

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JULY 2026 Sopris Lodge Assisted Living			10:15am Walking to the Farmers Market 3:00pm Movie and Activity Meeting 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night	2 10:00am Chair Yoga with Anne 2:00pm Technology Help with Aaliyah 3:00pm Residents Bridge Game	3 11:00am Chair Stretching 2:00pm Scrabble 3:30pm July 4th Happy Hour 6:00pm Friday Movie Night: Twisters on Hulu	4 11:00am Morning Exercise 2:00pm Painting 4:00pm Group Crossword
5 2:00pm Board Game Hour 3:00pm Hand Massages	6 11:00am Chair Yoga 2:00pm Jewelry Making 3:00pm Mahjong 4:00pm Bingo!	7 9:45am Meditation with Anne 11:00am Chair Pilates 3:00pm Lets Make Smores 4:00pm Group Crossword	8 10:15am Walking to the Farmers Market 2:30pm AL Resident Council 3:00pm Jeopardy 6:00pm Wednesday Movie Night: Mission Impossible on Netflix	9 10:00am Chair Yoga with Anne 2:00pm Walking Down Main Street 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	10 11:00am Chair Stretching 3:00pm Scrabble 6:00pm Friday Movie Night: Office Romance on Netflix	11 11:00am Morning Exercise 3:00pm Painting 4:00pm Group Crossword
12 3:00pm Lets Play Rummikub 4:00pm Riding the Stationary Bikes	13 11:00am Chair Yoga 3:00pm Bingo! 4:00pm Rock Painting	14 9:45am Meditation with Anne 11:00am Chair Pilates 3:00pm Inside the LA Firestorm 4:00pm Group Crossword	15 10:00am Carbondale Library Book Pop-Up 10:15am Walking to the Farmers Market 3:00pm Technology Help with Aaliyah 4:00pm Trivial Pursuit	16 10:00am Chair Yoga with Anne 2:00pm Peppinos Pizza Ice Cream 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	17 11:00am Chair Stretching 3:00pm Trying Sour Candy Outside 3:30pm Scrabble Outside 6:00pm Friday Movie Night: The Order on Hulu	18 11:00am Morning Exercise 2:00pm Painting 4:00pm Group Crossword
19 11:00am News Paper and Coffee 3:00pm Hand Massages 4:00pm Scrabble	20 11:00am Chair Yoga 2:00pm Making Beach Jars 3:00pm Rummikub 4:00pm Bingo!	21 9:45am Meditation with Anne 11:00am Chair Pilates 3:00pm Making Popcorn Bowls 4:00pm Group Crossword	22 10:15am Walking to the Farmers Market 3:00pm The Last Wild Horses of Hungary on Yotube 4:00pm Jeopardy 6:00pm Wednesday Movie Night: Epic Elvis Presley on	23 10:00am Chair Yoga with Anne 2:00pm Mahjong 2:30pm Flavors of the Mediterranean 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL	24 11:00am Chair Stretching 3:30pm Making Flower Frames 6:00pm Friday Movie Night: West Side Story on Disney	25 11:00am Morning Exercise 3:00pm Painting 4:00pm Group Crossword
26 11:00am News Papers and Coffee 3:00pm Hand Massages 4:00pm Monopoly	27 11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm The Korean War 1950-53 4:00pm Bingo!	28 9:45am Meditation with Anne 11:00am Chair Pilates 3:00pm Birthday Celebration 4:00pm Group Crossword	29 10:15am Walking to the Farmers Market 3:00pm Walking the True Nature Garden 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night: The Woman King on Netflix	30 10:00am Chair Yoga with Anne 3:00pm Residents Bridge Game 3:00pm Technology Help with Aaliyah 4:00pm Happy Hour in IL	31 11:00am Chair Stretching 3:00pm Making Suncatchers 4:00pm Sudoku 6:00pm Friday Movie Night: Becoming Led Zeppelin on Netflix	Happy Birthday Carol C.- 7/6 John H- 7/25 Bee 7/27