

Sunday

Monday

Tuesday

Wednesday

Thursday



Friday

Saturday



# July 2026

## MEMORY CARE

|   |   |   |  |  |  |  |   |  |  |
|---|---|---|--|--|--|--|---|--|--|
|    | <h1>July 2026</h1> <h2>MEMORY CARE</h2>   |   |  |  |  | <b>Transportation Day/ NP Visits Dental Clinic</b><br><b>9:00 Gardening (LEC)</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>10:30 Morning Exercise (LEC)<br>1:00 Travel to Canada (Virtual, QLS)<br><b>1:30 Doo-Wop Dudes Performance</b><br>2:30 Refreshments (QLS)<br><b>2:30 Hair Care with Maxine (Pearl Salon, QLS)</b><br>3:30 Catholic Rosary with Volunteers<br><small>Canada Day</small> | <b>Dr. Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 BINGO (LEC)</b><br>1:30 "How It's Made/ How it Works" (Virtual, Documentary, QLS)<br>2:30 Afternoon Refreshments (QLS)<br>3:00 Comics and Comedies (QLS)<br><b>3:00 Table Games (LEC)</b> | <b>Lunch Outing</b><br>9:30 Hymns and Devotions (QLS)<br>10:00 Music and Movement (LEC)<br><b>11:00 Lunch Outing to La Finca</b><br>1:00 Movie Matinee (QLS)<br><b>2:30 Music Therapy with Miranda (Great Room)</b><br><b>3:00 Happy Hour and Word Games (LEC)</b> | <b>Happy 4<sup>th</sup> of July! Wear your most patriotic attire today!</b><br><b>Pearl Salon (PM)</b><br>9:30 Daily Chronicle (LEC)<br><b>10:00 Patriotic Sing Along (LEC)</b><br><b>11:00 4<sup>th</sup> of July Parades (Virtual, QLS)</b><br><b>1:30 Creative Flower Arranging (LEC)</b><br>2:30 Refreshments (QLS)<br><b>3:00 Garden Games (LEC, QLS)</b><br><small>Independence Day (U.S.)</small> |
| 9:30 Hymns and Devotions (Virtual, QLS)<br>10:00 Sunday Service (Virtual)<br><b>10:00 Sunday Service with Kim Robinson (1st Floor, LEC)</b><br><b>11:00 Rubber Duck Race (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>1:30 Virtual Concert (QLS)<br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Walking Club (LEC, QLS)</b><br><b>4:00 Hydration Station (LEC, QLS)</b>     | <b>Transportation Day/ PA Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br><b>11:00 Move to the Music (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>1:30 Sing Along (Virtual) (QLS)<br><b>2:30 *NEW* Live Music with Roxanne Cook</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:30 Poetry Club on the Patio (LEC)</b><br>4:00 Ball/ Balloon Toss (QLS)                    | <b>Pearl Salon (AM)</b><br><b>9:00 Gardening (LEC)</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Morning Exercise (LEC)<br>10:30 Daily Chronicles (LEC)<br>1:00 Comedy Show (QLS)<br><b>1:30 Creative Crafting (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Nail Spa (MCD, QLS)</b><br><b>3:00 Picture Detective (LEC)</b>   | <b>Pearl Salon (AM)</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Morning Exercise (LEC)<br>10:30 Daily Chronicles (LEC)<br><b>11:00 Musical Box Reminiscing Activity (LEC)</b><br>1:00 Comedy Show (QLS)<br><b>1:30 Creative Crafting (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>2:30 Hair Care with Maxine (Pearl Salon, QLS)</b><br><b>3:15 Live Music with Charlie Lopez</b>   | <b>2026 FIFA Quarter Finals</b><br><b>Dr. Visits/ Visiting Eyecare -Dr. Seffens</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br><b>11:00 Sensory Activity (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>1:30 Soccer Retrospective (QLS)<br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Poetry Club (LEC)</b><br>4:00 Ball/ Balloon Toss (QLS)  | <b>2026 FIFA Quarter Finals</b><br><b>Pina Colada Day</b><br><b>Lunch Outing</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Morning Exercise (LEC)<br><b>11:00 Lunch Outing to Giuseppe's Ristorante</b><br>11:00 Movie Matinee (QLS)<br><b>3:00 Happy Hour: Pina Coladas on the Patio</b>          | <b>Pearl Salon (PM)</b><br>9:30 Daily Chronicle (LEC)<br><b>10:00 Balloon Badminton (LEC)</b><br><b>1:30 Creative Flower Arranging (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Table Top Games (LEC, QLS)</b>  |   |  |  |
