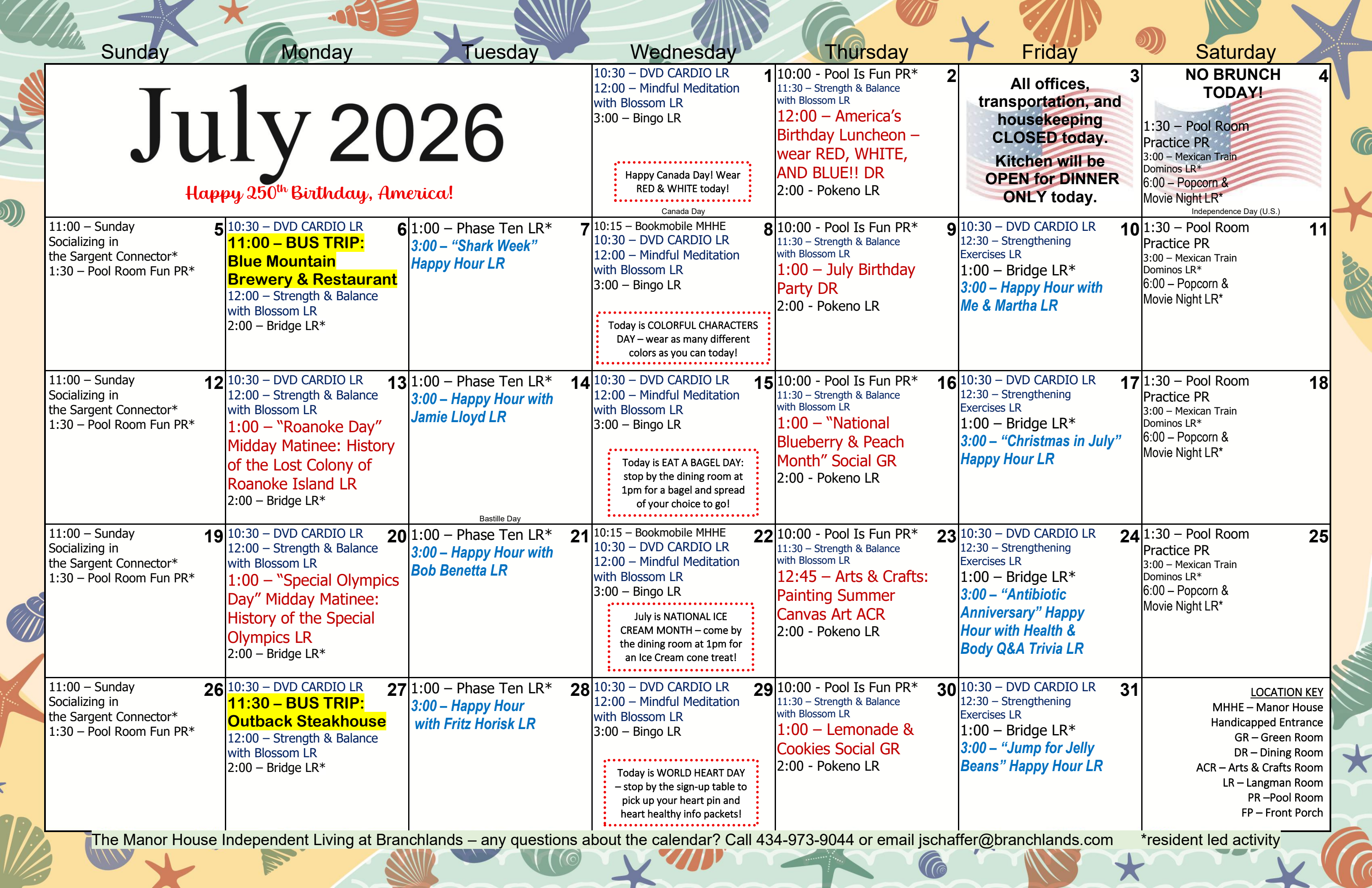




Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Happy 250th Birthday, America!

				10:30 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR Happy Canada Day! Wear RED & WHITE today! Canada Day	10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 12:00 – America’s Birthday Luncheon – wear RED, WHITE, AND BLUE!! DR 2:00 - Pokeno LR	3 All offices, transportation, and housekeeping CLOSED today. Kitchen will be OPEN for DINNER ONLY today.	4 NO BRUNCH TODAY! 1:30 – Pool Room Practice PR 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR* Independence Day (U.S.)
