

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July 2026</h1> <h2>Fraser Lifestyle Calendar</h2>			<b>8:30am</b> YMCA (Register) <b>9:00am</b> Men's Coffee Hour <b>10:00am</b> Build Hour <b>10:00am</b> Craft Hour <b>10:50am</b> Pet Therapy w/Melody & Zoey <b>11:00am</b> Rosary & Communion w/Norm <b>2:00pm</b> Lifelong Learning (Health): Hearing Health w/ Active Hearing <b>3:00pm</b> Monthly Calendar Preview & Meeting <b>5:00pm</b> Papillion Farmers Market <b>6:30pm</b> Game Night	<b>10:00am</b> Cardio Drumming <b>10:30am</b> Balloon Volleyball <b>1:00pm</b> Spoons <b>2:00pm</b> Birthday Celebration: America's 250th, Hillcrest Highlands' 2nd & Resident Birthdays <b>2:00pm</b> Entertainer: Dan Reynolds <b>4:00pm</b> In Vino Veritas <b>4:00pm</b> Resident Rosary Prayer <b>5:00pm</b> Dining Mystery Series	<b>8:30am</b> YMCA (Register) <b>10:00am</b> Chair Yoga <b>10:00am</b> Ladies Coffee: Billy's Gretna Cafe <b>11:30am</b> Ambassador Committee Meeting <b>1:00pm</b> Bunco Dice Game w/Steve <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Movie: "The Bourne Identity" (DVD)	<b>10:30am</b> Cribbage <b>1:30pm</b> Pokeno <b>2:30pm</b> Bridge <b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack <b>2:30pm</b> Scrabble Board Game <b>6:00pm</b> Movie: "Independence Day"
<b>9:45am</b> Worship: Catholic Communion Service <b>10:30am</b> Sunday Gentle Exercise <b>1:00pm</b> Bridge <b>1:00pm</b> Canasta Card Game <b>3:00pm</b> Monthly Book Club <b>3:30pm</b> Ladies Coffee & Laughs <b>6:30pm</b> Movie: "Viva Las Vegas"	<b>8:30am</b> YMCA (Register) <b>9:30am</b> Monday Fitness: Upper Body <b>10:30am</b> Art Project: Mason Jar Painting <b>10:30am</b> Fun Trivia w/Mike R. <b>1:00pm</b> Pitch Card Game w/Mike <b>2:00pm</b> Monday Tai Chi <b>2:30pm</b> Happy Hour & Pokeno Game <b>3:30pm</b> Bowling on the Big Screen <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Recipe Club <b>6:30pm</b> Shoot Pool	<b>10:00am</b> Exercise & Stretch <b>10:30am</b> Weekly Shopping: Walgreens <b>11:00am</b> Walking Club <b>1:00pm</b> Bible Study <b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack <b>1:00pm</b> Lemonade in the Shade & Bring a Favorite Pic <b>2:00pm</b> Learn Line Dancing (Sit or Stand) <b>3:00pm</b> Beverages w/Cheese, Crackers & Cards <b>4:00pm</b> Resident Rosary Prayer <b>6:00pm</b> Trivia Night!	<b>8:30am</b> YMCA (Register) <b>9:00am</b> Men's Coffee Hour <b>10:00am</b> Build Hour <b>10:00am</b> Craft Hour <b>10:00am</b> Tai Chi for Balance <b>10:50am</b> Pet Therapy w/Melody & Zoey <b>11:00am</b> Rosary & Communion w/Norm <b>1:00pm</b> 1950s Music Bingo <b>2:00pm</b> Bible Study w/Pastor Jerry <b>5:30pm</b> Supper Club <b>6:30pm</b> Game Night	<b>10:00am</b> Cardio Drumming <b>10:30am</b> Balloon Volleyball <b>11:00am</b> Walking Club <b>1:00pm</b> Spoons <b>2:00pm</b> Lifelong Learning (Mike Talk): "The History of Justice... What's Your Verdict?" <b>2:00pm</b> No-Bake Energy Bites: A Fun Hands-On Snack <b>3:00pm</b> Sugar Cookies in the Pub <b>4:00pm</b> In Vino Veritas <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Jazz on the Green: USAF Heartland of America Band "Raptor"	<b>8:30am</b> YMCA (Register) <b>10:00am</b> Chair Yoga <b>10:00am</b> Ladies Coffee <b>11:30am</b> Ambassador Committee Meeting <b>1:00pm</b> Bunco Dice Game w/Steve <b>1:00pm</b> Pitch Card Game <b>1:30pm</b> Movie: Renaissance Man (Prime) <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> UNO Card Game	<b>10:30am</b> Cribbage <b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack <b>2:30pm</b> Scrabble Board Game <b>6:00pm</b> Movie: "The Scout" (Prime) <b>6:30pm</b> Shuffleboard
