

JULY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TH 9:30 Wake-up Workout TH 10:00 Art Appreciation: John Trumbull's Declaration of Independence painting. BI 10:00 Jewelry Class TH 10:30 A Semiquincentennial Journey (Colonial Days) Trivia TH 1:00 Parkinson's Exercise Class (30 Minute Class) GR 2:15 Wine and Cheese Social with Liz! BI 3:30 Walk And Roll Club TH 6:00 Movie: The Vikings (MGM+	2 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 TED talk: I let DaddyGPT parent my kids. Here's what I learned BI 1:00 Belmont Book Club: The Thursday Murder Club OT 1:30 Shopping Trip: Target BI 2:00 Scrabble BI 3:30 Bingo TH 6:30 Movie: The Heat (STARZ Prime, 1 H 53 M)	3 TH 9:30 Wake-up Workout TH 10:00 "You Are There: The Boston Massacre" - March 5, 1770 - Classic 1955 TV story (You Tube, 25 M) TH 10:30 "You Are There: December 25, 1776 - "Washington's Crossing" (1955) (You Tube, 25 M) TH 1:30 Chair Yoga with Amy GR 2:30 Live Entertainment: America's 250th Birthday Celebration with Liz! TH 6:00 Movie: Stripes (Prime, 1 H 42	4 Independence Day Independence Day! Happy 250th Birthday USA! TH 9:30 Seated Ballet TH 10:00 "You Are There: Washington's Farewell to His Officers" (1955) - December 4, 1783 (You Tube, 25 M) TH 10:30 You Are There - Signing of the Declaration of Independence (CBS - April 26, 1953)) (You Tube, 25 M) TR 2:00 Uno BI 3:30 Bingo TH 6:00 Movie: Mr. Smith Goes To Washington (PRIME, 2 H 5
5 TH 9:30 Resident Led Seated Exercise (A Good Start to Your Day!) TR 10:00 Communion - Ascension Catholic Church TH 10:00 Documentary: The Flag (Prime, 1 H 3 M) OT 10:30 Mass at Ascension Church (Bus Leaves at 10:15 am) TH 1:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 1 (Prime, 1 H 54 M) GR 3:00 Bingo with the Concierge!	6 TH 9:30 Wake-up Workout TH 10:00 Live Discussion with Jessica Tepas: How Do Sports Impact Nature? BI 1:30 Art with Slowfire Studios TH 2:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 2 (Prime, 2 H 2 M) TH 6:00 Movie: Yours, Mine & Ours (1968) (MGM+ PRIME, 1 H 52 M)	7 TH 9:30 Fit and Flex TH 10:00 Celebrate African Culture Day with Seated African Dancing TH 10:30 Who Wants to Be A Millionaire? BI 1:00 Belmont Book Club: The Thursday Murder Club BI 2:00 Lifelong University: Creative Workshop: Memoir Writing BI 3:30 Bingo BI 6:00 Movie: Walk Of Shame (STARZ 1 H 35 M)	8 TH 8:00 NASW Illinois Chapter Training Until 5 PM BI 9:30 Wake-up Workout BI 10:00 Mental Floss: Who, What, When and Where? BI 10:30 Liberty Bell Day BI 1:00 Parkinson's Exercise Class (30 Minute Class) GR 2:15 Wine and Cheese Social with Nostalgia! BI 3:30 Walk And Roll Club TH 6:00 Movie: Finding Neverland (MGM+ Prime, 1 H 42 M)	9 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 Picnic in the Park TH 10:30 TED talk: How I set myself free BI 1:00 Belmont Bazaar BI 1:00 Belmont Book Club: The Thursday Murder Club OT 1:30 Shopping Trip: Caputo's Fresh Market - Elmwood Park BI 2:00 Scrabble BP 2:15 Thursdays With Terry; Walking Tacos	10 TH 9:30 Wake-up Workout TH 10:00 Fund Raiser: Baking For Best Buddies TH 1:30 Chair Yoga with Amy BI 3:30 Bingo TH 6:00 Movie: The Valley Of Light (Hallmark Prime, 1 H 38 M)	11 TH 9:30 Seated Exercise With Bill TH 10:00 Seated Volleyball TH 1:00 Community Service: Cupcakes for Best Buddies TR 2:00 Uno BI 3:30 Bingo TH 6:00 Movie: The Untouchables (MGM+ PRIME, 1 H 53 M)
