

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Heritage Court July 2026 All Activities are on Heritage Court unless otherwise specified. Activities are subject to change.			9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 AUS, CAN, or USA? 11:00-12:00 Men's Self Care & Handsome Hands 1:00-2:00 Sensory: Hand Massage 2:00-3:00 Small Group: Folding Laundry 3:00-4:00 Bingo (HC) 4:00-5:00 Rootbeer Floats (Room Visits) 6:00-7:00 Young At Heart Crew - Knowledge Night w/ Refreshments Canada Day	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Bible Study w/ Debbie (AS) 1:00-2:00 Arts & Crafts: 4 th July Frames 2:00-3:00 A Year In The Life Of A Porcupine 3:00-4:00 Sensory: Manicures 4:00-5:00 Popcorn Cart (Room Visits) 6:00-7:00 Quiet Time - Magazines PORCUPINE DAY	9:30-10:30 Musicw/ Marvin Schinske (HC) 10:30-11:00 What Am I? Fireworks 11:00-12:00 Cooking Class: Circus Animal Cookie Chow 1:00-2:00 Sensory: Aromatherapy 2:00-3:00 United Shapes of America 3:00-4:00 Bingo (AS) 4:00-5:00 Milkshakes 6:00-7:00 Cards / Euchre - Resident's Choice OUTING: PORTILLO'S STAY OUT OF THE SUN DAY	9:30-10:00 Patriotic Stretch 10:00-11:00 Stars & Stripes Story Time - Origins Of 4 th July 11:00-12:00 Decorate Flags & Coloring 1:00-2:00 Porch Relax & Bomb Pops 2:00-3:00 Ladies Of History Tea Time & Americana Reminisce 3:00-4:00 UNCLE SAM'S Bingo (HC) 4:00-5:00 Small Group: Watermelon Social 6:00-7:00 Corn Hole Fun! Independence Day (U.S.)
9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Sensory: Aromatherapy 1:00-2:00 Travelogue 2:00-3:00 Plainfield Christian Church (AL) 3:00-4:00 Ladies Tea & Table Talks 4:00-5:00 Smores & Outdoors!! 6:00-7:00 Quiet Time - Puzzles GRAHAM CRACKER DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Hot Diggity Dog Discuss 11:00-12:00 Cooking Class: Pigs In a Blanket 1:00-2:00 Sensory: Manicures 2:00-3:00 Men's Self Care & Handsome Hands 3:00-4:00 Bingo (AS) 4:00-5:00 Popcorn Cart (Room Visits) 6:00-7:00 Game Night - Resident's Choice	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Music w/ Greg Anderson (AS) 1:00-2:00 Ladies Makeup Group 2:00-3:00 Arts & Crafts: Painting Sea Shells 3:00-4:00 Small Group: Reminisce - Parades 4:00-5:00 Strawberry Sundaes!! 6:00-7:00 Holy Hour w/ Dean (HC) STRAWBERRY SUNDAE DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Pondering Prompts 11:00-12:00 DECORATE PAW PRINTS 1:00-2:00 Men's Puzzles & Games 2:00-3:00 Sensory: SPLASH BASH ON THE PATIO 3:00-4:00 Bingo (HC) 4:00-5:00 LET'S MAKE PUPPY CHOW 6:00-7:00 Young At Heart Crew - After Hours Social w/ Refreshments DOG DAYS OF SUMMER	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Watercolor Painting 1:00-2:00 Small Group: Reader's Theater - Escaping The Heat 2:00-3:00 Sensory: Manicures 3:00-4:00 Cooking Class: Star Spangled Sugar Cookies 4:00-5:00 Golden Gardeners 6:00-7:00 Quiet Time - Soft Music 2:00-3:00 MYHONEYBIRD SENIOR TECH SUPPORT VISITS SUGAR COOKIE DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Arts & Crafts: God Bless America Signs 11:00-12:00 Small Group: Card Making 1:00-2:00 Sensory: Hand Massage 2:00-3:00 Musicw/ Biscuits & Gravy (AL) 3:00-4:00 Bingo (AS) 4:00-5:00 Pina Coladas & Porch Time!! 6:00-7:00 Cards / Euchre - Resident's Choice OUTING: ABC STORE PINA COLADA DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Music w/ Justin Monts (HC) 11:00-12:00 Cranium Crunches 1:00-2:00 Aroma & Hand Massage!! 2:00-3:00 Star of The Month 3:00-4:00 Bingo (HC) 4:00-5:00 Dot to Dot 6:00-7:00 Quiet Time - Magazines ESSENTIAL OILS DAY
