

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2026						
						1:30- Chair One Fitness Fun 1 1:45-Swat the Fly 2:00-Ring Toss 2:15-Pool Noodle Tennis
2 Enjoy Calming Music, Balloon Toss & Creative Coloring	3 9:30 - Wake Up to Ella Fitzgerald 10:00 - Daily Chronicle, Word of the Day 10:15 - Sing Along 11:00 - Chair Yoga /trivia 1:30 - Manicures & Aromatherapy 3:00 - Bingo 4:00 - Sing and Stroll	4 9:30 - Wake Up to Classical Music 10:00- Morning Devotions & Sing A Long 1:30 - Hand Massages & Aromatherapy 2:00- Pet Therapy with Gunny 3:00 - Fun and Games with JoJo 4:00 - Sing and Stroll	5 9:30 - Wake Up to Peter, Paul & Mary 10:00- Morning Devotions & Sing A Long 1:30: Beach Ball Toss 2:00: Finish the Rhyme 2:30: Balloon Badminton 3:00- Live Music with Patrick Robinson 3:30- Sing and Stroll	6 9:30 - Wake Up to Liberace 10:00 - Daily Chronicle, word of the day 10:30 - Tai Chi with Tony 11:00 - Sing Along 11:30 - Trivia 1:30 - Gardening with JoJo 2:00 - Fun and Games on the Porch 2:30 - Sing and Stroll with Eye Spy 3:00 - Musical Matinee: Mamma Mia!	7 9:30 - Wake Up to the Sixties 10:00 - Daily Chronicle & Word of the Day 10:15 - Sing Along 10:45 - Chair Yoga 11:30 - Fractured Fairy Tales 1:30 - Porch Pals 2:00 - Reminiscing & Nursery Rhymes 3:00 - Painting without a twist 4:00 - Sing and Stroll with Eye Spy	8 3:00- Let's Play "I'm Going to a Party!" 3:30- Basket Bouncer 3:45- Sing with Mary!
9 Enjoy Calming Music, Balloon Toss & Creative Coloring	10 9:30 - Wake Up to Frank Sinatra 10:00 - Daily Chronicle, word of the day 10:15 -Sing Along 11:00 - Chair Yoga 11:30 - Trivia 1:30 - Manicures & Aromatherapy 3:00 - Bingo 4:00 - Sing and Stroll	11 9:30 - Wake Up to Nat King Cole 10:00- Morning Devotions & Sing A Long 1:30- Hand Massages and Aromatherapy 2:00- Pet Therapy with Gunny 3:00- Fun and Games With JoJo 4:00- Sing and Stroll	12 9:30 - Wake Up to Patti Page 10:00- Morning Devotions & Sing A Long 1:30- Live Music with Mike and Tina 2:00- Soccer 2:30- Finish the Line & Lyric 3:30- Sing and Stroll	13 9:30 - Wake Up to Aretha Franklin 10:00 - Daily Chronicle, word of the Day 10:30 - Tai Chi with Jo 11:00 - Sing Along 11:30 - Poetry Corner 1:30 - Gardening with JoJo 2:00 - Fun and Games on the Porch 2:30 - Sing and Stroll with Eye Spy 3:00 - Musical Matinee: Mary Poppins	14 9:30 - Wake Up to the Seventies 10:00 - Daily Chronicle & Word of the Day 10:15 - Sing Along 10:45 - Chair Yoga 11:30 - Fractured Fairy Tales 1:30 - Porch Pals 2:00 - Reminiscing & Nursery Rhymes 3:00 - Painting without a twist 4:00 - Sing and Stroll with Eye Spy	15 10:00- Noodle Ball 10:15- Bean Bag Toss 10:30- Stretch with Sarah 10:45- Name 5
16 Enjoy Calming Music, Balloon Toss & Creative Coloring	17 9:30 - Wake Up to Abba 10:00 -Daily Chronicle, word of the day 10:15 - Sing Along 11:00 - Chair Yoga 11:30 - Trivia 1:30 - Manicures & Aromatherapy 3:00 - Bingo 4:00 - Sing and Stroll	18 9:30 - Wake Up to Doris Day 10:00- Morning Devotions & Sing A Long 2:00- Pet Therapy with Gunny 3:00- Musical Memories with Barbra Streisand	19 9:30 - Wake Up to Gene Autry 10:00- Morning Devotions & Sing A Long 1:30- Look Who's Dancing 2:00- Jumbo Kickball and Beach Ball Toss 2:30- Let's Get Dressed Up! 3:00- Live Music with Andrea Lamy 3:30- Sing and Stroll	20 9:30 - Wake Up to Kenny Rogers 10:00 - Daily Chronicle, word of the Day 10:30 - Tai Chi with Tony 11:00 - Sing Along 11:30 - Trivia 1:30 - Elmwood Park Zoo Visit 2:30 - Sing and Stroll with Eye Spy 3:00 - Musical Matinee: My Fair Lady	21 9:30 - Wake Up to the Fifties 10:00 - Daily Chronicle & Word of the Day 10:15 - Sing Along 10:45 - Chair Yoga 11:30 - Fractured Fairy Tales 1:30 - Porch Pals 2:00 - Reminiscing & Nursery Rhymes 3:00 - Painting without a twist 4:00 - Sing and Stroll with Eye Spy	22 10:00- Wake Up with Music and Manicures
23 Enjoy Calming Music, Balloon Toss & Creative Coloring	24 9:30 - Wake Up to The Beatles 10:00 - Daily Chronicle, word of the day 10:15 - Chair Yoga 11:00 - Sing Along 11:30 - Trivia 1:30 - Manicures & Aromatherapy 3:00 - Bingo 4:00 - Sing and Stroll	25 9:30 - Wake Up to John Denver 10:00- Morning Devotions & Sing A Long 1:30 - Hand Massages & Aromatherapy 3:00 - Fun and Games with JoJo 4:00 - Sing and Stroll	26 9:30 - Wake Up to Perry Como 10:00- Morning Devotions & Sing A Long 1:30: Gardening with Jo 2:30: Short Stories & Mad Libs 3:00- Live Music with Starlene Bey 3:30- Sing and Stroll	27 9:30 - Wake Up to Dolly Parton 10:00 - Daily Chronicle & Word of the Day 10:30 - Tai Chi with Jo 1:30 - Musical Matinee 3:00- Fun and Games on the Porch 3:00- Musical Matinee: The Greatest Showman	28 Enjoy Calming Music, Balloon Toss & Creative Coloring	29 10:00- Tai Chi with Joanne 10:30- Sing A Long
30 Enjoy Calming Music, Balloon Toss & Creative Coloring	31 Enjoy Calming Music, Balloon Toss & Creative Coloring	Avondale Activities				

