

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Seabury Woods Memory Care

<p>Enjoy a visit with friends and family.</p> <p>10:30 Morning Fun w/ Staff</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2pm Afternoon Movie w/ Staff</p>	<p>10:30 Communion w/Martha</p> <p>10:45 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>11am Morning Exercise w/Kristen</p> <p>1pm Resident Choice Games w/Kristen</p> <p>2pm Snack & Chat w/Kristen</p> <p>2:30 Shake Loose a Memory w/Kristen</p> <p>3:30 Drumming w/Becky</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Michele</p> <p>11am Chair Dance w/Michele</p> <p>1pm Afternoon Walk w/Michele</p> <p>1:30 Monopoly w/Michele</p> <p>2:30 Snack & Chat w/Michele</p> <p>3pm Sing a Long w/Michele</p> <p>3:45 Finish the Sentence w/Michele</p> <p>5:15 Dominoes w/Michele</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Craft Corner w/Kristen</p> <p>1pm Afternoon Exercise w/Kristen</p> <p>2pm The Conversation Game w/Michele</p> <p>2:30 Snack & Chat w/Michele</p> <p>2:45 Twenty Questions w/Michele</p> <p>3:15 Music w/Standard Times</p> <p>5:30 Bingo w/Michele</p> <p style="text-align: center;">Canada Day</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Ring Toss w/Kristen</p> <p>1pm Afternoon Walk w/Nancy</p> <p>1:15 Bible Study w/Nancy</p> <p>2:30 Snack & Chat w/Nancy</p> <p>2:45 Manicures w/Nancy</p> <p>3:45 Hot Fun in the Summertime w/Nancy</p> <p>5:15 July Highlights w/Nancy</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Michele</p> <p>10:45 Morning Exercise w/Michele</p> <p>1pm Resident's Choice Games w/Michele</p> <p>2pm Piggy Bankers w/Michele</p> <p>2:45 Happy Hour Snack & Chat w/Michele</p> <p>3pm Balloon Burst w/Michele</p> <p>3:45 1950's Trivia w/Michele</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Michele</p> <p>10:45 Exercise to the Spinners w/Michele</p> <p>1pm Root Beer Floats w/Michele</p> <p>2pm Saturday Afternoon at the Movies & a Snack w/RCA's</p> <p style="text-align: center;">Independence Day (U.S.)</p>
<p>Enjoy a visit with friends and family.</p> <p>10:30 Morning Fun w/ Staff</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2pm Afternoon Movie w/ Staff</p>	<p>10:30 Communion (Catholic) w/Martha</p> <p>10:45 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>11am Morning Exercise w/Nancy</p> <p>1pm Baking w/Nancy</p> <p>2:30 Snack & Chat w/Nancy</p> <p>2:45 Exploding with Laughter w/Nancy</p> <p>3:30 Drumming w/Becky</p>	<p>10:30 Chronicle w/Michele</p> <p>10:45 Morning Exercise w/Michele</p> <p>1pm Scrabble & Building w/Michele</p> <p>2pm Adult Coloring w/Michele</p> <p>2:30 Snack & Chat w/Michele</p> <p>3pm Resident Choice Games w/Michele</p> <p>3:45 Parachute Fun w/Michele</p> <p>5:15 Dominoes w/Michele</p> <p style="text-align: center;">Bastille Day</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Fun Facts about Bagels w/Kristen</p> <p>1pm EZ Yahtzee w/Kristen</p> <p>2pm Afternoon Exercise w/Michele</p> <p>2:45 Snack & Chat w/Michele</p> <p>3pm True or False w/Michele</p> <p>3:15 Music w/Judd Sunshine</p> <p>5:30 Bingo w/Michele</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Morning Exercise w/Kristen</p> <p>1pm Afternoon Walk w/Nancy</p> <p>1:15 Bible Study w/Nancy</p> <p>2:15 Snack & Chat w/Nancy</p> <p>2:30 Tabletop Bowling w/Nancy</p> <p>3:30 Musical Thursday w/Nancy</p> <p>5:15 Balloon Burst w/Nancy</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Morning Exercise w/Nancy</p> <p>1pm Hochstein Music Therapy w/Cassie</p> <p>2pm Worship Service w/Pastor Eric</p> <p>3pm Happy Hour Snack & Chat w/Nancy</p> <p>3:30 Common Jobs in America w/Nancy</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Stretch & Laugh out Loud w/Nancy</p> <p>1pm Word Games w/Nancy</p> <p>2pm Saturday Afternoon at the Movies & a Snack w/RCA's</p>