| 9:30 Hymns and Devotions (Virtual, QLS)<br>10:00 Sunday Service (Virtual)<br><b>10:00 Sunday Service with Kim Robinson (1st Floor, LEC)</b><br><b>11:00 Ball Games (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Walking Club (LEC, QLS)</b><br><b>3:30 Card Games (QLS)</b><br><b>4:00 Hydration Station (LEC, QLS)</b>         | <b>Transportation Day/ PA Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Morning Strech (LEC)<br><b>11:00 Daily Chronicle (LEC)</b><br><b>1:30 Natasha C. Librarian Presentation (1st Floor, LEC)</b><br><b>1:30 Nature Documentary (QLS)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>2:30 BINGO (LEC)</b><br><b>3:30 Reading Club on the Patio (LEC)</b><br>4:00 Ball/ Balloon Toss (QLS) | <b>Pearl Salon (AM)</b><br><b>9:00 Gardening (LEC)</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Morning Exercise (LEC)<br>10:30 Daily Chronicles (LEC)<br>1:00 Travel to France (Virtual, QLS)<br><b>1:30 Garden Games (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Reading Club (LEC)</b><br><b>3:00 Nail Spa (MCD, QLS)</b><br><b>3:30 Caregivers Support Group (1st Floor, Monument Room)</b><br><small>Bastille Day</small> | <b>National Hot Dog Day</b><br><b>Transportation Day/ NP Visits</b><br><b>2026 FIFA Semifinals</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br><b>11:00 Gardening (LEC)</b><br>1:00 Fashion Trends (Virtual Documentary, QLS)<br>2:30 Afternoon Refreshments (QLS)<br><b>2:30 Hair Care with Maxine (Pearl Salon, QLS)</b><br><b>3:00 Summer Fashion Show (LEC, QLS)</b><br><b>3:00 Watch Soccer with Friends</b><br>3:30 Catholic Rosary with Volunteers | <b>Dr. Visits</b><br><b>Visiting Eyecare- Dr. Seffens</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 BINGO (LEC)</b><br>1:30 Movie Matinee<br>2:30 Refreshments (QLS)<br><b>3:00 Writing Club (LEC)</b><br><b>3:00 Hospice vs Palliative Care (1st Floor Monument Room)</b><br><b>6:30 Heritage Hunt Concert- David Carlin K. and The Gold Diamond Band</b> | <b>Lunch Outing</b><br>9:30 Hymns and Devotions (QLS)<br>10:00 Music and Movement (LEC)<br><b>11:00 Lunch Outing to "IHOP"</b><br><b>1:00 Insight Memory Care Presents: "Dementia 101" (1st floor Monument Room)</b><br>1:00 Movie Matinee (QLS)<br><b>3:00 Happy Hour and Word Games (LEC, QLS)</b> | <b>Pearl Salon (PM)</b><br>9:30 Daily Chronicle (LEC)<br><b>10:00 Balloon Badminton (LEC)</b><br><b>1:30 Table Top Games on the Patio (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Creative Painting (LEC)</b>  |   |  |  |
| <b>National Ice Cream Day</b><br>9:30 Hymns and Devotions (Virtual, QLS)<br><b>10:00 Sunday Service with Kim Robinson (1st Floor, LEC)</b><br><b>11:00 Card Games (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>1:30 Virtual Concert (QLS)<br><b>2:30 Ice Cream Party on the Patio (LEC, QLS)</b><br><b>4:00 Hydration Station (QLS)</b>                                      | <b>Transportation Day/ PA Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 Card Games (LEC)</b><br><b>2:30 Live Music with Caleb Nei</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:30 July Trivia (LEC)</b><br>4:00 Comedy Time (Virtual, QLS)   | <b>Pearl Salon (AM)</b><br><b>Podiatrist Visits</b><br><b>9:00 Gardening (LEC)</b><br>9:30 Music and Relaxation (QLS)<br><b>10:00 Morning Exercise (LEC)</b><br>1:00 