Activities are subject to change.

JULY 2026 Berwyck Activities Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Party Time 9:30 Party Prep 10:00 Jewelry Club 2:00 July 4th Party! In Chatham Livingroom - 2nd Floor!! 	2 9:30 Puzzle Club (B:SR) 10:30 Jewelry Club (B:ACT) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	3 1:00: Rummikub and Patriotic Trivia Creative Coloring All available for your enjoyment in the sitting room and or activity room!	4  4th of July Rolling Cart: Enjoy a Patriotic Punch Drink and Sing Along to Songs about America!
5 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	6 9:30 Chair Exercise (B:LR) 10:00-12 Scrapbooking (B:ACT) 1:15 Rosary (B:LR) 2:30 Manicures and Movie (B:LR) 3:30-5 Bingo and Word Games (B:ACT)	7 9:30 Puzzle Club (B:SR) 10:30 Craft Corner (B:ACT) 1:30-3:00 Blazing Trails Petting Zoo! Outside Of Berwyck 2:30 July Birthday Celebration (B:LR) 2:15 Tuesday Trivia & word Games (B:ACT) 3:00 Rummikub Club	8 9:30 Short stories on the Porch (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Live Music w/ Carmen Tornambe (B:LR) 2:30 Wine Down Wednesday (B:LR) 3:30 Watercolor Painting Class (B:ACT)	9 <i>Bake Sale!! 11-3</i>  9:30 Puzzle Club (B:SR) 10:30 Jewelry Club (B:ACT) 1:30 Fresh Air and Friends (B:B) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	10 9:30 Puzzle Club (B:SR) 10:30 Yahtzee (B:ACT) 1:30 Diamond Painting (B:ACT) 3:30-5 Bingo (B:ACT)	11 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
12 1:30 Relaxing Watercolor Paint (B:ACT) Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	13 9:30 Chair Exercise (B:LR) 10:00-12 Scrapbooking (B:ACT) 1:45 Communion Services (B:LR) 2:20 Manicures and Movie (B:LR) 3:30-5 Bingo and Word Games (B:ACT)	14 9:30 Puzzle Club (B:SR) 10:30 Craft Corner (B:ACT) 1:15 Rosary (B:LR) 2:00 Live Music w/ Pete (B:LR) 3:00 Rummikub Club (B:SR)	15 9:30 Short stories on the Porch (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Diamond Art Painting (B:ACT) 2:30 Wine Down Wednesday (B:LR) 3:30 Watercolor Painting Class (B:ACT)	16 9:30 Puzzle Club (B:SR) 10:30 Jewelry Club (B:ACT) 1:30 Live Music w/ Greg Albert (B:LR) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	17 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	18 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!