9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 JELL-O & HELLO!! 11:00-12:00 Small Group: Reader's Theater - A Real-ity Goal 1:00-2:00 Monthly Gazette 2:00-3:00 First Baptist Church (AL) 3:00-4:00 Junk Drawer 4:00-5:00 Hip-Hip-Hooray Headwear 6:00-7:00 Quiet Time - Aromatherapy EAT YOUR JELL-O DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Men's Guess The Founding Father 1:00-2:00 Arts & Crafts: Seagull w/ Fries 2:00-3:00 Sensory: Aromatherapy 3:00-4:00 Bingo (AS) 4:00-5:00 Porch Relax & Bubbles 6:00-7:00 Game Night - Resident's Choice FRENCH FRY DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Trivia 11:00-12:00 Word Finders & Snacks 1:00-2:00 Cooking Class: Lemon Fluff 2:00-3:00 Music w/ Rhatatat! (AS) 3:00-4:00 Rootbeer Floats (Room Visits) 4:00-5:00 Adult Coloring 6:00-7:00 Holy Hour w/ Dean (HC) LUNCH ORDERS: WHITE CASTLE Bastille Day	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Paint by Number 1:00-2:00 Sensory: Manicures 2:00-3:00 Arts & Crafts: Suncatcher Flowerpots 3:00-4:00 Bingo (HC) 4:00-5:00 Small Group: Dirt Pudding!! 6:00-7:00 Young At Heart Crew - Card Sharks Night w/ Refreshments GUMMI WORM DAY	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Bible Study w/ Debbie (AS) 1:00-2:00 Small Group: Devotions 2:00-3:00 Sensory: Hand Massage 3:00-4:00 Men's Self Care & Handsome Hands 4:00-5:00 Cherry Cola Floats!! (Room Visits) 6:00-7:00 Bingo (HC) CHERRY DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 TATTOO SHOP 1:00-2:00 Cooking Class: Bacon & Cheese Muffins 2:00-3:00 Ladies Makeup Group 3:00-4:00 Bingo (AS) 4:00-5:00 Popcorn Cart (Room Visits) 6:00-7:00 Cards / Euchre - Resident's Choice OUTING: DAIRY QUEEN TATTOO DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Golden Gardeners 1:00-2:00 Ladies Tea & Table Talks 2:00-3:00 Sensory: Aromatherapy 3:00-4:00 Bingo (HC) 4:00-5:00 Sensory: Manicures 6:00-7:00 Quiet Time - Puzzles
9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Men's Self Care & Handsome Hands 1:00-2:00 Wacky Wordies 2:00-3:00 United Methodist Church (AL) 3:00-4:00 Sensory: Aromatherapy 4:00-5:00 Strawberry Daiquiri!! 6:00-7:00 Quiet Time - Soft Music DAIQUIRI DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Ladies Makeup Group 1:00-2:00 Arts & Crafts: Cactus Tubes 2:00-3:00 Sensory: Manicures 3:00-4:00 BINGO w/ MILKYWAYS & MOON PIES (AS) 4:00-5:00 Golden Gardeners 6:00-7:00 Game Night - Resident's Choice 10:00-2:00 PAPARAZZI JEWELRY (AL) APOLLO 11 - MOON LANDING DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Trivia 11:00-12:00 Porch Relax & Popsicles 1:00-2:00 Cooking Class: JELL-O Cookies 2:00-3:00 Sensory: Hand Massage 3:00-4:00 Small Group: Folding Laundry 4:00-5:00 Popcorn Cart (Room Visits) 6:00-7:00 Holy Hour w/ Dean (HC)	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Small Group: Color A Tune 11:00-12:00 Cooking Class: Birthday Cake 1:30-2:30 Music w/ Dawn May & Stevie Ray (AL) 3:00-4:00 Bingo (HC) 4:00-5:00 Celebrating July Birthdays! 