

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2026 Sopris Lodge Memory Care			9:30 Reading the Morning Paper Together 1 10:15 Walking to the Farmers Market 11:30 Chair Stretching 1:30 Cactus Ring Toss 2:30 Afternoon Music 3:00 Jewelry Making 3:30 Snack Break	9:30 Reading the Morning Paper Together 2 10:30 Chair Dancing 1:30 Armchair Travel to Japan 2:30 Listening to Traditional Japanese Music 3:00 Making Popsicle Stick Coasters 3:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 3 10:30 Drumming Exercise 1:30 Q-Tip 4th of July Painting 3:30 July 4th Happy Hour	9:30 Reading the Morning Paper Together 4 10:00 Morning Streches 3:30 Snack Break
9:30 Reading the Morning Paper Together 5 2:00 Hand Massages 3:30 Snack Break	9:30 Reading the Morning Paper Together 6 10:30 Chair Yoga 2:00 Color by Number 2:30 Afternoon Music 3:00 Roll a Garden 3:30 Snack Break 4:00 Bingo 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 7 10:30 Chair Tai Chi 1:30 Afternoon Music 2:00 Watercolor Hour 3:00 Snack Break 4:45 Set the Dinner Table 6:00 Monopoly Game Night	9:30 Reading the Morning Paper Together 8 10:15 Walking to the Farmers Market 11:30 Chair Stretching 1:30 Afternoon Music 2:15 Snack Break 4:00 Balloon Volleyball	9:30 Reading the Morning Paper Together 9 10:30 Chair Dancing 2:00 Cornhole 2:30 Afternoon Music 3:00 Paper Plate Frisbees 3:30 Snack Break 4:00 Let's Play Frisbee 4:45 Set the Dinner Table 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 10 10:30 Drumming Exercise 1:30 Music Bingo 3:00 Tea Party 4:00 Word Search	9:30 Reading the Morning Paper Together 11 10:00 Morning Streches 1:30 Watering Our Herb Garden 2:00 Outdoor Cornhole 2:30 Lets Make Smores
9:30 Reading the Morning Paper Together 12 10:00 Sitting on the Patio 1:30 Hand Massages 2:00 Apple Snack Break 2:30 Walking the Rio Grande Trail	9:30 Reading the Morning Paper Together 13 10:30 Chair Yoga 1:30 Bird Watching 2:00 Hydration Break 2:30 Afternoon Music	9:30 Reading the Morning Paper Together 14 10:30 Chair Tai Chi 1:30 Listening to Elton John on the Patio 2:00 Watercolor Hour 2:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 15 10:15 Walking to the Farmers Market 11:30 Chair Stretching 1:30 Walking the Rio Grande Trail 2:00 Rock Paining 2:30 Afternoon Music 3:00 Snack Break 4:00 The Last Wild Horses of Hungary on Yotube	9:30 Reading the Morning Paper Together 16 10:30 Chair Dancing 1:30 Armchair Travel to Spain 2:30 Afternoon Music 3:00 Making Suncatchers 3:30 Snack Break 4:00 Bowling 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 17 10:30 Drumming Exercise 1:30 Magnetic Fishing 2:00 Tea Party	9:30 Reading the Morning Paper Together 18 10:00 Morning Streches 1:30 Bubble Painting 2:00 Puzzle Time 2:30 Postcard Match Up 3:30 Snack Break
9:30 Reading the Morning Paper Together 19 10:00 Morning Walk 1:30 Hand Massages 2:00 Puzzle Time 2:30 Goldfish Snack Break	9:30 Reading the Morning Paper Together 20 10:30 Chair Yoga 2:00 Item Detective 2:30 Afternoon Music 3:00 Balloon Volleyball 3:30 Snack Break 4:00 Lets Make Jewelry 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 21 10:30 Chair Tai Chi 1:30 Dance Party 2:00 Watercolor Hour 3:30 Snack Break 4:45 Set the Dinner Table 6:00 Monopoly Game Night	9:30 Reading the Morning Paper Together 22 10:15 Walking to the Farmers Market 11:30 Chair Stretching 1:30 Mahjong 2:30 Afternoon Music 3:30 Snack Break 4:00 The Universe: The Creation of the Moon	9:30 Reading the Morning Paper Together 23 10:30 Chair Dancing 2:00 Carboard Color Match 2:30 Afternoon Music 3:00 Mahjong 3:30 Snack Break 4:45 Set the Dinner Table 5:15 I Love Lucy and Tea	9:30 Reading the Morning Paper Together 24 10:30 Drumming Exercise 1:30 Music Bingo 2:00 Tea Party	9:30 Reading the Morning Paper Together 25 10:00 Morning Streches 1:30 Balloon Volleyball 2:00 Cup Knockdown 2:30 Tissue Paper Sunflowers 3:00 Snack Break
9:30 Reading the Morning Paper Together 26 10:00 Morning Walk on the Rio Grand 1:30 Hand Massages 2:00 Hydration Break 2:30 Kings in a Corner	9:30 Reading the Morning Paper Together 27 10:30 Chair Yoga 2:00 Connect 4 2:30 Afternoon Music 3:00 Clay Time 3:30 Snack Break 4:00 Sensory Sand	9:30 Reading the Morning Paper Together 28 10:30 Chair Tai Chi 2:00 Watercolor Hour 2:30 Afternoon Music 3:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 29 10:15 Walking to the Farmers Market 11:30 Chair Stretching 1:30 Collecting Supplies for our Flower Frames 2:00 Making Flower Frames 2:30 Afternoon Music 3:30 Snack Break	9:30 Reading the Morning Paper Together 30 10:30 Chair Dancing 1:30 Armchair Travel 2:30 Afternoon Music 3:30 Snack Break 4:45 Set the Dinner Table	9:30 Reading the Morning Paper Together 31 10:30 Drumming Exercise 1:30 Ping Pong Basketball 2:00 Tea Party	