

JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<u>JULY BIRTHDAYS</u> Diane W.- 7/7 Jim K. – 7/26		1 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Crafts <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Heritage House Calls Hydration Cart	2 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Coloring Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	3 <u>MORNING ACTIVITIES:</u> Sing Fit Hydration Cart Water coloring <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Happy Hour on the Patio Hydration Cart	4 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Red, White & Blue Coloring Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Popsicles on the Patio Hydration Cart Independence Day
5 <u>MORNING ACTIVITIES:</u> Sunday Bakery Delivery Exercise Virtual Mass <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Movie Matinee Hydration Cart	6 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Manicure Monday <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Match Game Monday Hydration Cart	7 <u>MORNING ACTIVITIES:</u> Chair Exercise What's in the bag Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Music Therapy Hydration Cart	8 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Crafts <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Heritage House Calls Hydration Cart	9 <u>MORNING ACTIVITIES:</u> Chair Exercise Drum Music W/Gary Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	10 <u>MORNING ACTIVITIES:</u> Sing Fit Hydration Cart Coloring & Puzzles <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Happy Hour on the Patio Hydration Cart	11 <u>MORNING ACTIVITIES:</u> Chair Exercise Music W/ Susie Q Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart
12 <u>MORNING ACTIVITIES:</u> Sunday Bakery Delivery Exercise Virtual Mass <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Movie Matinee Hydration Cart	13 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Manicure Monday <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Match Game Monday Hydration Cart	14 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Painting RESIDENT COUNCIL Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	15 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Crafts <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Heritage House Calls Hydration Cart	16 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Puzzles Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	17 <u>MORNING ACTIVITIES:</u> Sing Fit Hydration Cart Coloring & Puzzles <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Happy Hour on the Patio Hydration Cart	18 <u>MORNING ACTIVITIES:</u> Chair Exercise Music W/ Susie Q Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart
19 <u>MORNING ACTIVITIES:</u> Sunday Bakery Delivery Exercise Virtual Mass <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Movie Matinee Hydration Cart	20 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Manicure Monday <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Match Game Monday Hydration Cart	21 <u>MORNING ACTIVITIES:</u> Chair Exercise What's in the bag Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Music Therapy Hydration Cart	22 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Crafts <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Entertainment W/ Jeanette Hydration Cart	23 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Painting Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	24 <u>MORNING ACTIVITIES:</u> Sing Fit Hydration Cart Music & Puzzles <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers July Birthday Party/ Happy Hour	25 <u>MORNING ACTIVITIES:</u> Chair Exercise Music W/ Susie Q Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart
26 <u>MORNING ACTIVITIES:</u> Sunday Bakery Delivery Exercise Virtual Mass <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Movie Matinee Hydration Cart	27 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Manicure Monday <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Match Game Monday Hydration Cart	28 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Painting Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Bubbles on the Patio Hydration Cart	29 <u>MORNING ACTIVITIES:</u> Exercise (Volleyball) Hydration Cart Crafts <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Heritage House Calls Hydration Cart	30 <u>MORNING ACTIVITIES:</u> Chair Exercise Music & Coloring Hydration Cart <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Patio Time Hydration Cart	31 <u>MORNING ACTIVITIES:</u> Sing Fit Hydration Cart Coloring & Puzzles <u>AFTERNOON ACTIVITIES:</u> Heritage Hikers Happy Hour on the Patio Hydration Cart	

SPECIAL EVENTS

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*

HERITAGE
SENIOR LIVING

Aspire | LINCOLN VILLAGE