

# JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SP 9:30 Indian Trails Library Visits TH 10:00 Exercise: Midweek Tai Chi Tranquility TH 10:30 Morning Mingle TH 11:45 The Wise Guys Men's Pizza Lunch L 1:00 Memoir Writing Class with Author, Erica Weisz JK 2:30 Wine & Cheese with Musical Performance with Kim F. TH 5:30 Movie Night:"The Sting"	2 GR 9:30 Wellness Walkers Club TH 10:00 Exercise: Power Moves Boot Camp TH 10:30 Morning Mingle GR 1:30 Music Appreciation with Jim Kendros: "Great American Music-Gershwin and Barber" TH 3:00 When America Disagreed: Lessons from the Past GR 6:30 Games: Resident's Choice	3 TH 10:00 Exercise: Gentle Core Flow TH 1:15 Afternoon Matinee:"Manhattan Murder Mystery" B 3:15 Happy Hour: Mocktails & Trivia TH 5:30 Movie Night:"The In-Laws"	4 Independence Day TH 10:00 Exercise with TH 10:30 Morning Mingle P 2:00 4th of July Entertainment Featuring "The Abigail Riccards Duo" TH 3:00 4th of July Bingo with Special Prizes TH 5:30 Movie Night:"Monuments Men"
5 9:30 Catholic Mass (Channel 7 on TV) TH 10:00 Exercise with Christine TH 10:30 Daily Chronicle GR 2:00 Musical Performance with Andrew Blenderman TH 5:30 Movie Night:"The Talented Mr. Ripley"	6 GR 9:30 Wellness Walkers Club TH 10:00 Exercise: Steady & Strong TH 10:30 Morning Mingle TH 1:00 Christian Music Ministry Program with George Nicholson L 1:00 Parkinson's Exercise 1:00 Shopping: Jewel, Walgreens, Bank (Sign Up) TH 1:30 Documentary and Discussion: "Iceland's Fire and Ice: The Power"	7 L 9:30 Holy Communion TH 10:00 Exercise: Boogie & Burn Zumba TH 10:30 Morning Mingle L 1:15 Group Game: Black Jack TH 2:00 Rice LLU Creative Workshop: Memoir Writing (Live Zoom) TH 3:15 "News & Views" with Author & Professor, Gary Midkiff GR 6:00 Games: Resident's Choice	8 9:30 Outing: Botanical Garden's Shimmering Summer Wonders! TH 10:00 Exercise: Midweek Tai Chi Tranquility TH 10:30 Morning Mingle L 1:00 Memoir Writing Class with Author, Erica Weisz GR 1:00 Walker/Wheelchair Repair Clinic JK 2:30 Wine & Cheese with Musical Performance with Kim F. TH 5:30 Movie Night:"Hachi: A	9 GR 9:30 Wellness Walkers Club TH 10:00 Exercise: Power Moves Boot Camp TH 10:30 Morning Mingle TH 1:30 Senior Police Academy Series-Session 3: K9 Unit Visit & Demo TH 3:00 Aprons with Personality! L 3:00 Rabbi Gordon Presents, "Everything You Ever Wanted to Know About the Three Weeks & Tisha b'Av." GR 6:30 Games: Resident's	10 TH 10:00 Exercise: Gentle Core Flow L 10:15 Shabbat Service with Rabbi Sandra TH 1:00 Afternoon Matinee:"The Truman Show" B 3:15 Happy Hour: Mocktails & Trivia TH 5:30 Movie Night:"Arrival"	11 TH 10:00 Exercise with TH 10:30 Morning Mingle TH 2:00 Bingo CL 3:00 Marketplace TH 5:30 Movie Night:"Moneyball"
12 9:30 Catholic Mass (Channel 7 on TV) TH 10:00 Exercise with Christine TH 10:30 Daily Chronicle GR 2:00 Musical Performance with Andrew Blenderman TH 5:30 Movie Night:"Draft Day"	13 GR 9:30 Wellness Walkers Club TH 10:00 Exercise: Steady & Strong TH 10:30 Morning Mingle L 1:00 Parkinson's Exercise 1:00 Shopping: Jewel, Walgreens, Bank (Sign Up) TH 1:30 Painting Class with Susie Speck: "Nature's Little Lanterns" TH 3:15 Game: Pokeno TH 5:30 Movie Night: "Million Dollar Arm"	14 L 9:30 Holy Communion TH 10:00 Exercise: Boogie & Burn Zumba TH 10:30 Morning Mingle TH 2:00 Rice LLU Creative Workshop: Collages TH 3:00 Group Game : Family Feud: America's 250th Celebration GR 6:00 Games: Resident's Choice	15 9:30 Outing: Wildlife Wonders at River Trails Nature Center TH 10:00 Exercise: Midweek Tai Chi Tranquility L 1:00 Memoir Writing Class with Author, Erica Weisz JK 2:30 Wine & Cheese with Musical Performance with Kim F. TH 5:30 Movie Night:"My Favorite Year"	16 GR 9:30 Wellness Walkers Club TH 10:00 Exercise: Power Moves Boot Camp TH 10:30 Morning Mingle TH 2:30 Remembrance Service & Reception GR 6:30 Games: Resident's Choice	17 TH 10:00 Exercise: Gentle Core Flow TH 1:00 Afternoon Matinee:"The Age of Innocence" B 3:15 Happy Hour: Mocktails & Trivia TH 5:30 Movie Night:"Come Back To The Five And Dime, Jimmy Dean, Jimmy Dean"	18 TH 10:00 Exercise with TH 10:30 Morning Mingle TH 2:00 Bingo CL 3:00 Marketplace TH 5:30 Movie Night:"3 Women"

# JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>9:30 Catholic Mass (Channel 7 on TV)</p> <p>TH 10:00 Exercise with Christine</p> <p>TH 10:30 Daily Chronicle</p> <p>GR 2:00 Musical Performance with Andrew Blenderman</p> <p>TH 5:30 Movie Night: "Mr. Church"</p>	<p><b>20</b></p> <p>GR 9:30 Wellness Walkers Club</p> <p>TH 10:00 Exercise: Steady &amp; Strong</p> <p>TH 10:30 Health Talk with Paxxon: Physical Well-Being</p> <p>L 1:00 Parkinson's Exercise</p> <p>1:00 Shopping: Jewel, Walgreens, Bank (Sign Up)</p> <p>P 1:30 Group Game : "Would You Rather"</p> <p>TH 3:15 Game: Pokeno</p> <p>TH 5:30 Movie Night: "Chef"</p>	<p><b>21</b></p> <p>L 9:30 Holy Communion</p> <p>TH 10:00 Exercise: Boogie &amp; Burn Zumba</p> <p>TH 10:30 Morning Mingle</p> <p>TH 1:30 "Treasures From The Attic" Discussion</p> <p>TH 3:00 Group Project: Decorative Bird Window Hangings</p> <p>GR 6:00 Games: Resident's Choice</p>	<p><b>22</b></p> <p>TH 10:00 Exercise: Midweek Tai Chi Tranquility</p> <p>TH 10:30 Morning Mingle</p> <p>11:00 Outing: Tina G's in Mundelein</p> <p>L 1:00 Memoir Writing Class with Author, Erica Weisz</p> <p>JK 2:30 Wine &amp; Cheese with Musical Performance with Kim F.</p> <p>TH 5:30 Movie Night: "Cool Runnings"</p>	<p><b>23</b></p> <p>GR 9:30 Wellness Walkers Club</p> <p>TH 10:00 Exercise: Power Moves Boot Camp</p> <p>TH 10:30 Morning Mingle</p> <p>1:30 Project with Paxxon (3rd Floor)</p> <p>TH 1:30 Stars &amp; Stripes Broom Hockey!</p> <p>TH 3:00 Group Game: Patriotic Jeopardy!</p> <p>GR 6:30 Games: Resident's Choice</p>	<p><b>24</b></p> <p>TH 10:00 Exercise: Gentle Core Flow</p> <p>L 10:15 Shabbat Service with Rabbi Sandra</p> <p>IK 12:00 Monthly Birthday Luncheon for July Birthdays</p> <p>TH 1:00 Afternoon Matinee: "One Fine Day"</p> <p>B 3:15 Happy Hour: Mocktails &amp; Trivia</p> <p>TH 5:30 Movie Night: "Eddie The Eagle"</p>	<p><b>25</b></p> <p>TH 10:00 Exercise with</p> <p>TH 10:30 Morning Mingle</p> <p>TH 2:00 Bingo</p> <p>CL 3:00 Marketplace</p> <p>TH 5:30 Movie Night: "Honest Thief"</p>
<p><b>26</b></p> <p>9:30 Catholic Mass (Channel 7 on TV)</p> <p>TH 10:00 Exercise with Christine</p> <p>TH 10:30 Daily Chronicle</p> <p>GR 2:00 Musical Performance with Andrew Blenderman</p> <p>TH 5:30 Movie Night: "Swing Shift"</p>	<p><b>27</b></p> <p>GR 9:30 Wellness Walkers Club</p> <p>TH 10:00 Exercise: Steady &amp; Strong</p> <p>TH 10:30 Morning Mingle</p> <p>L 1:00 Parkinson's Exercise</p> <p>1:00 Shopping: Jewel, Walgreens, Bank (Sign Up)</p> <p>TH 1:30 "Red, White, &amp; Balloon Volleyball"</p> <p>TH 3:15 Game: Pokeno</p> <p>TH 5:30 Movie Night: "Spies Like Us"</p>	<p><b>28</b></p> <p>L 9:30 Holy Communion</p> <p>TH 10:00 Exercise: Boogie &amp; Burn Zumba</p> <p>TH 10:30 Morning Mingle</p> <p>TH 1:45 Residents Council</p> <p>TH 2:00 Chat with the Chef</p> <p>TH 3:00 5 Week Documentary and Discussion Series: The American Experiment</p> <p>GR 6:00 Games: Resident's Choice</p>	<p><b>29</b></p> <p>TH 10:00 Exercise: Midweek Tai Chi Tranquility</p> <p>TH 10:30 Morning Mingle</p> <p>11:15 Outing: Joanie's Pizzeria in Long Grove</p> <p>L 1:00 Memoir Writing Class with Author, Erica Weisz</p> <p>JK 2:30 Wine &amp; Cheese with Musical Performance with Kim F.</p> <p>TH 5:30 Movie Night: "Annie Hall"</p>	<p><b>30</b></p> <p>GR 9:30 Wellness Walkers Club</p> <p>TH 10:00 Exercise: Power Moves Boot Camp</p> <p>TH 10:30 Morning Mingle</p> <p>TH 1:30 Better Together Social</p> <p>TH 3:00 Book Club Discussion: Mona's Eyes</p> <p>GR 6:30 Games: Resident's Choice</p>	<p><b>31</b></p> <p>TH 10:00 Exercise: Gentle Core Flow</p> <p>IK 12:00 Monthly Birthday Lunch for August Birthdays</p> <p>TH 1:00 Afternoon Matinee: "Come Back To The Five And Dime, Jimmy Dean, Jimmy Dean"</p> <p>B 3:15 Happy Hour: Mocktails &amp; Trivia</p> <p>TH 5:30 Movie Night: "Midnight in Paris"</p>	