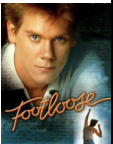
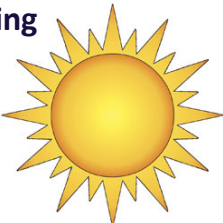
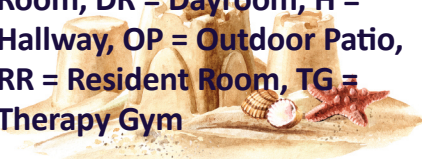


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 July 2026 Sterling Care Forest Hill			10:00 AM - Reggae Themed Traveling Cart (RR) 11:00 AM - Reggae Themed Dance Party (H) 2:00 PM - Bingo (A) Reggae Day 	10:45 AM - St. Ignatius Live Catholic Mass & Rosary (A) & 1:1 Prayer & Communion (RR) 2:00 PM - Movie Matinee: Saturday Night Fever (A) Disco Day 	10:00 AM - Wafer Traveling Cart (RR) 2:00 PM - Patriotic Themed Karaoke (A) Chocolate Wafer Day 	10:00 AM - 1:1 / 4th of July Traveling Cart (RR) 2:00 PM - Bingo (A) Independence Day (U.S.) 
10:00 AM - Graham Cracker Traveling Cart (RR) 2:30 PM - Rosary Group (A) Graham Cracker Day 	10:00 AM - 1:1 / Meditation (RR) 2:00 PM - Food Committee (A) Happy Birthday, Dalai Lama 	10:00 AM - 1:1 / Rock & Roll Videos & Trivia (RR) 11:00 AM - Rock & Roll Dance Party (H) 2:00 PM - Movie Matinee: Footloose (A) Rock & Roll Day 	10:00 AM - Freezer Pop Traveling Cart (RR) 2:00 PM - Bingo (A) Freezer Pop Day 	10:00 AM - Fresh Baked Cookies Traveling Cart (RR) 2:00 PM - HCPL Silver Reader Program Deliveries & Assorted Items Traveling Cart (RR) Sugar Cookie Day 	10:00 AM - Blueberry Muffin Traveling Cart (RR) 2:00 PM - Mark Rutter Live Music Event (A) Pick Blueberries Day 	10:00 AM - Oak Grove Ministry Live Event (A) 2:00 PM - Bingo (A) Cheer Up the Lonely Day 
10:00 AM - Jello Traveling Cart (RR) 2:30 PM - Rosary Group (A) JELL-O Day 	10:00 AM - Pet Therapy "Peaches" (RR, TG) 2:00 PM - Oak Grove Bible Study (A) Happy Birthday, Cameron Crowe 	10:45 AM - Oak Grove Ministry Live Event (A) 2:00 PM - Mr. Charisma Live Music Event (A) Cow Appreciation Day 	10:00 AM - Bagel Traveling Cart (RR) 2:00 PM - Bingo (A) Eat a Bagel Day 	10:00 AM - Cherry Themed Traveling Cart (RR) 11:00 AM - Cherry Cherry Dance Party (H) 2:00 PM - Yard Games (A) Cherry Day 	10:00 AM - 1:1 / Dart Throwing (RR) 2:00 PM -Ernie Zegers Live Music Event (A) Robin Hood Day 	10:00 AM - Pineapple Themed Traveling Cart (RR) 2:00 PM - Bingo (A) Tropical Fruit Day 
10:00 AM - Ice Cream Cups Traveling Cart (RR) 2:30 PM - Rosary Group (A) Ice Cream Day 	10:00 AM - Community Coloring Activity (RR) 2:00 PM - Resident Council (A) Color Psychology Day 	10:00 AM - Snowball Traveling Cart (RR) 2:00 PM - Movie Matinee: Ms. Doubtfire (A) Robin Williams Day Think Cool Thoughts Day 	10:00 AM - Brain Games (RR) 11:00 AM - Dance Party (H) 2:00 PM - Bingo (A) World Brain Day 	10:00 AM - Monthly Birthday Traveling Cart (RR) 2:00 PM - Outdoor Fun (OP or A) Get Outside Day 	10:00 AM - 1:1 / Nail Salon (RR) 2:00 PM - Chair Exercise & Meditation (A) Self Care Day 	10:00 AM - Pet Therapy "Bentley" (RR) 2:00 PM - Bingo (A) Day of the Cowboy 
10:30 AM - Pet Therapy "Annie" (RR) 2:30 PM - Rosary Group (A) Holistic Therapy Day 	10:00 AM - Pet Therapy "Peaches" (RR, TG) 2:00 PM - Oak Grove Bible Study (A) Love is Kind Day 	10:00 AM - 1:1 / Beanbag Activity (RR) 2:00 PM - Trivia (A) Beanbag Day 	10:00 AM - Moon Pie Traveling Cart (RR) 11:00 AM - Moondance Dance Party (H) 2:00 PM - Bingo (A) Full "Buck" Moon 	10:00 AM - Gardening Group (RR / DR) 2:00 PM - Movie Matinee: Father of the Bride (A) Father In Law Day 	10:00 AM - 1:1 & Distribution of Monthly Newsletter & Calendars (RR) hello August Last Day of July 	*Activity Calendar (Activities, Times, Location) Subject to Change * Location Guide: A = Activity Room, DR = Dayroom, H = Hallway, OP = Outdoor Patio, RR = Resident Room, TG = Therapy Gym 

Ongoing Services & Programs: Daily Mail &/or Package Delivery, Daily Recognition of Birthdays, AM & PM Movies (Channel 38), Additional 1:1 Visits (as available), Activity “Take-Out” Menu Delivery (by request), Hair Salon – Wednesdays (sign up at front desk), Daily Facility Intercom Announcements & Pledge of Allegiance