

Sun

Mon

Tue

Wed

Thu

Fri

Sat

July 2026

1
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Rummikub
3:00 Bible Study w/Joyce

2
9:00 Morning Coffee
10:00 Catholic Mass
1:00 Trivia
2:00 Wii Bowling
3:30 Blackhawk Bethle-
hem Church

3
9:00 Coffee w/ Pastry
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Other
Games

4
9:00 Morning Coffee



5
6
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Games

7
9:00 Morning Coffee
1:00 Left, Right, Center

8
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
**9:05 River Arts Movie
9:30 Chair Yoga DVD
1:00 Rummikub
3:00 Bible Study w/Joyce

9
9:00 Morning Coffee
10:05 Catholic Communion
1:00 Chair Wii Bowling
2:00 Wii Bowling
3:30 St John's Lutheran
Church

10
9:00 Coffee w/ Pastry
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Other
Games

11
9:00 Morning Coffee

12
13
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Games

14
9:00 Morning Coffee
2:00 Birthday Celebra-
tions

15
**9:00 Walmart
9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exer-
cise CD
9:30 Chair Yoga DVD
1:00 Rummikub
3:00 Bible Study w/Joyce

16
9:00 Morning Coffee
10:05 Catholic Communion
1:00 Bingo w/Julie
2:00 Wii Bowling
3:30 First United Church
of Christ

17
9:00 Coffee w/ Pastry
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Other
Games

18
9:00 Morning Coffee

19
20
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Games

21
9:00 Morning Coffee
**10:35 Pizza Ranch
-Lunch Out
1:00 Euchre

22
9:00 Morning Coffee
8:30 Sit & Be Fit Chair Exer-
cise CD
9:00 Bible Study w/ Julie
9:30 Chair Yoga DVD
1:00 Rummikub
3:00 Bible Study w/Joyce

23
9:00 Morning Coffee
10:05 Catholic Communion
1:00 Chair Wii Bowling
2:00 Wii Bowling
3:30 St John's Lutheran
Church

24
9:00 Coffee w/ Pastry
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Other
Games

25
9:00 Morning Coffee

26
27
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Games

28
9:00 Morning Coffee
3:30 Christmas in July
Activity

29
9:00 Morning Coffee
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Rummikub
3:00 Bible Study w/Joyce

30
9:00 Morning Coffee
10:05 Catholic Communion
1:00 Chair Wii Bowling
2:00 Wii Bowling

31
9:00 Coffee w/ Pastry
8:30 Sit & Be Fit Chair
Exercise CD
9:30 Chair Yoga DVD
1:00 Canasta & Other
Games