

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

July 2026			LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Picture Bingo, CA 3:00 Ice Cream & Travel Log, LR 4:00 National Joke Day: Let's Tell Jokes, CA 7:00 Resident Choice Movie w/Aides, LR	1	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Painting with a Twist, CA LR-Soft Music 2:00 Ring Toss Game, CA 3:00 Sweet Treat & Poems, CA 3:30 Sing-A-Long, LR 4:00 Guided Meditation, CY 6:30 Coloring w/Aides, CA 7:00 Thursday Night Movie, LR	2	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Hangman Game, CA LR-Jazz Music 2:00 Cup Toss, CA 3:30 Weekend Kick-off w/HHAs, LR 4:15 Board Games, CA 6:30 Walking w/Aides, CY 7:00 Friday Night Winter Movie, LR	3	LR-HGTV CA-Current Events 10:00 Saturday Stretch, DR 10:45 4th of July Painting, CA LR-Classical Favorites 2:00 Songs of Freedom Concert DVD, CA 3:15 Independence Day Trivia, CA 7:00 Saturday Night Movie w/Aides, LR Independence Day (U.S.)	4			
8:00 Church Service on YouTube, LR 10:00 Manicures, CA 10:45 YouTube Travel Tour, LR LR-Country Music 2:00 Fun with Colors, CA 4:30 Classic TV: Resident Choice 6:30 Sunday Night Movie w/Aides, LR	5	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA LR-Soft Rock Music, LR 2:00 Movie Matinee & Popcorn, LR 3:30 Puzzles & Games, CA 6:30 Balloon Volleyball w/Aides, LR 7:00 Resident Choice Movie, LR	6	LR-Resident Choice TV 10:00 Let's Stretch, DR 10:45 Baking Club, K LR-Classical Favorites 2:00 This or That Ball Game, CA 3:00 Treats & Stories, CA 4:15 Chair Yoga, L 6:30 Walking Club w/Aides, CY 7:00 Tuesday Night Movie, LR	7	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Picture Bingo, CA 3:00 Coca-Cola Day Floats & Travel Log, LR 4:00 Coca-Cola Day Trivia, CA 7:00 Resident Choice Movie w/Aides, LR	8	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Paper Crafts, CA 11:30 Picnic in the Park, E LR-Soft Music 2:00 Cornhole Game, CA 3:00 Sweet Treat & Poems, CA 3:30 Sing-A-Long, LR 4:00 Guided Meditation, CY 6:30 Coloring w/Aides, CA 7:00 Thursday Night Movie, LR	9	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Pictionary Game, CA LR-Jazz Music 2:00 Pop Up Golf, CA 3:30 Weekend Kick-off w/HHAs, LR 4:15 Board Games, CA 6:30 Walking w/Aides, CY 7:00 Friday Night Winter Movie, LR	10	LR-HGTV CA-Current Events 10:00 Saturday Stretch, DR 10:45 Penny for Your Thoughts Game, CA LR-Classical Favorites 2:00 Ice Cream Sundae Day Treats, CA 3:15 Watermelon Toss Game, CA 7:00 Saturday Night Movie w/Aides, LR	11
8:00 Church Service on YouTube, LR 10:00 Manicures, CA 10:45 YouTube Travel Tour, LR LR-Country Music 2:00 Fun with Colors, CA 4:30 Classic TV: Resident Choice 6:30 Sunday Night Movie w/Aides, LR	12	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA LR-Soft Rock Music, LR 2:00 Movie Matinee & Popcorn, LR 3:30 Creative Building, CA 6:30 Balloon Volleyball w/Aides, LR 7:00 Resident Choice Movie, LR	13	LR-Resident Choice TV 10:00 Let's Stretch, DR 10:45 Baking Club, K LR-Classical Favorites 1:30 Summer Joyride, E 3:00 Treats & Stories, CA 4:15 Chair Yoga, L 6:30 Walking Club w/Aides, CY 7:00 Tuesday Night Movie, LR	14	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Picture Bingo, CA 3:00 Ice Cream & Travel Log, LR 4:00 Shuffleboard Game, CA 7:00 Resident Choice Movie w/Aides, LR	15	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Let's Make Bird Feeders, CA LR-Soft Music 2:00 Wheel of Fortune Game, CA 3:00 Sweet Treat & Poems, CA 3:30 Sing-A-Long, LR 4:00 Guided Meditation, CY 6:30 Coloring w/Aides, CA 7:00 Thursday Night Movie, LR	16	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Jewelry Making, CA LR-Jazz Music 2:00 Parachute Game, CA 3:30 Weekend Kick-off w/HHAs, LR 4:15 Board Games, CA 6:30 Walking w/Aides, CY 7:00 Friday Night Winter Movie, LR	17	LR-HGTV CA-Current Events 10:00 Saturday Stretch, DR 10:45 Card Making, CA LR-Classical Favorites 2:00 Couch Kickball, CA 3:15 Summer Trivia, CA 7:00 Saturday Night Movie w/Aides, LR	18