JULY 2026 Berwyck Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday 	Friday	Saturday
19 1:30 Bag Painting Craft (B:ACT) Melissa Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	20 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	21 9:30 Puzzle Club (B:SR) 10:30 Craft Corner (B:ACT) 1:15 Rosary (B:LR) 2:00 Tuesday Trivia & word Games (B:ACT) 3:00 Rummikub Club (B:SR)	22 9:30 Short stories on the Porch (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Live Music w/ Randy Ruffin (B:LR) 2:30 Wine Down Wednesday (B:LR) 3:30 Watercolor Painting Class (B:ACT)	23 Bake Sale in Rehab Lobby! 9:30 Puzzle Club (B:SR) 10:30 Jewelry Club (B:ACT) 1:30 Fresh Air and Friends (B:B) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	24 9:30 Puzzle Club (B:SR) 10:30 Yahtzee (B:ACT) 1:30 Diamond Painting (B:ACT) 3:30-5 Bingo (B:ACT)	25 Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!
26 11:00-Relaxing coloring with JoJo Puzzles Rummikub Creative Coloring All available for your enjoyment in the sitting room and or activity room!	27 9:30 Chair Exercise (B:LR) 10:00-12 Scrapbooking (B:ACT) 1:45 Communion Services (B:LR) 2:20 Manicures and Movie (B:LR) 3:30-5 Bingo and Word Games (B:ACT)	28 9:30 Puzzle Club (B:SR) 10:30 Craft Corner (B:ACT) 1:15 Rosary (B:LR) 2:00 Tuesday Trivia & word Games (B:ACT) 3:00 Rummikub Club (B:SR)	29 9:30 Short stories on the Porch (B:SR) 10:00 Jewelry Club (B:ACT) 1:30 Live Music w/ Joe Plush (B:LR) 2:30 Wine Down Wednesday (B:LR) 3:30 Watercolor Painting Class (B:ACT)	30 9:30 Puzzle Club (B:SR) 10:30 Jewelry Club (B:ACT) 1:30 Fresh Air and Friends (B:B) 2:00 Craft Corner (B:ACT) 3:30-5 Painting Class W/ Melissa (B:ACT)	31 9:30 Puzzle Club (B:SR) 10:30 Yahtzee (B:ACT) 1:30 Diamond Painting (B:ACT) 3:30-5 Bingo (B:ACT)	

SEATED EXERCISE
Monday–Friday
9:00am & 10:00am
On Channel 98
Channel 98

Catholic service
on TV every day on
Ch 291 8am & 12 noon.
Christian Song & Scripture
on Ch 19 & Ch 287 every day


