

JULY 2026 THE HEART ADULT DAYCARE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. <u>4th of July BBQ AT THE HEART</u> 8:30- Breakfast 9:20- Table Talk 9:45- SIT & BE FIT 10:00- OPEN ACTIVITY 10:30- BBQ 12pm- Lunch 1pm- BINGO! 	2. <u>GAME SHOW FINISH THE LYRIC!!</u> 8:30- Breakfast 9:20- Table Talk 9:45- Floor Games 10:00- GAME SHOW 11:30- Social Time 12pm- Lunch 1pm- BINGO!  PRIZE FOR WINNER!!!	3. <u>HAVE A GREAT WEEKEND</u> 
6 <u>DOMINO TOURNAMENT</u> 8:30- Breakfast 9:20- SIT & BE FIT 9:45- Floor Games 10:00- DOMINO TOURNAMENT 11:30- Social Time 12pm- Lunch 1pm- BINGO!  PRIZE FOR WINNER!!!	7. <u>WALMART</u> 8:30- Breakfast 9:20- Table Talk 9:45- FLOOR GAMES 10:00- WALMART 11:30- Social Time 12pm- Lunch  WEAR YOUR CENTER SHIRT!!!	8. <u>Balloon Pop with Prizes</u> 8:30- Breakfast 9:20- Table Talk 9:45- Floor Games 10:00- OPEN ACTIVITY 1130- NATIONAL FREEZE POP DAY 12pm- Lunch 1pm- BINGO!  PRIZE FOR WINNER!!!	9 <u>LEMONADE STAND PARTY</u> 8:30- Breakfast 9:20- SIT & BE FIT 9:45- Floor Games 10:30- 1130 12pm- Lunch 	10. <u>CASINO TRIP</u> 8:30- Breakfast 9:20- Table Talk 9:45- SIT & BE FIT 10:00- OPEN ACTIVITY 10:30 CASINO 12pm- Lunch 1pm- BINGO!  WEAR YOU CENTER SHIRT!!!
13. <u>CHEESE TOURNEMENT</u> 8:30- Breakfast 9:20- Table Talk 9:45- FLOOR GAMES 10:30- CHEESE TOURNEMENT 11:30- Social Time 12pm- Lunch 1pm- BINGO! 	14. <u>GAMES EXTRAVAGANZA</u> 8:30- Breakfast 9:20- Current Events 9:45- Floor Games 10:30- BOARD GAMES/TETRIS 11:30- Social Time 12pm- Lunch 1pm- BINGO 	15. <u>SPADES TOURNAMENT</u> 8:30- Breakfast 9:20- CHAIR YOGA 9:45- Floor Games 10:00- SPADES TOURNAMENT 11:30- Community Walk 12pm- Lunch 1pm- BINGO  PRIZE FOR WINNER!!!	16 <u>BARRETTO POOL</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- Floor Games 1045- 11:30- Social Time 12pm- Lunch 1pm- BINGO 	17. <u>WOMEN EMPOWERMENT WORKSHOP</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- EMPOWER HER WORKSHOP 11:00- Maker your own infused water 12pm- Lunch 1pm-Bingo  GET A FREE HEART WATER BOTTLE
20 <u>BBQ AT THE CENTER</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- Floor Games 10:30- BBQ 11:30- NATIONAL LOLLIPOP DAY 12pm- Lunch 1pm- BINGO! 	21. <u>JEWELRY MAKING</u> 8:30- Breakfast 9:20- Table Talk 9:45- Current Events 10:00- BRACELET MAKING 11:30- Social Time 12pm- Lunch 1pm- BINGO! 	22. <u>NUTRITIONIST CLASS</u> 8:30- Breakfast 9:20-Community walk 9:45- SIT & BE FIT 10:00- Floor Games 1045- YOGURT PARFAIT 11:30- Social Time 12pm- Lunch 1pm- BINGO 	23. <u>ALL DAY BINGO/ICE-CREAM</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- ALL DAY BINGO!!! 1130- NATIONAL VANILLA ICE-CREAM DAY 12pm-Lunch 1pm- MORE BINGO!!!  WEAR YOUR BINGO SHIRTS!!!	24 <u>BOWLING TOURNAMENT</u> 8:30- Breakfast 9:20- SIT & BE FIT 9:45- FLOOR GAMES 10:00- BOWLING 11:30- Social Time 12pm- Lunch 1pm- BINGO!  WINNER GETS A TROPHY!!!!
27. <u>RESIN ART</u> 8:30- Breakfast 9:20- SIT & BE FIT 9:45- Floor Games 10:30- RESIN ART 11:30- Social Time 12pm- Lunch 1pm- BINGO! 	28. <u>CHIEF DENNIS L.DEVLIN PARK</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- Floor Games 10:30- Activities at the park/Picnic 12pm- Lunch 1pm- BINGO!  BRING EXTRA CLOTHES JUST IN CASE YOU GET WET IN THE SPRINKLERS	29. <u>PARKCHESTER FOUNTAIN WALK</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- Floor Games 11:30- Social Time 12pm- Lunch 1pm- BINGO! 	30. <u>BIRTHDAY CELEBRATION</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- POOL TOURNAMENT 10:30- RAFFLE 12pm- Lunch 1pm- CAKE!!!! 	31. <u>BARRETTO PARK POOL</u> 8:30- Breakfast 9:20- Current Events 9:45- SIT & BE FIT 10:00- Floor Games 1045- 11:30- Social Time 12pm- Lunch 1pm- BINGO  IF THE WEATHER PERMITS

THIS CALENDAR IS FOR THOSE WHO WANT STRUCTURE, INDIVIDUAL ACTIVITIES ARE AVAILABLE UPON REQUEST.
MEMBERS ARE FREE TO INTERACT WITH THE GENERAL COMMUNITY WHENEVER THEY WANT.
IF WEATHER PERMITS, WE WILL HAVE DAILY COMMUNITY WALKS.