MA] 2:30 Bingo MD/MT [FH] 3:00 Bingo D/B [DALE DINING]	30 8:45 Daily Chronicle Pass [AN] 10:30 Soccer [FH] 10:30 Hydration Cart [AN] 11:00 OMA Art Program [FH] 11:00 Horseracing [FH] 2:30 David Wolfe Sings [FH]	31 8:45 Daily Chronicle Pass [AN] 10:30 Chair Yoga [FH] 10:30 Hydration Cart [AN] 11:00 Through the Decades [FH] 11:30 What’s in the Bag? [FH] 2:30 July Birthday Party [FH]	ACTIVITIES TEAM: Director: Kayla Roane : CTRS Asst Director: Catherine Heard Kellie Morris Kimberly Grimes Brittni Murray : CH unit Isabel Tabadero (PT– Cloverhill) Jessica White (PT)