



July 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEST - 1

1



10:15 Chair Yoga
10:30 Rosary
2:15 Pet Therapy

2

HAIRDRESSER

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

3

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:00 Karaoke

4

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

5

10:15 Chair Yoga
10:45 TV Mass
2:15 Walk & Talk
3:30 1:1 Activity

6

10:15 Chair Yoga
10:30 Rosary
2:30 Icecream Social

7

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 Music with Danny

8

10:15 Chair Yoga
10:30 Rosary
2:15 Pet Therapy
4:00 Koncan's Singing

9

HAIRDRESSER

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

10

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:00 Karaoke

11

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

12

10:15 Chair Yoga
10:45 TV Mass
2:00 Piano Performance
3:30 1:1 Activity



13

10:15 Chair Yoga
10:30 Rosary
2:30 Icecream Social

14

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 Music with Danny

15

10:15 Chair Yoga
10:30 Rosary
2:15 Pet Therapy
4:00 Koncan's Singing

16

HAIRDRESSER

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

17

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:00 Karaoke

18

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

19

10:15 Chair Yoga
10:45 TV Mass
2:15 Walk & Talk
3:30 1:1 Activity

20

10:15 Chair Yoga
10:30 Rosary
2:30 Icecream Social

21

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 Music with Danny

22

10:15 Chair Yoga
10:30 Rosary
2:15 Pet Therapy
4:00 Koncan's Singing

23

HAIRDRESSER

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

24

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:00 Karaoke

25

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

26

10:15 Chair Yoga
10:45 TV Mass
2:00 Piano Performance
3:30 1:1 Activity



27

10:15 Chair Yoga
10:30 Rosary
2:30 Birthday Party!



28

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 Music with Danny

29

10:15 Chair Yoga
10:30 Rosary
2:15 Pet Therapy
4:00 Koncan's Singing

30

HAIRDRESSER

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:30 BINGO

31

10:15 Chair Yoga
10:45 Mass
11:15 Exercises
2:00 Karaoke

***DURING AN OUTBREAK,
INDIVIDUAL
PROGRAMMING ONLY.
PROGRAMS ARE SUBJECT
TO CHANGE. *TIMES VARY.**