Comedy Show (QLS)<br><b>1:30 Sensory Time on the Patio (Water Games- Weather Permitting, LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Nail Spa (MCD, QLS)</b><br><b>3:00 Games on the Patio (LEC)</b>  | <b>Transportation Day/ NP Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Move to the Music (LEC)<br>1:00 Nature Documentary (QLS)<br><b>1:30 Card Games (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>2:30 Hair Care with Maxine (Pearl Salon, QLS)</b><br><b>3:00 Reading Club (LEC)</b><br>3:30 Catholic Rosary with Volunteers<br><b>3:30 Music and Manicures on the Patio (LEC)</b>  | <b>Dr. Visits</b><br><b>Gorgeous Grandma Day</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 Gorgeous Grandma Glamour Photos (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Music Memories (LEC)</b>  | <b>Lunch Outing</b><br>9:30 Hymns and Devotions (QLS)<br>10:00 Music and Movement (LEC)<br><b>11:00 Lunch Outing to Freddy's, Manassas (LEC, QLS)</b><br><b>1:30 Live Music with Ron Howard- Keyboard and Voice</b><br><b>3:00 Happy Hour and Word Games (LEC, QLS)</b>                              | <b>Pearl Salon (PM)</b><br><b>National Day of the Cowboy</b><br>9:30 Daily Chronicle (LEC)<br><b>10:00 Balloon Badminton (LEC)</b><br><b>1:30 Western Movie Matinee</b><br><b>1:30 Western Games on the Patio (LEC)</b><br><b>2:00 Cowboy Day Social (LEC, QLS)</b><br><b>3:00 Horseshoe Game (LEC, QLS)</b>   |   |  |  |
| <b>2026 FIFA World Cup Final</b><br>9:30 Hymns and Devotions (Virtual, QLS)<br>10:00 Sunday Service (Virtual)<br><b>10:00 Sunday Service with Kim Robinson (1st Floor, LEC)</b><br><b>11:00 Table Top Games (LEC)</b><br><b>1:30 BINGO (LEC)</b><br>1:30 Virtual Concert (QLS)<br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Watch Soccer with Friends (LEC, QLS)</b> | <b>Transportation Day PA Visits</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 Festive Table Setting with Allena (LEC)</b><br><b>2:30 Live Music with Kathy Davis</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:30 Sensory Activity (LEC)</b>   | <b>Pearl Salon (AM)</b><br><b>9:00 Gardening (LEC)</b><br>9:30 Music and Relaxation (QLS)<br><b>10:00 Tuesday Tunes with Eric H.</b><br><b>11:00 Gardening (LEC)</b><br>1:00 Comedy Show (QLS)<br><b>1:30 Jewelry Appreciation (LEC)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Nail Spa (MCD, QLS)</b><br><b>3:00 Picture Detective (LEC)</b>   | <b>Transportation Day/ NP Visits</b><br><b>National Blueberry Month</b><br>9:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Move to the Music (LEC)<br>1:00 Nature Documentary (QLS)<br><b>1:00 Baking Club (LEC, QLS)</b><br>2:30 Afternoon Refreshments (QLS)<br><b>2:30 Hair Care with Maxine (Pearl Salon, QLS)</b><br>3:30 Catholic Rosary with Volunteers<br><b>3:30 Music and Manicures on the Patio (LEC)</b>                                       | <b>Dr. Visits</b><br>:30 Music and Relaxation (QLS)<br>10:00 Daily Chronicle (LEC)<br>11:00 Seated Exercise (LEC)<br><b>1:30 BINGO (LEC)</b><br>1:30 "How It's Made/ How it Works" (Virtual, Documentary, QLS)<br>2:30 Afternoon Refreshments (QLS)<br><b>3:00 Finish the Saying (LEC)</b>   | <b>Lunch Outing</b><br>9:30 Hymns and Devotions (QLS)<br>10:00 Music and Movement (LEC)<br><b>11:00 Lunch Outing to "Glory Days" (LEC, QLS)</b><br><b>1:15 Live Music with Adam Melia- Guitar and Voice</b><br><b>3:00 July Birthdays Celebration (LEC, QLS)</b>                                     | Dear residents and friends of Heritage Village, please note that our activities are subject to change. We appreciate your understanding and continuous support!<br>   |   |  |  |