6:00-7:00 Young At Heart Crew - Knowledge Night w/ Mango Margaritas!! MANGO DAY	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Bible Study w/ Debbie (HC) 1:00-2:00 Arts & Crafts: Gingerbread Beach House 2:00-3:00 LADIES GLITZ & GLAMOUR DRESS-UP & PHOTO SHOOT 3:00-4:00 Sensory: Manicures 4:00-5:00 Milkshakes 6:00-7:00 Quiet Time - Magazines GORGEOUS GRANDMA DAY	9:30-10:00 Beach Ball Toss 10:00-11:00 Pina Coladas & Name That Christmas Song 11:00-12:00 Christmas Trivia & Puzzles 1:00-2:00 Sensory: Sandy Snowmen 2:00-3:00 Men's Puzzles & Guy Talk 3:00-4:00 JINGLE SHELLS Bingo (AS) 4:00-5:00 Beachy Ornaments Craft 6:00-7:00 ICED Hot Cocoa & Cookies OUTING: WALMART CHRISTMAS IN JULY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Watercolor Painting 1:00-2:00 Small Group: Hidden Objects 2:00-3:00 Porch Relax & Hot Fudge Sundaes!! 3:00-4:00 Bingo (HC) 4:00-5:00 Word Finders & Snacks 6:00-7:00 Quiet Time - Aromatherapy HOT FUDGE SUNDAE DAY
9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Adult Coloring 1:00-2:00 Golden Gardeners 2:00-3:00 Plainfield Christian Church (AL) 3:00-4:00 Ladies Tea & Table Talks 4:00-5:00 Milkshakes 6:00-7:00 Quiet Time - Puzzles AUNT AND UNCLE DAY	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Small Group: Devotions 1:00-2:00 Cooking Class: Neapolitan Chex Mix 2:00-3:00 Sensory: SPLASH BASH ON THE PATIO 3:00-4:00 Bingo (AS) 4:00-5:00 Popcorn Cart (Room Visits) 6:00-7:00 Game Night - Resident's Choice	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Hot Cocoa & Convos!! 11:00-12:00 Small Group: Reader's Theater - A Festival to Remember 1:00-2:00 Arts & Crafts: Beach Globes 2:00-3:00 Sensory: Manicures 3:00-4:00 Men's Puzzles & Games 4:00-5:00 Rootbeer Floats (Room Visits) 6:00-7:00 Holy Hour w/ Dean (HC) LUNCH ORDERS: BURGER KING MILK CHOCOLATE DAY	9:30-10:30 Sit & Stretch (Resident Led) 10:30-11:30 Resident Council (PT) 1:00-2:00 Sensory: Hand Massage 2:00-3:00 Ladies Lipstick & Laughs!! 3:00-4:00 Bingo (HC) 4:00-5:00 Porch Relax & Bubbles 6:00-7:00 Young At Heart Crew - After Hours Social w/ Refreshments LIPSTICK DAY	9:30-10:30 Cooking Class: Raspberry Surprise Lemon Balls 10:30-11:30 Bible Study w/ Debbie (AS) 1:00-2:00 Small Group: Hidden Objects 2:00-3:00 Music w/ Dynamic Duo (AL) 3:00-4:00 Sensory: Aromatherapy 4:00-5:00 Porch Relax & Popsicles 6:00-7:00 Bingo (HC) INTERNATIONAL DAY OF FRIENDSHIP	9:30-10:00 Sit & Stretch (Resident Led) 10:00-11:00 Coffee & Conversation 11:00-12:00 Men's Self Care & Handsome Hands 1:00-2:00 Sensory: Manicures 2:00-3:00 Arts & Crafts: Pretty Platters 3:00-4:00 Bingo (AS) 4:00-5:00 Let's Make Cotton Candy!! 6:00-7:00 Cards / Euchre - Resident's Choice OUTING: CHILI'S COTTON CANDY DAY	AS - Ambassador Square HC - Heritage Court AL - Assisted Living PT - Prewitt Theater