The Meadows
 — AT —
SHANNONDELL

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Chatham Activities

			1	2	3	4
			Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: The Alphabet Game 11:00: Wheelchair Decorating! 2:00: America's 250'th Birthday 4th of July Celebration!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Foam Sword Play 10:30: Word Puzzles 11:00: Tai Chi with Tony Class! Chatham Activity Room: 1:30: Craft Corner! 3:15: Bingo!	11:00: Fourth of July Trivia & Patriotic Sing A Long Open Activity Room! Art Kits Available and Scrabble set up to enjoy!	Happy Independence Day!! 4th of July Rolling Cart: Enjoy a Patriotic Punch Drink and Sing Along to Songs about America!
5	6	7	8	9	10	11
Open Activity Room! Enjoy Some Basket Toss, Dominos, or Calm Coloring	Open Activity Room! Art Kits Available and Scrabble set up to enjoy!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Disc Golf 11:00: Cross Out the Pairs 1:30: Blazing Trails Petting Zoo (Berwyck) 3:00: Movie Matinee	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Tic Tac Toss 11:00: Wheel of Fortune Puzzles 2:00: Live Music Performance with Greg Albert! 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Giant Balloon Toss 10:30: Taboo 11:00: Tai Chi w/ Sarah & Mary! Chatham Activity Room: 1:30: Craft Corner! 3:15: Bingo!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Slammo! 11:00: Scattergories Chatham Activity Room: 1:30: Sports Club Meet Up 3:15: Manicures and Music	Chatham Living Room: 1:30: Afternoon Stretch with Sarah 1:45: Sing Along 2:00: Musical Matinee & Manicures
12	13	14	15	16	17	18
Open Activity Room! Enjoy Some Axe Throwing, Rummikub, or Calm Coloring	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Beach Ball Basket Throw 11:00: Hangman 1:30: Communion in the Berwyck Living Room Chatham Activity Room: 1:30: Garden Club Meet Up 3:15: Musicals and Manicures	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Toss It Golf 11:00: Word Scrambles 1:30: Porch Time with Music, Bubbles, and Friends! 3:00: Movie Matinee	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Ball Darts 11:00: Name 5 and Memory 2:00: Live Music Performance with Mike and Tina! 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Swat the Fly 10:30: Guess in 10 11:00: Tai Chi with Tony Class! Chatham Activity Room: 1:30: Craft Corner! 3:15: Bingo!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Basket Ball Dunk 11:00: Let's Write a Poem! Chatham Activity Room: 1:30: Sports Club Meet Up 3:15: Manicures and Music	Chatham Living Room: 3:00: Movie and Manicures
19	20	21	22	23	24	25
Open Activity Room! Enjoy Some Uno, Shut the Box Dice Game, or Calm Coloring	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Bean Bag Toss 11:00: Trivia Chatham Activity Room: 1:30: Garden Club Meet Up 3:15: Musicals and Manicures	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Football Throw 11:00: The Alphabet Game 1:30: Porch Time with Music, Bubbles, and Friends! 3:00: Movie Matinee	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Basket Bouncer 11:00: Wheel of Fortune Puzzles 2:00: Live Music Performance with Starlene Bey! 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Foam Sword Play 10:30: Word Puzzles 11:00: Tai Chi w/ Sarah & Mary! Chatham Activity Room: 1:30: Craft Corner! 3:15: Bingo!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Ring Toss 11:00: Cross Out the Pairs Chatham Activity Room: 1:30: Sports Club Meet Up 3:15: Manicures and Music	Chatham Living Room: 11:00: Name 5 11:30: Short Stories with Jo!
26	27	28	29	30	31	
Open Activity Room! Enjoy Some Ball Darts, UpWords, or Calm Coloring	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Tennis 10:30: Axe Throwing 11:00: Taboo 1:30: Communion in the Berwyck Living Room Chatham Activity Room: 1:30: Garden Club Meet Up 3:15: Musicals and Manicures	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Team Keep Up Challenge 10:30: Cornhole 11:00: Scattergories 1:30: Porch Time with Music, Bubbles, and Friends! 3:00: Movie Matinee	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Balloon Badminton 10:30: Target the Tower 11:00: Hangman 2:00: Live Music Performance with Arlyn Wolters! 3:15: Wine Down Wednesday! 4:15: Sing and Dance into Dinner!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Giant Balloon Toss 10:30: List 10 11:00: Tai Chi with Tony Class! Chatham Activity Room: 1:30: Craft Corner! 3:15: Bingo!	Chatham Living Room: 9:30: Good Morning Chair Fitness 10:00: Pool Noodle Bat Around 10:30: Baseball Toss and Swing 11:00: Word Scrambles Chatham Activity Room: 1:30: Sports Club Meet Up 3:15: Manicures and Music	Shannondell TV Channel 98 Catholic Service TV Channel 291 8am and 12 Noon

Puzzles available in the sitting room.

Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026			9:30 - Wake Up With: Showtunes 10:00 - Noodle Ball 10:15 - Patriotic Flag Fitness 10:30 - Fourth of July Fun Facts and Trivia! 11:00 - Patriotic Wheelchair & Walker Decorating! 2:00 - 4:00 America's 250'th Birthday 4th Of July Celebration!	9:30 - Wake Up With: Oldies 10:00 - Soccer Circle 10:15 - Finish The Lyrics 10:30 - Big Balloon Bounce 11:00 - Tai Chi With Tony 1:30 - Gardening Club 2:30 - Hydration Station & Guided Breathing 3:00 - Musical Matinee: Stars and Stripes Forever	10:00: Fourth of July Trivia & Patriotic Sing A Long Balloon Toss, Calm Coloring & Music in the Living Room	4th of July Rolling Cart: Enjoy a Patriotic Punch Drink and Sing Along to Songs about America!
5 Balloon Toss, Calm Coloring & Music in the Living Room	6 9:30 - Wake Up With: Jazz 10:00 - Swat The Fly 10:30 - Octoband Fitness 11:00 - Beach Ball Basket Bounce 11:30 - Name The Sound 1:30 - Food Prep: PB&Js 3:30 - Movie Matinee & Manicures 4:00 - Stretch and Sing	7 9:30 - Wake Up With: Classical 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Axe Throwing 11:30 - Expressions, Rhymes & Go Together 1:30 - Blazing Trails Mobile Petting Zoo (Berwyck) 3:30 - Creative Crafting	8 9:30 - Wake Up With: Showtunes 10:00 - Noodle Ball 10:30 - Sing and Stretch 11:00 - Color Toss and Match 11:30 - List By Letter 2:00 - Live Music with Greg Albert! 3:15 - Sunshine, Sips & Singing On The Balcony	9 9:30 - Wake Up With: Oldies 10:00 - Soccer Circle 10:15 - Gentle Stretch 10:30 - Big Balloon Bounce 11:00 - Tai Chi with Sarah and Mary 1:30 - Gardening Club 3:00 - Musical Matinee: Rodgers and Hammerstein's Cinderella	10 Balloon Toss, Calm Coloring & Music in the Living Room	11 10:00 - Swat The Fly 10:15 - Beach Ball Bounce 10:30 - Stretch with Sarah 10:45 - Fact or Fiction
12 Balloon Toss, Calm Coloring & Music in the Living Room	13 Balloon Toss, Calm Coloring & Music in the Living Room	14 9:30 - Wake Up With: Classical 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Axe Throwing 11:30 - Expressions, Rhymes & Go Together 1:30 - Afternoon Aerobics 2:00 - Name The Famous Face 3:15 - Creative Crafting	15 9:30 - Wake Up With: Showtunes 10:00 - Noodle Ball 10:30 - Sing and Stretch 11:00 - Color Toss and Match 11:30 - Guess A Letter 2:00 - Live Music with Mike and Tina! 3:15 - Sunshine, Sips & Singing On The Balcony	16 9:30 - Wake Up With: Oldies 10:00 - Soccer Circle 10:15 - Finish The Lyrics 10:30 - Big Balloon Bounce 11:00 - Tai Chi With Tony 1:30 - Gardening Club 2:30 - Hydration Station & Guided Breathing 3:00 - Musical Matinee: The Music Man	17 9:30 - Wake Up With: Wildlife 10:00 - Pool Noodle Hockey 10:30 - Parachute Fun 11:00 - Ball Darts 11:30 - Name 5 2:00 - The Sunshine Social 4:00 - Soothing Sing Along with Aromatherapy	18 1:30 Movie & Manicures w/Melissa