12 TH 9:30 Resident Led Seated Exercise (A Good Start to Your Day!) TR 10:00 Communion - Ascension Catholic Church TH 10:00 PBS Documentary: World War Speed (Prime, 56 M) OT 10:30 Mass at Ascension Church (Bus Leaves at 10:15 am) TH 1:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 3 (Prime, 1 H 52 M) GR 2:00 Live Entertainment with the	13 TH 9:30 Wake-up Workout TH 10:00 Documentary: Hollywood Idols, Season 2, Episodes 3 & 4 (Prime, 58 M) TH 2:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 4 (Prime, 1 H 53 M) TH 6:00 Movie: Dreams (Starz PRIME, 1 H 39 M)	14 TH 9:30 Fit and Flex TH 10:00 Spintopia OT 10:45 Lunch Outing: Margaritas Oak Park TH 1:30 Resident Council BI 2:00 Lifelong University: Creative Workshop: Collage BI 3:30 Bingo BI 6:00 Movie With Michele: Bridesmaids (STARZ Prime, 2 H 5 M)	15 TH 9:30 Wake-up Workout BI 10:00 Jewelry Class TH 10:00 Robin Hood Day: See How Good An Archer You Are TH 10:30 Rembrandt Harmenszoon van Rijn's Birthday TH 1:00 Parkinson's Exercise Class (30 Minute Class) GR 2:15 Wine and Cheese Social with Bob! BI 3:30 Walk And Roll Club TH 6:00 Movie: Lara Kroft: Tomb Raider (Prime, 1 H 37 M)	16 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia TH 10:30 Shopping Trip: Walgreens TH 10:30 TED talk: The rising cost of dissent in America BI 1:00 Belmont Book Club: The Thursday Murder Club BI 2:00 Scrabble BI 3:30 Bingo TH 6:30 Movie: Stripes (MGM+ Prime, 2 H 3 M)	17 TH 9:30 Wake-up Workout TH 10:00 Perfect 10 Day TR 10:00 Worship With Fair Oaks Presbyterian Church TH 10:30 Bocce Ball TH 1:00 Sound Meditation with Ahimsa Yoga Studio BI 3:30 Bingo! TH 6:00 Movie: Shane (MGM+ Prime, 1 H 58 M)	18 TH 9:30 Seated Dance With Bill TH 10:00 Current Events TR 2:00 Uno BI 3:30 Bingo TH 6:00 Movie: Starman (MGM+ PRIME, 1 H 51 M)

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 "Liberty is the breath of life to nations." — George Bernard Shaw

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19 TH 9:30 Resident Led Seated Exercise (A Good Start to Your Day!) TR 10:00 Communion - Ascension Catholic Church TH 10:00 PBS Documentary: The Real Prince Philip (Prime, 46 M) OT 10:30 Mass at Ascension Church (Bus Leaves at 10:15 am) TH 1:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 5 (Prime, 1 H 51 M) GR 3:00 Bingo with the Concierge!	