8:00 Church Service on YouTube, LR 10:00 Manicures, CA 10:45 YouTube Travel Tour, LR LR-Country Music 2:00 Fun with Colors, CA 4:30 Classic TV: Resident Choice 6:30 Sunday Night Movie w/Aides, LR	19	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA LR-Soft Rock Music, LR 2:00 Movie Matinee & Popcorn, LR 3:30 The Color Game, CA 6:30 Balloon Volleyball w/Aides, LR 7:00 Resident Choice Movie, LR	20	LR-Resident Choice TV 10:00 Let's Stretch, DR 10:45 Baking Club, K LR-Classical Favorites 2:00 Ball Drumming, L 3:00 Treats & Stories, CA 4:15 Chair Yoga, L 6:30 Walking Club w/Aides, CY 7:00 Tuesday Night Movie, LR	21	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Picture Bingo, CA 3:00 Ice Cream & Travel Log, LR 4:30 <u>Heathwood Chicken BBQ & Live Music, DR</u>	22	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Name That Tune, CA LR-Soft Music 2:00 The Alphabet Game, CA 3:00 Sweet Treat & Poems, CA 3:30 Sing-A-Long, LR 4:00 Guided Meditation, CY 6:30 Coloring w/Aides, CA 7:00 Thursday Night Movie, LR	23	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Water Painting, CA LR-Jazz Music 2:00 Live Music w/Ethel, CA 3:30 Weekend Kick-off w/HHAs, LR 4:15 Board Games, CA 6:30 Walking w/Aides, CY 7:00 Friday Night Winter Movie, LR	24	LR-HGTV CA-Current Events 10:00 Saturday Stretch, DR 10:45 Music Bingo, CA LR-Classical Favorites 2:00 Word Games, CA 3:15 Bulls-eye Game, CA 7:00 Saturday Night Movie w/Aides, LR	25
8:00 Church Service on YouTube, LR 10:00 Manicures, CA 10:45 YouTube Travel Tour, LR LR-Country Music 2:00 Fun with Colors, CA 4:30 Classic TV: Resident Choice 6:30 Sunday Night Movie w/Aides, LR	26	LR-Animal Planet TV 10:00 Monday Movement, DR 10:45 Art Studio, CA LR-Soft Rock Music, LR 2:00 Movie Matinee & Popcorn, LR 3:30 Jumbo Puzzles, CA 6:30 Balloon Volleyball w/Aides, LR 7:00 Resident Choice Movie, LR	27	LR-Resident Choice TV 10:00 Let's Stretch, DR 10:45 Baking Club, K (Birthday Cake) LR-Classical Favorites 2:00 Birthday Coloring, CA 3:00 Birthday Treats & Stories, CA 4:15 Chair Yoga, L 6:30 Walking Club w/Aides, CY 7:00 Tuesday Night Movie, LR	28	LR-History Channel 10:00 Morning Stretch, DR 10:45 Time at the Spa, CA LR-Resident Choice Music 1:30 Catholic Communion, L 2:00 Picture Bingo, CA 3:00 Ice Cream & Travel Log, LR 4:00 Ring Toss Game, CA 7:00 Resident Choice Movie w/Aides, LR	29	LR-Food Network 9:30 Movement for the Soul, LR 10:45 Let's Make Lava Cake, CA LR-Soft Music 2:00 Ball & Basket Game, CA 3:00 Sweet Treat & Poems, CA 3:30 Sing-A-Long, LR 4:00 Guided Meditation, CY 6:30 Coloring w/Aides, CA 7:00 Thursday Night Movie, LR	30	LR-Hallmark Channel 10:00 Exercise with Music, DR 10:45 Magic Painting, CA LR-Jazz Music 2:00 The Grid Game, CA 3:30 Weekend Kick-off w/HHAs, LR 4:15 Board Games, CA 6:30 Walking w/Aides, CY 7:00 Friday Night Winter Movie, LR	31	Memory Care Activities Locations: LR- Living Room CA- Common Area CY- Courtyard E- Excursion K- Kitchen DR- Dining Room L- Library All Activities are 30-45 minutes long and are subject to change. If you have any questions, please see Lacey Robbins (Memory Care Program Coordinator).	

Heathwood Memory Care