

July 2026 Calendar
Written Descriptions

Wednesday 7/1

10:00am

Group Crossword Puzzles: Spend time with friends completing our large crossword puzzles. These puzzles are hard enough to promote discussion, yet simple enough for all to enjoy! This activity encourages listening skills, attention to task, and social interactions. The large format allows a group to play together and have fun!

11:00am

Yoga in the Garden: (weather permitting) Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles. Enjoy the fresh air and the sights and sounds of the garden as you engage in yoga movements outside!

Thursday 7/2

10:00am

Words with Friends: Scrabble? Wordle? Jumble? Try your hand at one of our word puzzles! When you engage in word puzzles, processing, language, and problem-solving skills are all enhanced. Engaging in these games is a fun way to maintain your cognitive skills while having a good time with friends. Compete against each other or collaborate to solve puzzles. Either way, engage in lively conversations, social interactions, and join us for some F-U-N!

11:00am

Ready, Sport, Go! Get ready to play some of the season's favorite games! Whether volleyball, softball, golf or frisbee, each game will begin with gentle warm-up stretches and basic skills. Challenge yourself and have fun with others while you improve hand-eye coordination, strength, and teamwork. You don't need to be athletically inclined to have a good time! No prior skills or experience required.

1:00pm

Jeopardy USA! Based on the classic TV program, compete to test your knowledge on a variety of USA related topics, such as food, music, history, and other familiar categories. Participants can play as individuals or a team to rack up points and see who becomes the Jeopardy Champion! Challenge your attention to task, auditory, and verbal processing skills, while engaging in discussion and debate with others in the group while you race against the other players to come up with the right answer!

2:00pm

Trivia! Celebrate USA 250! Give your brain a workout with a lively mix of seasonally themed trivia and clever word challenges! Challenge your thinking and sharpen your attention. Think creatively and explore facts new and old about America. Engage in friendly conversation that supports mental agility and social connections.

Friday 7/3 – Independence Day Observed - No Programs

Monday 7/6

10:00am

Pictionary: Pick your team and pick up your pencil! It's time to take turns drawing and guessing before time runs out. Which team will be victorious? Play along and find out. A game that challenges your visual perception, attention to detail and collaboration, but most of all creates a fun and exciting way to enjoy time with friends.

11:00am

Wheel of Fortune: You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your knowledge, language, and processing skills while enjoying some friendly competition.

1:00pm

Chair Yoga: Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles.

2:00pm

Open Art Studio: Stretch your creative muscles in an exploratory art session. An open independent art session with a variety of materials available for use. Explore painting, sculpture, collage, and more at your own pace. Allow your creativity to bloom with guidance and instruction from our therapeutic specialists. All levels welcome – no experience necessary. Bring a friend!

Tuesday 7/7

10:00am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

11:00am

Art Appreciation using the Arts and Minds Approach: The Arts & Minds approach to art creates an environment to appreciate works of art while learning about the history behind the piece and the artist. Thoughtful questions guide the conversation and allow group participants to explore and discuss what art means to them. Each participant has the opportunity to create their own piece of artwork based on the piece discussed.

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2:00pm

Ready, Sport, Go! Get ready to play some of the season's favorite games! Whether volleyball, softball, golf or frisbee, each game will begin with gentle warm-up stretches and basic skills. Challenge yourself and have fun with others while you improve hand-eye coordination, strength, and teamwork. You don't need to be athletically inclined to have a good time! No prior skills or experience required.

Wednesday 7/8

10:00am

Yoga in the Garden: (weather permitting) Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles. Enjoy the fresh air and the sights and sounds of the garden as you engage in yoga movements outside!

11:00am

Visual Poetry: Poetry word art, or visual poetry, incorporates graphic details such as images, colors, and typography to enhance the meaning of the poem. Engage your senses, using the visual appearance of the poem to add depth and meaning to the words. Using descriptive language from cutout words and phrases, you'll piece together a mosaic of text, symbols, illustrations, and colors to evoke emotions and express thoughts and ideas.