20 TH 9:30 Wake-up Workout TH 10:00 Documentary: Hollywood Idols, Season 2, Episodes 5 & 6 (Prime, 58 M) BI 1:30 Art with Slowfire Studios TH 2:00 PBS Documentaries: The American Revolution: A Film by Ken Burns, Episode 6 (Prime, 2 H 8 M) TH 6:00 Movie: How Stella Got Her Groove Back (Starz PRIME, 2 H 2 M)	21 TH 9:30 Fit and Flex OT 9:30 Museum Outing: The Institute for the Study of Ancient Cultures at University of Chicago TH 10:00 Color Psychology Day TH 10:30 Who Wants To Be A Millionaire? BI 1:00 Belmont Book Club: The Thursday Murder Club BI 2:00 New Residents Q&A Meeting (Current Residents Help New Residents Acclimate)	22 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Comic-Con International Begins TH 10:30 I've Got a Question Day – Alex Trebek's Birthday TH 1:00 Parkinson's Exercise Class (30 Minute Class) GR 2:15 Wine and Cheese Social with Stu Frank! BI 3:30 Walk And Roll Club TH 6:00 Movie: Crossword Mysteries (Hallmark Prime, 1 H 25 M)	23 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia OT 10:00 Shopping Trip: Trader Joes TH 10:30 TED talk: Mass extinctions and the future of life on Earth BI 1:00 Belmont Book Club: The Thursday Murder Club BI 2:00 Scrabble BI 3:30 Bingo TH 3:30 Travelogue: The Dominican Republic; Culture and Cuisine TH 6:30 Movie: Cyrano (Prime, 1 H 59 M)	24 TH 9:30 Wake-up Workout TH 10:00 Art in the Park Day TH 10:30 Mental Floss: Day of the Cowboy TH 1:30 Chair Yoga with Amy BI 3:30 Bingo TH 6:00 Movie: Passenger 57 (STARZ Prime, 1 H 21 M)	25 BI 9:30 Seated Exercise With Bill BI 10:00 Current Events TR 2:00 Uno BI 3:30 Bingo TH 6:00 Movie: Four Weddings And A Funeral (PRIME, 1 H 52 M)
26 TH 9:30 Resident Led Seated Exercise (A Good Start to Your Day!) TR 10:00 Communion - Ascension Catholic Church TH 10:00 PBS Documentary: The Great Mammoth Mystery (Prime, 54 M) OT 10:30 Mass at Ascension Church (Bus Leaves at 10:15 am) TH 1:00 Brit Box: Honour (Prime, 1 H 29 M) GR 3:00 Bingo with the Concierge! TH 6:00 Movie: The Barefoot	27 TH 9:30 Wake-up Workout TH 10:00 Documentary: Hollywood Idols, Season 2, Episodes 7 & 8 (Prime, 58 M) TH 2:30 Brit Box: Seven Dials Mystery (Prime, 2 H 12 M) TH 6:00 Movie: Close Encounters Of the Third Kind (Starz PRIME, 2 H 12 M)	28 TH 9:30 Fit and Flex TH 10:00 Postmaster General Day TH 10:30 Buffalo Soldiers Day BI 1:00 Belmont Book Club: The Thursday Murder Club TH 2:00 Lifelong University: Creative Workshop Showcase BI 2:30 Charlie and the Chocolate Factory - 40th Anniversary Watch Party BI 5:30 Movie With Michele: Rain Man (MGM+ Prime, 2 H 9 M)	29 TH 9:30 Wake-up Workout TH 10:00 Mental Floss: Documentary Day – Happy birthday to Ken Burns TH 10:30 Paul Anka's Birthday TH 1:00 Parkinson's Exercise Class (30 Minute Class) GR 2:15 Wine and Cheese Social with Peter! BI 3:30 Walk And Roll Club TH 6:00 Movie: Elle (Prime, 2 H)	30 TH 9:30 Fit and Flex TR 10:00 Communion With Ascension TH 10:00 Mental Floss: Trivia OT 10:00 Shopping Trip: Kohls TH 10:30 TED talk: The missing ingredient in every peace deal BI 1:00 Belmont Book Club: The Thursday Murder Club BI 2:00 Scrabble BI 3:30 Bingo TH 6:30 Movie: The Martian (MGM+ Prime, 2 H 22 M)	31 TH 9:30 Wake-up Workout TH 10:00 WAVES Anniversary TH 10:30 Mental Floss: World Ranger Day GR 1:30 Birthday Bash with DJ Banging Bo! TH 1:30 Guided Meditation with Amy BI 3:30 Bingo! TH 6:00 Movie: Silver Linings Playbook (STARZ Prime, 1 H 58 M)	

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