11:00 – Sunday Socializing in the Sargent Connector* 1:30 – Pool Room Fun PR*	5 10:30 – DVD CARDIO LR 11:00 – BUS TRIP: Blue Mountain Brewery & Restaurant 12:00 – Strength & Balance with Blossom LR 2:00 – Bridge LR*	6 10:30 – DVD CARDIO LR 11:00 – BUS TRIP: Blue Mountain Brewery & Restaurant 12:00 – Strength & Balance with Blossom LR 2:00 – Bridge LR*	7 1:00 – Phase Ten LR* 3:00 – “Shark Week” Happy Hour LR	8 10:15 – Bookmobile MHHE 10:30 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR Today is COLORFUL CHARACTERS DAY – wear as many different colors as you can today!	9 10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – July Birthday Party DR 2:00 - Pokeno LR	10 10:30 – DVD CARDIO LR 12:30 – Strengthening Exercises LR 1:00 – Bridge LR* 3:00 – Happy Hour with Me & Martha LR	11 1:30 – Pool Room Practice PR 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
11:00 – Sunday Socializing in the Sargent Connector* 1:30 – Pool Room Fun PR*	12 10:30 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – “Roanoke Day” Midday Matinee: History of the Lost Colony of Roanoke Island LR 2:00 – Bridge LR*	13 10:30 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – “Roanoke Day” Midday Matinee: History of the Lost Colony of Roanoke Island LR 2:00 – Bridge LR*	14 1:00 – Phase Ten LR* 3:00 – Happy Hour with Jamie Lloyd LR	15 10:30 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR Today is EAT A BAGEL DAY: stop by the dining room at 1pm for a bagel and spread of your choice to go!	16 10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – “National Blueberry & Peach Month” Social GR 2:00 - Pokeno LR	17 10:30 – DVD CARDIO LR 12:30 – Strengthening Exercises LR 1:00 – Bridge LR* 3:00 – “Christmas in July” Happy Hour LR	18 1:30 – Pool Room Practice PR 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
11:00 – Sunday Socializing in the Sargent Connector* 1:30 – Pool Room Fun PR*	19 10:30 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – “Special Olympics Day” Midday Matinee: History of the Special Olympics LR 2:00 – Bridge LR*	20 10:30 – DVD CARDIO LR 12:00 – Strength & Balance with Blossom LR 1:00 – “Special Olympics Day” Midday Matinee: History of the Special Olympics LR 2:00 – Bridge LR*	21 1:00 – Phase Ten LR* 3:00 – Happy Hour with Bob Benetta LR	22 10:15 – Bookmobile MHHE 10:30 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR July is NATIONAL ICE CREAM MONTH – come by the dining room at 1pm for an Ice Cream cone treat!	23 10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 12:45 – Arts & Crafts: Painting Summer Canvas Art ACR 2:00 - Pokeno LR	24 10:30 – DVD CARDIO LR 12:30 – Strengthening Exercises LR 1:00 – Bridge LR* 3:00 – “Antibiotic Anniversary” Happy Hour with Health & Body Q&A Trivia LR	25 1:30 – Pool Room Practice PR 3:00 – Mexican Train Dominos LR* 6:00 – Popcorn & Movie Night LR*
11:00 – Sunday Socializing in the Sargent Connector* 1:30 – Pool Room Fun PR*	26 10:30 – DVD CARDIO LR 11:30 – BUS TRIP: Outback Steakhouse 12:00 – Strength & Balance with Blossom LR 2:00 – Bridge LR*	27 10:30 – DVD CARDIO LR 11:30 – BUS TRIP: Outback Steakhouse 12:00 – Strength & Balance with Blossom LR 2:00 – Bridge LR*	28 1:00 – Phase Ten LR* 3:00 – Happy Hour with Fritz Horisk LR	29 10:30 – DVD CARDIO LR 12:00 – Mindful Meditation with Blossom LR 3:00 – Bingo LR Today is WORLD HEART DAY – stop by the sign-up table to pick up your heart pin and heart healthy info packets!	30 10:00 - Pool Is Fun PR* 11:30 – Strength & Balance with Blossom LR 1:00 – Lemonade & Cookies Social GR 2:00 - Pokeno LR	31 10:30 – DVD CARDIO LR 12:30 – Strengthening Exercises LR 1:00 – Bridge LR* 3:00 – “Jump for Jelly Beans” Happy Hour LR	LOCATION KEY MHHE – Manor House Handicapped Entrance GR – Green Room DR – Dining Room ACR – Arts & Crafts Room LR – Langman Room PR –Pool Room FP – Front Porch