Thursday 7/9

10:00am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

11:00am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

1:00pm

Coastal Keepsakes: Create seasonal decorations for the summer inspired by the sea, the sand and the fun of summer holidays. Turn a seashell into a trinket dish using a variety of summer-themed materials or a festive candle holder in patriotic colors. Sharpen your fine motor skills, attention to detail, and organizational skills. Take home your unique creations to enjoy.

2:00pm

The Price is Right!: Come on Down!! This casual version based on the popular TV show invites individuals to challenge their memory, visual and auditory processing skills to come up with the closest price for the items shown. Enjoy a good time, engage in discussion and maybe win a prize!

Friday 7/10

10:30am

Music Bingo: Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out "Bingo"!

Monday 7/13

10:00am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

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1:00pm

Chair Yoga: Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles.

2:00pm

Famous Faces Bingo: Test your memory in this fun twist on a classic game! In Famous Faces Bingo, participants match pictures of Famous Faces from TV, Movies, and History. This lively and interactive activity encourages active listening, memory recall, and social interaction, and of course fun! Get ready to call out "Bingo" while reminiscing about shows and events that shaped our lives.

Tuesday 7/14

10:00am

Grounded in Motion: A gentle chair-based movement program that blends stability, mobility, and mindful awareness. Participants stay rooted and supported while exploring safe, accessible exercises designed to improve strength, flexibility, balance, and overall well-being. It's a calm, empowering way to stay active, connected, and confidently in motion.

11:00am

Throw to Know: Put your aim and your brain to the test in Throw to Know! Participants will toss beanbags into a variety of numbered baskets, with each basket revealing a trivia question to answer. The higher the basket number, the more challenging the question becomes! Enjoy a friendly competition that combines hand-eye coordination, concentration, and cognitive stimulation in a fun and supportive group setting. Bring your thinking cap and your best throw as you aim for the basket that tests your knowledge on a variety of topics.

1:00pm

Wheel of Fortune: You've got to spin it to win it! Just like the popular game show, you'll spin the wheel to earn points as you guess letters to a word puzzle on the board. Test your attention, language, and processing skills while enjoying some friendly competition.

2:00pm

Coastal Keepsakes: Create seasonal decorations for the summer inspired by the sea, the sand and the fun of summer holidays. Turn a seashell into a trinket dish using a variety of summer-themed materials or a festive candle holder in patriotic colors. Sharpen your fine motor skills, attention to detail, and organizational skills. Take home your unique creations to enjoy.

Wednesday 7/15

10:00am

Art Appreciation using the Arts and Minds Approach: The Arts & Minds approach to art creates an environment to appreciate works of art while learning about the history behind the piece and the artist. Thoughtful questions guide the conversation and allow group participants to explore and discuss what art means to them. Each participant has the opportunity to create their own piece of artwork based on the piece discussed.

Thursday 7/16

10:00am

Toss and Talk: A non-competitive ball game to promote eye-hand coordination, maintain your focus, and strengthen your arms. The catch in this game of catch? The ball is covered in questions! Wherever your finger lands, that's the question you answer, sparking happy memories, great conversations, and meaningful connections.

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2:00pm

The Price is Right!: Come on Down!! This casual version based on the popular TV show invites individuals to challenge their memory, visual and auditory processing skills to come up with the closest price for the items shown. Enjoy a good time, engage in discussion and maybe win a prize!

Friday 7/17

10:30am

Yoga in the Garden (weather permitting): Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles. Enjoy the fresh air and the sights and sounds of the garden as you engage in yoga movements outside!

Monday 7/20

10:00am

Group Crossword Puzzles: Spend time with friends completing our large crossword puzzles. These puzzles are hard enough to promote discussion, yet simple enough for all to enjoy! This activity encourages listening skills, attention to task, and social interactions. The large format allows a group to play together and have fun!

11:00am

Rhythmic Drumming with Theresa: An uplifting session of drumming & rhythmic movement with special guest Theresa, a Certified Therapeutic Recreation Specialist. This interactive program supports physical and cognitive health along with social well-being as participants share the transformative power of music. Come experience the energy and relaxation of the rhythms and bring a friend!