<p>Enjoy a visit with friends and family.</p> <p>10:30 Morning Fun w/ Staff</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2pm Afternoon Movie w/ Staff</p>	<p>10:30 Communion (Catholic) w/Martha</p> <p>10:45 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>11am Morning Exercise w/Kristen</p> <p>1pm Afternoon Walk w/Nancy</p> <p>1:15 Baking w/Nancy</p> <p>2:30 Snack & Chat w/Nancy</p> <p>2:45 Cake Quiz w/Nancy</p> <p>3:30 Drumming w/Becky</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Morning Exercise w/Kristen</p> <p>11am Out to Lunch w/Rec Staff - Meet in Lobby</p> <p>1pm Matinee Movie w/Staff</p> <p>2:45 Snack & Chat w/Kristen</p> <p>3pm Adult Coloring w/Kristen</p> <p>3:45 Puzzles w/Kristen</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Trivia w/Kristen</p> <p>1pm Afternoon Walk and Outdoor Patio Social w/Kristen</p> <p>2:30 July Birthday Party w/Rec Staff -DR</p> <p>3:15 Music w/Judd Sunshine</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Kristen</p> <p>10:45 Morning Exercise w/Kristen</p> <p>1pm Afternoon Walk w/Nancy</p> <p>1:15 Bible Stories w/Nancy</p> <p>2:15 Snack & Chat w/Nancy</p> <p>2:30 Manicures w/Nancy</p> <p>3:30 Sing a Long w/Nancy</p> <p>5:15 Movie Night w/Staff</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Morning Exercise w/Nancy</p> <p>1pm Hochstein Music Therapy w/Cassie</p> <p>2pm Worship Service w/Hilary</p> <p>3pm Happy Hour Snack & Chat w/Nancy</p> <p>3:30 Twenty Question w/Nancy</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Stretch & Laugh out Loud w/Nancy</p> <p>1pm Fact or Fiction w/Nancy</p> <p>2pm Saturday Afternoon at the Movies & a Snack w/RCA's</p>
<p>Enjoy a visit with friends and family.</p> <p>10:30 Morning Fun w/ Staff</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2pm Afternoon Movie w/ Staff</p>	<p>10:30 Communion (Catholic) w/Martha</p> <p>10:45 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>11am Morning Exercise w/Nancy</p> <p>1pm Afternoon Walk w/Nancy</p> <p>1:15 Baking w/Nancy</p> <p>2:30 Snack & Chat w/Nancy</p> <p>2:45 Favorite Pastimes w/Nancy</p> <p>3:30 Craft Corner w/Kristen</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Michele</p> <p>11am Chair Dance w/Michele</p> <p>1pm Afternoon Walk w/Michele</p> <p>1:30 Monopoly w/Michele</p> <p>2:30 Snack & Chat w/Michele</p> <p>3pm Sing a Long w/Michele</p> <p>3:45 The Conversation Game w/Michele</p> <p>5:15 Dominoes w/Michele</p>	<p>10:30 Chronicle & Good News & Laugh Out Loud w/Michele</p> <p>11am Morning Exercise w/Michele</p> <p>1pm Yahtzee & Building w/Michele</p> <p>2pm Adult Coloring w/Michele</p> <p>2:30 Snack & Chat w/Michele</p> <p>2:45 Resident Choice Games w/Michele</p> <p>3:15 Music w/Mike Kornrich</p> <p>5:30 Bingo w/Michele</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Bagpipes w/Karen -MC</p> <p>1pm Outdoor Walk w/Nancy</p> <p>1:30 Bible Study w/Nancy</p> <p>2:30 Snack & Chat w/Nancy</p> <p>2:45 Balloon Volleyball w/Nancy</p> <p>3:45 Word Scramble w/Nancy</p> <p>5:15 Computer Fun w/Nancy</p>	<p>10:30 Chronicle, Good News & Just for Laughs w/Nancy</p> <p>10:45 Morning Exercise w/Nancy</p> <p>1pm Hochstein Music Therapy w/Cassie</p> <p>2pm Craft Corner w/Nancy</p> <p>3pm Happy Hour Snack & Chat w/Nancy</p> <p>3:30 Tabletop Bowling w/Nancy</p>	<p>Seabury Woods Calendar is subject to change. Please see the Daily Activity sheet for the most up to date information.</p>

