

July 2025



Fraser Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Exercise Bands (HS1) <b>1</b> 1:00 Floral Bookmarks (CS2) 3:00 Jewelry Making (HS1) 4:00 Resident Rosary Prayer (ES) 6:30 Music Trivia (CD)	10:00 Men's Coffee Talk (DL) <b>2</b> 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:00 Discuss Favorite Music (CD) 6:30 Game Night (CS2)	10:00 Music & Movement Sit or Stand <b>3</b> 10:30 Sing-along (HS1) 11:00 Life Loop Training on Devices (BT) 1:00 Baking for Birthdays (HS1) 3:00 Celebrate Birthdays (HH) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	10:00 Ladies Coffee & Laughs <b>4</b> (CS2) 11:00 iPhone 101 Class (BT) 1:00 4th of July Craft (CS2) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:30 Discuss Favorite Recipes (CD)	10:30 Cribbage - Resident-Led (HS1) <b>5</b> 1:30 Board Game of Choice - Resident-Led (HS1) 2:30 Bridge Card Game - Resident-Led (HS1)
9:45 Catholic Communion Service (ES) <b>6</b> 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) <b>7</b> 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:30 Hand Weights (HS1) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES)	9:30 Exercise Bands (HS1) <b>8</b> 1:00 Monthly Book Club (HH) 2:00 Sip & Paint (HS1) 4:00 Resident Rosary Prayer (ES)	10:00 Men's Coffee Talk (DL) <b>9</b> 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Jessica Timeless Apparel (AT) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 City Trivia (CD) 6:30 Game Night (CS2)	10:00 Music & Movement Sit or Stand <b>10</b> 10:30 Sing-along (HS1) 1:00 Lifelong Learning (Mike Talk): History of Jazz (BT) 2:00 Wet Your Pallet w/Watermelon (DR) 4:00 Resident Rosary Prayer (ES)	10:00 Ladies Coffee & Laughs <b>11</b> (CS2) 11:00 Life Loop Training on Devices (BT) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES) 6:30 UNO Card Game (HS1)	10:30 Cribbage - Resident-Led (HS1) <b>12</b> 1:30 Board Game of Choice - Resident-Led (HS1) 2:30 Bridge Card Game - Resident-Led (HS1) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) <b>13</b> 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) <b>14</b> 10:30 Catholic Mass w/ Father Vince (ES) 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:30 Hand Weights (HS1) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES)	9:30 Exercise Bands (HS1) <b>15</b> 11:00 Christian Service- w/Pastor Mary (ES) 11:00 Equipment Training w/ Innovate (FG) 2:00 Lemonade in the Shade-Fraser Patio 4:00 Resident Rosary Prayer (ES)	10:00 Men's Coffee Talk (DL) <b>16</b> 10:30 Bridge Card Game- 3rd Floor (CR3) 10:30 Community Meeting (HS1) 11:00 Rosary & Communion (ES) 11:30 LUAU (HH) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Music & Movement Sit or Stand <b>17</b> 10:30 Sing-along (HS1) 1:00 Make Dessert for Fire Dept. (CS2) 4:00 Resident Rosary Prayer (ES) 6:30 Trivia (CD)	10:00 Ladies Coffee & Laughs <b>18</b> (CS2) 11:00 iPhone 101 Class (BT) 2:00 Movie & Popcorn (BT) 4:00 Resident Rosary Prayer (ES)	10:30 Cribbage - Resident-Led (HS1) <b>19</b> 1:30 Board Game of Choice - Resident-Led (HS1) 2:30 Bridge Card Game - Resident-Led (HS1) 6:30 Shuffleboard (SAR)
9:45 Catholic Communion Service (ES) <b>20</b> 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) <b>21</b> 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:30 Hand Weights (HS1) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES)	9:30 Exercise Bands (HS1) <b>22</b> 10:00 Dessert Making (HS1) 1:30 S'mores- Main Patio 4:00 Resident Rosary Prayer (ES)	10:00 Men's Coffee Talk (DL) <b>23</b> 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 3:15 Root Beer Floats (HH) 6:30 Game Night (CS2)	10:00 Music & Movement Sit or Stand <b>24</b> 10:30 Sing-along (HS1) 1:00 Bunco (CS2) 4:00 Resident Rosary Prayer (ES) 6:30 Let's Play Trivia (CD)	10:00 Ladies Coffee & Laughs <b>25</b> (CS2) 11:00 Life Loop Training on Devices (BT) 2:30 Christmas In July-Wear Colors (HH) 4:00 Resident Rosary Prayer (ES)	10:30 Cribbage - Resident-Led (HS1) <b>26</b> 1:30 Board Game of Choice - Resident-Led (HS1) 2:30 Bridge Card Game - Resident-Led (HS1)
9:45 Catholic Communion Service (ES) <b>27</b> 10:30 Movement Exercise - Resident-Led (HS1) 1:00 Bridge Card Game - Resident-Led (DL) 3:30 Ladies Coffee & Laughs (HS1) 4:00 Canasta Card Game (DL)	9:15 Prayer Circle (ES) <b>28</b> 10:30 Fun Trivia (DL) 1:00 Bible Study (CS2) 1:30 Hand Weights (HS1) 2:30 Pokeno Game - Like Bingo (HH) 4:00 Happy Hour (HS1) 4:00 Resident Rosary Prayer (ES)	9:30 Exercise Bands (HS1) <b>29</b> 10:30 Jewelry Making (HS1) 3:00 Lip Personality Profile (HS1) 4:00 Resident Rosary Prayer (ES)	10:00 Men's Coffee Talk (DL) <b>30</b> 10:30 Bridge Card Game- 3rd Floor (CR3) 11:00 Rosary & Communion (ES) 1:00 Bingo Bonanza (HH) 2:00 Sing-along (HH) 6:30 Game Night (CS2)	10:00 Music & Movement Sit or Stand <b>31</b> 10:30 Sing-along (HS1) 2:00 Bake N Take (CS2) 4:00 Resident Rosary Prayer (ES)	Birthdays:  Carolyn J. - 13th	

Questions? Please contact Laura Stuart at lstuart@hillcresthealth.com

\*\*All activities subject to change\*\*



## Location Key

B = Bus/Van  
P = Patio  
HH = Highlands Hall  
FG = Fitness Gym  
ES = Exercise Studio  
SS&S = Serenity Salon & Spa  
BT = Bravo Theatre  
DR = Drummond's Restaurant  
DL = Drummond's Lounge  
MC = Memory Care  
HS1 = Hobby Shop, 1st Fl  
AT = Atrium  
SAR = St. Andrew's Rm, 2nd Fl  
CS2 = Creation Station, 2nd Fl  
FL1 = Fraser Library, 1st Fl  
CR3 = Club Room, 3rd Fl  
CD = Cameron's Dining  
FL = Fraser Library  
V = Veranda

### Serenity Salon & Spa

Serenity Salon & Spa offers haircuts, styling, manicures, pedicures, facials, massages and more. To book an appointment, contact concierge services. The salon is open on Fridays, and massages are available every other Thursday.



## THE HIGHLANDS LIFESTYLE EXPERIENCE

### Monthly Calendar of Events & Activities

# July 2025