1:00pm

Chair Yoga: Perform a variety of simple seated yoga poses and stretches, as shown by the instructor. Experience healthy movement for your body, while also engaging your mind. Yoga provides a full body experience helping to reduce stress while strengthening muscles.

2:00pm

Jenga! Join us for the popular stacking game – Jenga!. A game of physical skill where players take turns removing blocks from a tower and stacking them on top, aiming to avoid causing the tower to collapse. Jenga is not just a game of skill but also a test of strategy and nerve, making it fun for players of all ages. Its straightforward rules and engaging gameplay help promote attention to task, improve fine motor skills, and enhance executive functioning.

Tuesday 7/21

10:00am

Move ‘N’ Groove – Get your body moving to the rhythm of some favorite dance songs! Warm up with simple movements, put them together, and you’re dancing! A great way to exercise and enjoy a movement-based activity at your own pace! Enhancing joint health and flexibility and cognitive skills through rhythm. Feel free to share your favorite dance or signature move – all are welcome.

11:00am

Music Bingo: Test your musical memory in this fun twist on a classic game! In Music Bingo, participants listen to short clips of familiar tunes—from oldies to favorites—and match what they hear to their Bingo cards. This lively and interactive activity encourages active listening, memory recall, and social interaction, all while enjoying the joy of music. Sing along, tap your feet, and get ready to call out “Bingo”!

1:00pm

Sing & Sign: Learn something new, while enjoying a familiar tune! Listen and sing along to a classic song, then learn the song in a new language! Learn how to sing/sign a song using American Sign Language (ASL). Learning new skills while engaging with others and the music supports brain health and mood. You’ll be surprised at what you can do!

2:00pm

Ready, Sport, Go! Get ready to play some of the season’s favorite games! Whether volleyball, softball, golf or frisbee, each game will begin with gentle warm-up stretches and basic skills. Challenge yourself and have fun with others while you improve hand-eye coordination, strength, and teamwork. You don’t need to be athletically inclined to have a good time! No prior skills or experience required.

Wednesday 7/22 – No Programs

Thursday 7/23

10:00am

Backyard Games: Enjoy a fun time filled with laughter, movement, and community as we rediscover our favorite backyard games together. Whether tossing, aiming, or strategizing, participants will have opportunities to stay active and connect with others. Games encourage socialization, cooperation, teamwork, visual and auditory processing, and attention to task all while having a good time!

11:00am

Open Art Studio: Stretch your creative muscles in an exploratory art session. An open independent art session with a variety of materials available for use. Explore painting, sculpture, collage, and more at your own pace. Allow your creativity to bloom with guidance and instruction from our therapeutic specialists. All levels welcome – no experience necessary. Bring a friend!

1:00pm

Healthy Living with Christine: A healthy living program focused on overall nutritional wellness. Christine, a Registered Dietitian, will be presenting information on healthy aging while providing information on balanced eating, hydration, meal planning, and lifestyle habits that promote strength, energy, and independence. The program also encourages social connection and open discussion in a supportive and engaging environment.

2:00pm

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Friday 7/24

10:30am

Better Balance: Join us for a series of simple, easy to follow, low impact, low intensity exercises geared toward maintaining strength, balance and coordination needed for everyday tasks. Walking, stair climbing, getting up from a chair, or into a car; all these daily activities require us to maintain good body mechanics through strength, balance, and coordination. Exercise helps reduce the risk of falls and improve your overall quality of life.

Monday 7/27

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Tuesday 7/28

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11:00am

Name that Tune: Using a sharp ear and quick mind, see how fast you can "Name that Tune". A casual version of a classic game show. Enjoy a good time with others while you compete to see who can name the most tunes. Enhance your auditory and verbal processing skills while sharing musical experiences. Dancing, clapping, and singing along are strongly encouraged!

1:00pm

The Price is Right!: Come on Down!! This casual version based on the popular TV show invites individuals to challenge their memory, visual and auditory processing skills to come up with the closest price for the items shown. Enjoy a good time, engage in discussion and maybe win a prize!

2:00pm

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Wednesday 7/29

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Thursday 7/30

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Friday 7/31

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