Questions? Contact Becky 426-4950. All activities take place in Memory Care unless otherwise noted.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Seabury Woods Assisted Living

<p>Enjoy a visit with friends and family.</p> <p>1pm Euchre Pick Up Game – AC*</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2:30 Read Aloud w/David -PDR</p>	<p>10am Communion (Catholic) w/Martha -CH*</p> <p>10:30 MITE/Exercise w/Becky -CH*</p> <p>1:30 Chair Yoga w/Katie -COE* (meet in LB at 1pm)</p> <p>3:30 Bible Study w/Nancy -CH</p> <p>6pm Movie Night: Forrest Gump w/Robin-CH</p>	<p>9am Walking Group (weather permitting) w/Kristen -LB</p> <p>11am Piggy Bankers w/Kristen -CH</p> <p>1:30 Tabletop Bowling w/Becky & Kristen -CH</p> <p>2:45 Rummikub w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>8pm Virtual Meditation w/Katie (On Zoom)</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1:30 Rummikub w/Kristen -AC</p> <p>3:15 Music w/Jeff Elliott -MC</p> <p>5:30 Bingo w/Michele -MC</p> <p style="text-align: center;">Canada Day</p>	<p>9am Walking Group (weather permitting) w/Becky -LB</p> <p>10:30 Drumming w/Becky -CH*</p> <p>10:45 Bagpipes w/Karen -MC</p> <p>1:30 Craft Corner w/Becky & Kristen</p> <p>2:30 Card Games w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p>	<p>10:30 MITE/Exercise w/Becky -CH*</p> <p>2:15 Bingo w/Becky -DR*</p> <p>3:30 Happy Hour w/Becky -LB*</p>	<p>10:30 Art for the Young at Heart w/Dianna -CH*</p> <p>1pm Root Beer Floats w/Michele -MC</p> <p>2pm Mexican Dominoes w/Michele -AC</p> <p>3pm Scrabble w/Michele -AC</p> <p style="text-align: center;">Independence Day (U.S.)</p>
<p>Enjoy a visit with friends and family.</p> <p>1pm Euchre Pick Up Game – AC*</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2:30 Read Aloud w/David -PDR</p>	<p>10am Communion (Catholic) w/Martha -CH*</p> <p>10:30 MITE/Exercise w/Becky -CH*</p> <p>1:30 Chair Yoga w/Katie -COE* (meet in LB at 1pm)</p> <p>3:30 Bible Study w/Nancy -CH</p> <p>6pm Movie Night: Forrest Gump w/Robin-CH</p>	<p>9am Walking Group (weather permitting) w/Kristen -LB</p> <p>11am Piggy Bankers w/Kristen -CH</p> <p>1:30 Tabletop Bowling w/Becky & Kristen -CH</p> <p>2:45 Rummikub w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>8pm Virtual Meditation w/Katie (On Zoom)</p>	<p>10:30 MITE/Exercise w/Becky -CH*</p> <p>2pm Jeopardy w/Becky & Kristen -CH</p> <p>3:15 Music w/Standard Times-MC</p> <p>5:30 Bingo w/Michele -MC</p>	<p>9am Walking Group (weather permitting) w/Becky -LB</p> <p>10:30 Drumming w/Becky -CH*</p> <p>1:30 Manicures w/Kristen -AC</p> <p>2:30 Resident Choice Games w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1pm Hochstein Music Therapy w/Cassie -MC</p> <p>1:15 Worship Service w/Patti -CH*</p> <p>2:15 Bingo w/Becky & Kristen -DR*</p> <p>3:30 Happy Hour w/Becky & Kristen -LB*</p>	<p>10:30 Art for the Young at Heart w/Terese -CH*</p> <p>2pm Java Music w/Nancy -CH*</p> <p>3pm Open Games w/Residents -AC</p>
<p>Enjoy a visit with friends and family.</p> <p>1pm Euchre Pick Up Game – AC*</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2:30 Read Aloud w/David -PDR</p>	<p>10am Communion (Catholic) w/Martha -CH*</p> <p>10:30 MITE/Exercise w/Becky -CH*</p> <p>1:30 Chair Yoga w/Katie -COE* (meet in LB at 1pm)</p> <p>3:30 Bible Study w/Nancy -CH</p> <p>6pm Movie Night: Gone with the Wind w/Robin-CH</p>	<p>9am Walking Group (weather permitting) w/Kristen -LB</p> <p>11am Canada or the US Game w/Becky & Kristen</p> <p>1pm Patio Home Mtg w/Staff -CH</p> <p>2:30 Rummikub w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>8pm Virtual Meditation w/Katie (On Zoom)</p> <p style="text-align: center;">Bastille Day</p>	<p>10:30 