

ASSISTED LIVING ACTIVITY CALENDAR

- Complete Care Whispering Woods - July 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Food Service Schedule: Breakfast: 7:30 am – 9:15am Lunch: 11:15 am – 1:30 pm Dinner: 4:15 pm – 6:30 pm	Word Key DR= Dining Room LR= Living Room SL= Social Lounge A & C RM= Arts & Craft Room		1 9:45 Morning Fitness W/Margaret -SL 11:00 Lunch trip: P.F. Chang - L 2:00 Rummikub -B 3:00 Bingo! - A & C Room 6:00 Color and Vibe –LR 7:00 Refreshment Cart –L	2 9:45 Cardio Drumming -SL 10:20 Trivia and Coffee– B 2:00 Strawberry Short Cake Bar – A & C RM 3:15 Wii Bowling - SL 	3 9:45 Chair Exercise-SL 10:15 Therapeutic Water Coloring –A&C RM 2:00 Rosary –SL 3:15 Happy Hour and Mocktails –B	4  9:45 Cardio Drumming -SL 10:20 Music Nature Walk–L 2:00 America's 250th Anniversary Party – SL 3:00 Bingo - A & C RM
5 9:45 Chair Exercise-SL 10:20 4th of July Trivia – SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:00 Balloon Volleyball! - SL 3:00 Bingo - A & C RM	6  9:45 Cardio Drumming -SL 10:15 Out Trip to: Shoprite -Lobby 1:30 "Born on the 4th of July" -C 3:15 Therapeutic Coloring –A&C RM 6:00 Movie of your Choice-C	7 9:30 Massage Therapy - LR 10:20 Resident Activity Sign-Up - SL 2:00 Resident Council –DR 3:00 Karaoke Party! - SL 	8 9:45 Morning Fitness W/Margaret -SL 11:15 Somerset Baseball Game –B 2:00 Rummikub -B 3:00 Bingo! - A & C Room 6:00 Color and Vibe –LR 7:00 Refreshment Cart –L	9 9:45 Cardio Drumming -SL 10:30 Creative Notion – A&C RM 2:00 Menu Planning -DR 3:15 Wii Bowling - SL	10 9:45 Chair Exercise-SL 10:15 Therapeutic Water Coloring –A&C RM 2:00 Rosary –SL 3:15 Ice Cream Social– B 	11 9:45 Cardio Drumming -SL 10:00 Nail Spa – A&C RM 2:00 7/11trip: Free Slurpee Day –B 3:00 Bingo - A&C RM 
12 9:45 Chair Exercise-SL 10:00 Uno Card Game–LR 1:30 "Radio"–C 3:00 Bingo - A & C RM	13 9:45 Cardio Drumming -SL 10:00* Catholic Mass In House by St. Helena– SL 1:30 3:15 Mindful Meditation– SL 6:00 Movie of your Choice-C	14 9:45 Chair Exercise-SL 10:20 Resident Activity Sign-Up - SL 2:00 Residential Monthly Birthday Party – B 3:00 Karaoke Party! - SL 	15 FUNDRAISING 9:45 Morning Fitness W/Margaret -SL 2:00 Family Bingo Fundraiser– DR 3:00 Bingo! - A & C Room 6:00 Color and Vibe –LR 7:00 Refreshment Cart –L	16  9:45 Cardio Drumming -SL 10:20 Pet Therapy –L 2:00 Chair Yoga –SL 3:15 Wii Bowling - SL	17 9:45 Chair Exercise-SL 10:15 Therapeutic Water Coloring –A&C RM 2:00 Rosary –SL 3:15 Happy Hour and Mocktails –B	18 9:45 Cardio Drumming -SL 10:20 Trivia –SL 2:00 Wii Sports– SL 3:00 Bingo - A & C RM 
19 9:45 Chair Exercise-SL 10:20 50's Trivia – S 11:15 am* Catholic Mass -St. Francis Cathedral 2:00 Balloon Volleyball! - SL 3:00 Bingo - A & C RM	20 SHOPPERS WORLD  9:45 Cardio Drumming -SL 10:15 Out Trip to: Shoppers World -Lobby 1:30 "Grease" -C 3:00 Therapeutic Water Coloring –A&C RM 6:00 Movie of your Choice-C	21 9:45 Chair Exercise-SL 10:20 Resident Activity Sign-Up - SL 1:30 "Up's, Downs, and Around" Presentation w/ Danny – A&C RM 3:00 Karaoke Party! - SL	22 BINGO 9:45 Morning Fitness W/Margaret -SL 10:00am Live Music by Elenor Jackson– SL 11:30 Sassy & Sweet Club: Olive Garden – SL 2:00 Rummikub -B 3:00 Bingo! - A & C Room	23 9:45 Cardio Drumming -SL 10:20 Trivia and Coffee– B 2:00 Suncatcher Craft – A & C RM 3:15 Wii Bowling - SL	24 9:45 Chair Exercise-SL 10:15 Therapeutic Water Coloring –A&C RM 2:00 Rosary –SL 3:15 Ice Cream Social– B 	25 9:45 Cardio Drumming -SL 10:00 Nail Spa – A&C RM 11:00 Men's Club: Mannys Diner– L 2:00 Uno Card Game–SL 3:00 Bingo - A&C RM 