19 Balloon Toss, Calm Coloring & Music in the Living Room	20 9:30 - Wake Up With: Jazz 10:00 - Swat The Fly 10:30 - Octoband Fitness 11:00 - Beach Ball Basket Bounce 11:30 - Name The Instrument 1:30 - Food Prep: Yogurt Parfaits 3:30 - Movie Matinee & Manicures	21 9:30 - Wake Up With: Classical 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Axe Throwing 11:30 - Expressions, Rhymes & Go Together 1:30 - Afternoon Aerobics 2:00 - Finish The Movie Title 3:15 - Creative Crafting	22 9:30 - Wake Up With: Showtunes 10:00 - Noodle Ball 10:30 - Sing and Stretch 11:00 - Color Toss and Match 11:30 - List By Letter 2:00 - Live Music with Starlene Bey! 3:15 - Sunshine, Sips & Singing On The Balcony	23 9:30 - Wake Up With: Oldies 10:00 - Soccer Circle 10:15 - Gentle Stretch 10:30 - Big Balloon Bounce 11:00 - Tai Chi with Sarah and Mary 1:30 - Gardening Club 2:30 - Guided Beathing 3:00 - Musical Matinee: Guys and Dolls	24 9:30 - Wake Up With: wildlife 10:00 - Pool Noodle Hockey 10:30 - Parachute Fun 11:00 - Ball Darts 11:30 - Name 5 1:30 - Move & Groove Fitness 2:00 - Magic Table Fun 3:00 - Ice Cream Social 4:00 - Soothing Sing Along with Aromatherapy	25 1:30 - Name 5 2:00 - Short Stories with Jo
26 Balloon Toss, Calm Coloring & Music in the Living Room	27 9:30 - Wake Up With: Jazz 10:00 - Swat The Fly 10:30 - Octoband Fitness 11:00 - Beach Ball Basket Bounce 11:30 - Name The Sound 1:30 - Food Prep: PB & Banana Toast 3:30 - Movie Matinee & Manicures	28 9:30 - Wake Up With: Classical 10:00 - Balloon Badminton 10:30 - Musical Movement 11:00 - Axe Throwing 11:30 - Expressions, Rhymes & Go Together 1:30 - Afternoon Aerobics 2:00 - Name The Landmark 3:15 - Creative Crafting	29 9:30 - Wake Up With: Showtunes 10:00 - Noodle Ball 10:30 - Sing and Stretch 11:00 - Color Toss and Match 11:30 - Guess A Letter 2:00 - Live Music with Arlyn Wolters! 3:15 - Sunshine, Sips & Singing On The Balcony	30 9:30 - Wake Up With: Oldies 10:00 - Soccer Circle 10:15 - Finish The Lyrics 10:30 - Big Balloon Bounce 11:00 - Tai Chi With Tony 1:30 - Gardening Club 2:30 - Hydration Station & Guided Breathing 3:00 - Musical Matinee: Oklahoma!	31 9:30 - Wake Up With: wildlife 10:00 - Pool Noodle Hockey 10:30 - Parachute Fun 11:00 - Ball Darts 11:30 - Name 5 1:30 - Move & Groove Fitness 2:00 - Magic Table Fun 3:00 - Ice Cream Social 4:00 - Soothing Sing Along with Aromatherapy	Chatham C Activities