MITE/Exercise w/Becky -CH*</p> <p>2pm Family Feud w/Becky & Kristen -CH</p> <p>3:15 Music w/Judd Sunshine-MC</p> <p>5:30 Bingo w/Michele -MC</p>	<p>9am Walking Group (weather permitting) w/Becky -LB</p> <p>10:30 Drumming w/Becky -CH*</p> <p>1:30 Manicures w/Kristen -AC</p> <p>2:30 Resident Choice Games w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>5pm Family/Caregiver Support Group w/Jen -CH</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1pm Hochstein Music Therapy w/Cassie -MC</p> <p>1:15 Worship Service w/Pastor Eric-CH*</p> <p>2:15 Bingo w/Becky & Kristen -DR*</p> <p>3:30 Happy Hour w/Kristen -LB*</p>	<p>10:30 Art for the Young at Heart w/Terese -CH*</p> <p>2pm Java Music w/Nancy -CH*</p> <p>3pm Open Games w/Residents -AC</p>
<p>Enjoy a visit with friends and family.</p> <p>1pm Euchre Pick Up Game – AC*</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2:30 Read Aloud w/David -PDR</p>	<p>10am Communion (Catholic) w/Martha -CH*</p> <p>10:30 MITE/Exercise w/Becky -CH*</p> <p>1:30 Chair Yoga w/Katie -COE* (meet in LB at 1pm)</p> <p>2pm Food Meeting w/AJ -DR</p> <p>3:30 Bible Study w/Nancy -CH</p> <p>6pm Movie Night: Smoky & the Bandit w/Robin-CH</p>	<p>9am Walking Group (weather permitting) w/Becky -LB</p> <p>11am Out to Lunch w/Rec Staff -Meet in Lobby</p> <p>3pm Rummikub w/Becky -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>8pm Virtual Meditation w/Katie (On Zoom)</p>	<p>10:30 MITE/Exercise w/Becky -CH*</p> <p>2:30 July Birthday Party w/Rec Staff -DR</p> <p>3:15 Music w/Judd Sunshine-MC</p>	<p>9am Walking Group (weather permitting) w/Becky -LB</p> <p>10:30 Drumming w/Becky -CH*</p> <p>1:30 Manicures w/Kristen -AC</p> <p>2:30 Dominoes w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1pm Hochstein Music Therapy w/Cassie -MC</p> <p>1:15 Worship Service w/Hilary -CH*</p> <p>2:15 Bingo w/Kristen -DR*</p> <p>3:30 Happy Hour w/Kristen -LB*</p>	<p>10:30 Art for the Young at Heart w/Terese -CH*</p> <p>2pm Java Music w/Nancy -CH*</p> <p>3pm Open Games w/Residents -AC</p>
<p>Enjoy a visit with friends and family.</p> <p>1pm Euchre Pick Up Game – AC*</p> <p>1:15 Worship Service w/Bible Baptist Church: All Denominations Welcome -MC*</p> <p>2:30 Read Aloud w/David -PDR</p>	<p>10am Communion (Catholic) w/Martha -CH*</p> <p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1:30 Chair Yoga w/Katie -COE* (meet in LB at 1pm)</p> <p>3:30 Bible Study w/Nancy -CH</p> <p>6pm Movie Night: Grumpier Old Men w/Robin-CH</p>	<p>9am Walking Group (weather permitting) w/Kristen -LB</p> <p>11am Wheel of Fortune w/Kristen -CH</p> <p>1:15- Resident Council Mtg w/Staff (for all AL Residents) -CH</p> <p>2:30 Rummikub w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p> <p>8pm Virtual Meditation w/Katie (On Zoom)</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1:30 Scrabble w/Kristen -AC</p> <p>3:15 Music w/Mike Kornrich -MC</p> <p>5:30 Bingo w/Michele -MC</p>	<p>9am Walking Group (weather permitting) w/Kristen -LB</p> <p>10:30 Trivia w/Kristen-CH*</p> <p>10:45 Bagpipes w/Karen -MC</p> <p>1:30 Manicures w/Kristen</p> <p>2:30 Resident Choice Games w/Kristen -AC</p> <p>4pm Resident Social Hour (BYOB) w/Dorothy, Mike, Joe & Sam -LB</p>	<p>10:30 MITE/Exercise w/Kristen -CH*</p> <p>1pm Hochstein Music Therapy w/Cassie -MC</p> <p>2:15 Bingo w/Kristen -DR*</p> <p>3:30 Happy Hour w/Kristen -LB*</p>	<p>Seabury Woods calendar is subject to change. Please see the daily schedule for the most up to date information.</p>

Questions? Contact Becky 426-4950. AC=Activity Center, CH=Chapel, COE=Church of the Epiphany, DR=Dining Room, LB=Lobby, MC=Memory Care, PDR=Private Dining Room