26 9:45 Chair Exercise-SL 10:20 Finish the Riddle – SL 11:15 am* Catholic Mass -St. Francis Cathedral 2:00 Coffee & Tea Party!- B 3:00 Bingo - A & C Rm	27 Walmart  9:45 Cardio Drumming -SL 10:15 Out Trip to: Walmart -Lobby 1:30 "Radio Days" -C 3:15 Mindful Meditation – SL 6:00 Movie of your Choice-C 	28 9:45 Chair Exercise-SL 10:20 Resident Activity Sign-Up - SL 2:00 Unscramble the word -3rd Floor Library 3:00 Karaoke Party! - SL 	29 9:45 Morning Fitness -SL 10:00 Out trip to: Aquarium–Lobby 2:00 Rummikub -B 3:00 Bingo! - A & C Room 6:00 Color and Vibe –LR 7:00 Refreshment Cart –L	30  9:45 Morning Fitness- SL 10:20 Trivia and Coffee– Bistro 11:30 Carnival BBQ –DR 2:00 Corn hole –SL 3:15 Wii Bowling - SL	31 9:45 Chair Exercise-SL 10:15 Therapeutic Water Coloring –A&C RM 2:00 Rosary –SL 3:15 Happy Hour and Mocktails –B	ALL ACTIVITIES ARE SUBJECT TO CHANGE & ALL OUTINGS ARE WEATHER PERMITTING!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Food Service Schedule: Breakfast: 7:30am- 9:30 am Lunch: 12:00am –1:30pm Dinner: 5:00 pm-6:30pm	Word Key DR=Dinning Room LR= Living Room AL SL =AL Social Lounge AL B=AL Bistro CY= Courtyard AL A & C RM = AL Arts and		1 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "4th of July Memory" – DR 1:30 "Grease" Movie-LR 2:20 Balloon toss -LR 3:30 Refreshment Cart - LR 5:30 Snack cart– LR 6:30 Movie of your choice- 	2 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Ball Toss –LR 1:30 Classic Comedy TV –LR 2:20 Memory Card Game-DR 3:30 Refreshment Cart - LR	 3 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Nail Spa –DR 11:30 Happy Dayz Ice cream-L 1:30 60's Sing A-Long –LR 2:00 Rosary-LR 3:30 Ice Cream Frenzy - LR 	4  10:00 Morning fitness! - LR 10:30 Summer Trivia - LR 11:00 50's Music Video – LR 1:30 Nature Walk -CY 2:00 America's 250th Anniversary Party - LR 3:30 Hydration & Snack - LR
5 10:00 Morning fitness! - LR 10:30 Sunday Reminiscing Circle - LR 11:00 Catholic Mass– LR 1:30 Nails and music –DR 2:30 Uno Card game - LR 3:30 Hydration & Snack - LR 	6 10:00 Morning fitness! - LR 10:30 Name That Tune - LR 11:15 Bible Study W/ Kathy-LR 1:30 Summer Bingo –DR 2:30 Rummikub-DR 3:30 Refreshment Cart –LR 5:30 Coloring Therapy– DR 6:30 Night Refreshment-LR	7 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "Favorite Summer Food"– DR 1:30 Guess the place –DR 2:20 Memory Card Game-LR 3:30 Refreshment Cart - LR	8 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "Fav Summer activity ?" – DR 1:30 "Radio" Movie-LR 2:20 Balloon toss -LR 3:30 Refreshment Cart - LR 5:30 Snack cart– LR 6:30 Movie of your choice– DR	9 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Ball Toss –LR 1:30 Classic Drama TV –LR 2:20 Canvas water gun Painting -CY 3:30 Refreshment Cart - LR	10 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Nail Spa –DR 1:30 Summer Trivia –LR 2:00 Rosary-LR 3:30 Refreshment Cart - LR 	11 10:00 Morning fitness! - LR 10:30 Dessert Trivia- LR 11:00 50's Music Video– LR 1:30 Nature Walk -CY 2:30 Pudding Decorating - DR 3:30 Hydration & Snack - LR 
