

Valley Manor Care Center // Memory Care
Life Enrichment Calendar
July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Valley Manor Care Center Volunteers of America® NATIONAL SERVICES		Green = Music Entertainment Blue = Social Volunteers	1 9:30 Morning Exercise & Stretches 10:30 Noodle Hockey 1:00 DIY Craft 2:00 Root Bear Floats and Convo 3:00 Bean Bag Toss	2 9:00 Coffee and Convos 10:15 Baking: Muffins 1:30 Bingo 3:00 Kickball	3 9:00 Morning Exercise & Stretches 10:15 Music with Beth 1:00 Ball Toss 3:00 4th of July Decoration Set Up for Dinner (DH & Memory Care)	Happy 4th of July! 4 9:30 Morning Exercise & Stretches 2:00 Coffee & Cookies 3:00 Nails and Massage 4:00 Board Games
5 2:30 Nail Care 3:00 Football and Floats 4:00 Movie Matinee with Popcorn 6:00 Outside walking	6 9:00 Morning Exercise & Stretches 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:15 Bowling	7 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:00 Art 2:00 Music with Paul 3:00 Happy Hour 3:30 Outside Time / Walking Group	8 9:30 Morning Exercise & Stretches 10:30 Noodle Hockey 1:00 DIY Craft 2:00 Hand Massage and Oils 3:00 Bean Bag Toss 4:00 Men's Group	9 9:00 Coffee and Convos 1:30 Bingo 3:00 DIY Mosaic Craft	10 9:00 Morning Exercise & Stretches 11:00 Ball Toss 1:00 Craft 3:00 Coffee & Cookies 4:00 Yoga	11 9:30 Morning Exercise & Stretches 2:00 Coffee & Cookies 3:00 Nails and Massage 4:00 Board Games
12 2:30 Balloon Ball Toss 3:30 Football and Floats 4:00 Movie Matinee with Popcorn 6:00 Chair Drumming 7:00 Nail Care and Massage	13 9:00 Morning Exercise & Stretches 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:15 Bowling	14 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:00 Art 2:00 Music with Paul 3:00 Snack Shack 3:30 Outside Time / Walking Group	15 9:30 Morning Exercise & Stretches 10:30 Noodle Hockey 1:00 DIY Craft 2:00 Coffee & Cookies 3:00 Bean Bag Toss 4:00 Men's Group	16 9:00 Coffee and Convos 10:15 Baking: Strawberries Cream 1:30 Chair Yoga 3:30 Movie Matinee	17 9:00 Morning Exercise & Stretches 11:00 Ball Toss 1:00 Ball Fishing 3:00 Coffee & Cookies 4:00 Yoga and Music	18 9:30 Morning Exercise & Stretches 10:30 Trivia 1:00 Cards 2:00 Coffee & Cookies 3:00 Nails and Massage
National Ice Cream Day 19 2:30 Father's Day Celebration 3:30 Game Show and Floats 4:00 Movie Matinee with Popcorn 6:00 Chair Drumming 7:00 Nail Care and Massage	20 9:00 Morning Exercise & Stretches 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:15 Bowling	21 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:00 Art 2:00 Music with Paul 3:00 Snack Shack 3:30 Outside Time / Walking Group	22 9:30 Morning Exercise & Stretches 10:30 Noodle Hockey 2:00 Happy Hour 3:00 Bean Bag Toss 4:00 Men's Group	23 9:30 Morning Exercise & Stretches 10:00 Basketball 1:00 DIY Craft 3:00 Bean Bag Toss 4:00 BINGO	24 9:00 Morning Exercise & Stretches 11:00 Ball Toss 3:00 Coffee & Cookies 4:00 Yoga	25 9:30 Morning Exercise & Stretches 10:30 Trivia 2:00 Root Beer Floats 3:00 Nails and Massage 4:00 Board Games
26 2:30 Balloon Ball Toss 4:00 Movie Matinee with Popcorn 6:00 Chair Drumming 7:00 Nail Care and Massage	27 9:00 Morning Exercise & Stretches 1:30 Snack Shack 2:30 Music with Ed and The Gang 3:15 Bowling	28 9:30 Morning Exercise & Stretches 10:00 Devotion / Music with Susie 1:00 Art 2:00 Music with Paul 3:00 Snack Shack 3:30 Outside Time / Walking Group 4:00 Bingo	29 9:30 Morning Exercise & Stretches 10:30 Noodle Hockey 1:00 DIY Craft 2:00 Root Bear Floats and Convo 3:00 Bean Bag Toss	30 9:00 Coffee and Convos 10:15 Baking: Chocolate Chip Cookies 1:30 Bingo 3:00 Kickball	31 9:00 Morning Exercise & Stretches 11:00 Ball Toss 1:00 Craft 3:00 Coffee & Cookies 4:00 Chair Stretching	

Calendar Subject to Changes