

## July 2026 | Events

Monday - Friday • 8:30 am-4 pm

| MONDAY                                                                                                                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                              |
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|                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                | <b>1</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Parkinsons Coffee Chat<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br><b>1:00 Doc Talk (Hypertension) (RR)</b><br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                                                                                               | <b>2</b><br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Independence Day Lunch (RR)</b><br>12:30 Mental Health Support Group 1:00<br>Chair Dance for Wellness<br>2:00 Dance for Wellness                                                                                      | <b>3</b><br><b>HOLIDAY- CLOSED</b>                                                                                                                                                                  |
| <b>6</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br><b>11:30 Lunch Café (RR)</b><br>2:30 Tai Chi                                                                                                                                                                     | <b>7</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                   | <b>8</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Tech Support (by appt.)<br><b>10:00 Estate Planning Seminar (RR)</b><br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                                                                                                   | <b>9</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>10:00 Medicare Support w/ Ken (Lobby)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Silver Singers) (RR)</b><br>12:30 Mental Health Support Group                        | <b>10</b><br>10:00 TOPS<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Age of Adaline</i> )<br>1:00 Game Time<br>1:30 Crafting with Optum (RR)             |
| <b>13</b><br>9:00 HICAP (by appt.)<br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br>10:00 CA DL Renewal Prep (RR)<br>10:00 Medicare Support w/ Carmen (Lobby)<br><b>11:30 Lunch Café (Sunshine Band) (RR)</b><br>1:00 MemorialCare Social Worker Talk (RR)<br>2:30 Tai Chi | <b>14</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                  | <b>15</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Parkinsons Coffee Chat<br>10:00 Tech Support (by appt.)<br>10:00 Financial Consultations (by appt.)<br><b>11:30 Lunch Café (Harmonaires) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Tai Chi (E)<br><b>1:00 Doc Talk (Dementia &amp; Alzheimer's) (RR)</b><br>1:30 Crafting with Carmen (RR)<br>2:00 Grief Share | <b>16</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness                     | <b>17</b><br>10:00 TOPS<br>10:00 Medicare Support w/ Ken (Lobby)<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Ticket to Paradise</i> )<br>1:00 Game Time |
| <b>20</b><br>9:00 HICAP (by appt.)<br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br><b>11:30 Lunch Café (RR)</b><br>1:00 Dance for Wellness<br>2:30 Tai Chi                                                                                                                | <b>21</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo<br>1:30 Crafting with Optum (RR) | <b>22</b><br>9:00 Wire Wrapping Class (E)<br>9:00 Balance & Mobility Class (E)<br>10:00 Balance & Mobility Class (E)<br>10:00 Tech Support (by appt.)<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Caregiver Support Group<br>1:00 Tai Chi (E)<br>2:00 Grief Share                                                                                                                                                                               | <b>23</b><br>9:00 Balance & Mobility Class (E)<br>10:00 Beg. Chair Exercise Class (E)<br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Street Performers) (RR)</b> 12:30<br>Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness | <b>24</b><br>10:00 TOPS<br><b>11:30 Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>Song Sung Blue</i> )<br>1:00 Game Time                                              |
| <b>27</b><br>9:00 HICAP (by appt.)<br>9:00 Wire Wrapping Class (E)<br>10:00 Pep4u Tremble Clefs Practice<br>10:00 CA DL Renewal Prep (RR)<br><b>11:30 Lunch Café (Tremble Clefs) (RR)</b><br><b>1:00 Featured Presentation of the Month (Independent Living Workshop) (RR)</b><br>1:00 Dance for Wellness<br>2:30 Tai Chi                                                     | <b>28</b><br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (Silver Singers) (RR)</b><br>12:00 Knit and Crochet Group<br>1:00 Bingo                                                                                             | <b>29</b><br>9:00 Wire Wrapping Class (E)<br>10:00 Tech Support (by appt.)<br><b>11:30 Lunch Café (James Woods) (RR)</b><br>12:30 Art4Healing (RR)<br>12:30 Caregiver Support Group<br>2:00 Grief Share                                                                                                                                                                                                                                                    | <b>30</b><br>10:00 Pep4u Yoga for Parkinsons<br>11:00 Chair Yoga (\$2)<br><b>11:30 Lunch Café (RR)</b><br>12:30 Mental Health Support Group<br>1:00 Chair Dance for Wellness<br>2:00 Dance for Wellness                                                                                                 | <b>30</b><br>10:00 TOPS<br><b>11:30 Birthday Lunch Café (Arnie DiCioccio) (RR)</b><br>12:30 Cribbage<br>12:45 Movie ( <i>The Magic of Belle Isle</i> )<br>1:00 Game Time                            |