12 10:00 Morning fitness! - LR 10:30 Sunday Reminiscing Circle - LR 11:00 Catholic Mass– LR 1:30 Nails and music –DR 2:30 Coloring Therapy - DR 3:30 Hydration & Snack - LR 	13  10:00 Morning fitness! - LR 10:30 Name That 50'Place- LR 11:15 Catholic Communion -LR 1:30 Summer Bingo –DR 2:30 Rummikub-DR 3:30 Refreshment Cart - LR 5:30 Coloring Therapy– DR 6:30 Night Refreshment-LR	14 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Ball Toss –LR 1:30 Guess the person –DR 2:00 Resident Monthly Birthday Party –AL Bistro 3:30 Refreshment Cart - LR 	15  10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "I love my Family " – DR 1:30 "I love Lucy" Movie-LR 2:20 Balloon toss -LR 3:30 Refreshment Cart - LR 5:30 Snack cart– LR 6:30 Movie of your choice– DR	16  10:00 Chair Exercise - LR 10:30 Pet therapy - LR 11:00 Ball Toss –LR 1:30 Classic Comedy TV –LR 2:20 Memory Card Game-D 3:30 Refreshment Cart - LR	17 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Nail Spa –DR 11:30 Reo Diner-L 1:30 Ice cream Trivia–LR 2:00 Rosary-LR 3:30 Ice Cream Frenzy - LR 	18 10:00 Morning fitness! - LR 10:30 Summer Triva- LR 11:00 50's Music Video– LR 1:30 Nature Walk -CY 2:30 Pudding Decorating - DR 3:30 Hydration & Snack - LR
19 10:00 Morning fitness! - LR 10:30 Sunday Reminiscing Circle - LR 11:00 Catholic Mass– LR 1:30 Nails and music –DR 2:30 Uno Card game - LR 3:30 Hydration & Snack - LR 	20  10:00 Morning fitness! - LR 10:30 Name That Tune - LR 11:15 Bible Study W/ Kathy-LR 1:30 Summer Bingo –DR 2:30 Rummikub-DR 3:30 Refreshment Cart - LR 5:30 Coloring Therapy– DR 6:30 Night Refreshment-LR	21 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Ball Toss –LR 1:30 Guess the person–DR 2:20 Pb & J Sandwich Club -LR 3:30 Refreshment Cart - LR	22 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "Summer Bucket list"– DR 1:30 "Babe Ruth Story" Movie-LR 2:20 Balloon toss -LR 3:30 Refreshment Cart - LR 5:30 Snack cart– LR 6:30 Movie of your choice– DR 	23 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "I love my Father Because"– DR 1:30 Classic Comedy TV –LR 2:20 Suncatcher Craft-DR 3:30 Refreshment Cart - LR	24 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Nail Spa –DR 1:30 60's Trivia –LR 2:00 Rosary-LR 3:30 Refreshment Cart - LR 	25 10:00 Morning fitness! - LR 10:30 50' Trivia- LR 11:00 50's Music Video – LR 1:30 Nature Walk -CY 2:30 Pudding Decorating- LR 3:30 Hydration & Snack - LR
26 10:00 Morning fitness! - LR 10:30 Sunday Reminiscing Circle - LR 11:00 Catholic Mass– LR 1:30 Nails and music –DR 2:30 Coloring Therapy - DR 3:30 Hydration & Snack - LR 	27 10:00 Morning fitness! - LR 10:30 Name That Tune - LR 11:15 Bible Study W/ Kathy-LR 11:00 Coffee & Memory Chat "Fav Summer Dessert" – DR 1:30 Summer Bingo –DR 2:30 Rummikub-DR 3:30 Refreshment Cart - LR 5:30 Coloring Therapy– DR 6:30 Night Refreshment-LR	28 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Ball Toss –LR 1:30 Guess the place –DR 2:20 Pb & J Sandwich Club -LR 3:30 Refreshment Cart - LR	29 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Coffee & Memory Chat "If you could go on any Vacation where would it be? "– DR 1:30 "Radio Days" Movie-LR 2:20 Balloon toss -LR 3:30 Refreshment Cart - LR 5:30 Snack cart– LR 6:30 Movie of your choice– DR	30  10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:30 Harp Therapy by Norine – DR 2:20 Memory Card Game-LR 3:30 Refreshment Cart - LR 5:30 "50's Comedy Show" -LR	31 10:00 Chair Exercise - LR 10:30 Calendar Chat - LR 11:00 Nail Spa –DR 1:30 Dessert Trivia –LR 2:00 Rosary-LR 3:30 Ice Cream Frenzy - LR 	ALL ACTIVITIES ARE SUBJECT TO CHANGE & ALL OUTINGS ARE WEATHER PERMITTING!