Activities are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			4th Floor 9:30-ChairOne Fitness Fun 9:45-Hula Hoop Toss 10:00-Sunshine Social 10:30-Wheelchair Decorating for July 4th! 2:00-4:00- America's 250th 4th of July Celebration in Chatham	4th Floor 9:30-ChairOne Fitness Fun 9:45-4th of July Word Scramble 10:15-BINGO! 1st Floor 1:30-Manicures & Mingle 2:15-Apps & Chats 3:00-4:15-Rummikub	3 Enjoy Rummikub & Creative Coloring in the Activity Room 1st Floor 3:00- Patriotic Trivia & Name that Tune	4  Independence Day Rolling Cart: Enjoy a Patriotic Punch Drink and Sing Along to Songs about America!
5 Enjoy UNO, Scrabble, & Creative Coloring in the Activity Room	4th Floor 9:30-ChairOne Fitness Fun 9:45-Emoji Ball Toss 10:15-Memory Blitz 10:45-Trivial Pursuit 1st Floor 1:30-BINGO! 2:30-Open Art Studio 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-July Word Search 10:30-BINGO! 1st Floor 1:30- Blazing Trails Petting Zoo (Berwyck) 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Blue Ball Game Toss 10:00-Sunshine Social 10:30-Bananagrams 1:30-Communion w/Rene 1st Floor 2:00-BINGO! 3:00-Live Music w/Billy Moos	4th Floor 9:30-Manicures & Mingle 10:15-BINGO! 1st Floor 1:30-Manicures & Mingle 2:15-Apps & Chats 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-11:15-Mingle & Manicures 1st Floor 1:30-Movie & Puffcorn 3:00-4:15-Rummikub	11 Enjoy UNO, Scrabble, & Creative Coloring in the Activity Room
1st Floor 10:00-Sing and Stretch with Sarah! 10:15-Daily Chronicle 10:30-Music and Manicures	4th Floor 9:30-ChairOne Fitness Fun 9:45-Shannondell Basketball 10:00-Play on Words Game 10:30-Number Search 1st Floor 1:30-BINGO! 2:30-Open Art Studio 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Big Pizza Toss 10:15-BINGO! 1st Floor 1:30-Scattergories 2:00-Jenga 2:30-Root Beer Floats 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Sunshine Social 10:00-Upwords 1st Floor 1:30-Communion with Rene 2:00-Musical BINGO! 3:00-Live Music w/Patrick Robinson	4th Floor 9:30-ChairOne Fitness Fun 9:45-BINGO! 11:00-Prayers w/Roy 1st Floor 1:30-Mingle & Manicures 2:15-Apps & Chats 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-11:15-Mingle & Manicures 1st Floor 1:30-Movie & Puffcorn 3:00-4:15-Rummikub	18 Enjoy UNO, Scrabble, & Creative Coloring in the Activity Room
4th Floor 10:00-12 Movie and Manicures with Melissa	4th Floor 9:30-ChairOne Fitness Fun 9:45-Shut the Box 10:15-Sing A Long 1st Floor 1:30-BINGO! 2:30-Open Art Studio 3:30-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Tic Tac Toe Toss 10:15-BINGO! 1st Floor 1:30-Words in a Word 2:00-Jeopardy 2:30-Ice Cream Treats 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Daily Chronicle 10:15-Chairs, Cheers & Chat 10:45-Memory Blitz & UNO 1st Floor 1:30-Musical BINGO! 3:00-Live Music with Greg Albert	4th Floor 9:30- 10:15-BINGO! 1st Floor 1:30-Manicures & Mingle 2:15-Apps & Chats 3:00-4:15-Rummikub	24 Enjoy Scrabble, Word Searches, & Creative Coloring in the Activity Room	25 Enjoy UNO, Scrabble, & Creative Coloring in the Activity Room
1st Floor 2:00-Let's Play Rummikub	27 Enjoy Upwords, Checkers & Calm Coloring in the Activity Room	4th Floor 9:30-ChairOne Fitness Fun 9:45-Hoola Hoop Toss 10:15-BINGO! 1st Floor 1:30-Sing-A-Long 1:45-Ice Cream Treats 2:00-TV Trivia 3:00-4:15-Rummikub	4th Floor 9:30-ChairOne Fitness Fun 9:45-Hoola Hoop Toss 10:15-July Word Search 10:45-Musical Trivia 1st Floor 1:30-Musical BINGO! 3:00-Live Music w/Hal Arron	4th Floor 9:30-ChairOne Fitness Fun 10:30-BINGO! 1st Floor 1:30-Manicures & Mingle 2:15-Birthday Party 3:00-4:15-Rummikub 	4th Floor 9:30-ChairOne Fitness Fun 9:45-11:15-Mingle & Manicures 1st Floor 1:30-Movie & Puffcorn 3:00-4:15-Rummikub	

Rehab

July Activities

2026



TUESDAY & THURSDAY
BINGO AT 3:30

BINGO ON JULY 7
BEGINS AT 4:00PM



PATRIOTIC
BRAIN GAMES
with Stasia



JULY 7
11:00AM
2ND FLOOR

FOURTH OF JULY
TRIVIA
with Stasia



JULY 14
11:00AM
3RD FLOOR



CHAIR FITNESS
with Kim



JULY 21

2:00PM

2ND FLOOR



JULY 28

2:00PM

3RD FLOOR

♥ THERAPY DOG VISITS ♥



MARSHALL
THE THERAPY DOG



WEDNESDAY, JULY 8
10:30AM | 2ND FLOOR



WEDNESDAY, JULY 22
10:30AM | 2ND FLOOR

OSA

THE THERAPY DOG



FRIDAY, JULY 17
10:00AM | 3RD FLOOR



FRIDAY, JULY 31
10:00AM | 3RD FLOOR



ALL ACTIVITIES TAKE PLACE IN THE ACTIVITY ROOM
AND ARE SUBJECT TO CHANGE