<b>9:45am</b> Worship: Catholic Communion Service <b>10:30am</b> Sunday Gentle Exercise <b>1:00pm</b> Bridge <b>1:00pm</b> Canasta Card Game <b>2:00pm</b> Movie: "Phenomenon" (Prime) <b>3:30pm</b> Ladies Coffee & Laughs	<b>9:00am</b> Podiatry Services (Register) <b>9:30am</b> Monday Fitness: Upper Body <b>10:30am</b> Creative Expression: Canvas Painting <b>10:30am</b> Fun Trivia w/Mike R. <b>1:00pm</b> Pitch Card Game w/Mike <b>1:30pm</b> Lifelong Learning (Wellness): Unhappy Joints & Nerves w/Jacey <b>2:00pm</b> Monday Tai Chi <b>2:30pm</b> Happy Hour & Pokeno Game <b>3:30pm</b> Bowling on the Big Screen <b>3:30pm</b> Pet Therapy w/Sandy & Darby <b>6:30pm</b> Recipe Club	<b>WEAR A BRIGHT COLORED SHIRT</b> <b>10:00am</b> Exercise & Stretch <b>10:30am</b> Weekly Shopping: Target <b>11:00am</b> Walking Club <b>1:00pm</b> Bible Study <b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack <b>2:00pm</b> Learn Line Dancing (Sit or Stand) <b>3:00pm</b> Entertainer: Dave Ziola in the Pub <b>4:00pm</b> Resident Rosary Prayer <b>6:00pm</b> Trivia Night! <b>6:30pm</b> Dementia Support Group	<b>9:00am</b> Men's Coffee Hour <b>9:15am</b> 🎵 Concert Outing: Polka Police @ SumTur <b>10:00am</b> Build Hour <b>10:00am</b> Craft Hour <b>10:00am</b> Tai Chi for Balance <b>10:30am</b> Exercise Equipment Demo w/Innovate <b>10:50am</b> Pet Therapy w/Melody & Zoey <b>11:00am</b> Rosary & Communion w/Norm <b>1:00pm</b> Bingo Bonanza <b>2:00pm</b> Smoothies <b>6:30pm</b> Game Night	<b>10:00am</b> Cardio Drumming <b>10:30am</b> Balloon Volleyball <b>11:00am</b> Walking Club <b>1:00pm</b> Make Dessert for Fire Dept. <b>1:00pm</b> Spoons <b>4:00pm</b> In Vino Veritas <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Jazz on the Green: CJ Chenier & The Red Hot Louisiana Band <b>6:30pm</b> Trivia	<b>8:30am</b> YMCA (Register) <b>9:00am</b> Men's Breakfast Outing: Sapp Bros. (Register) <b>10:00am</b> Chair Yoga <b>10:00am</b> Ladies Coffee <b>11:30am</b> Ambassador Committee Meeting <b>1:00pm</b> Bunco Dice Game w/Steve <b>1:00pm</b> Pitch Card Game <b>1:30pm</b> Movie: "Grumpy Old Men" (DVD) <b>4:00pm</b> Resident Rosary Prayer	<b>10:30am</b> Cribbage <b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack <b>2:30pm</b> Scrabble Board Game <b>6:00pm</b> Movie: "Grumpier Old Men" (DVD) <b>6:30pm</b> Shuffleboard
<b>9:45am</b> Worship: Catholic Communion Service <b>10:30am</b> Sunday Gentle Exercise <b>1:00pm</b> Bridge <b>1:00pm</b> Canasta Card Game <b>2:00pm</b> Movie: "Die Another Day" (DVD) <b>3:00pm</b> Monthly Book Club <b>3:30pm</b> Ladies Coffee & Laughs	<b>9:30am</b> Monday Fitness: Upper Body <b>10:30am</b> DIY Cornstarch Glass Floral Heart Magnet <b>10:30am</b> Fun Trivia w/Mike R. <b>11:00am</b> Film Committee <b>1:00pm</b> Pitch Card Game w/Mike <b>2:00pm</b> Monday Tai Chi <b>2:30pm</b> Happy Hour & Pokeno Game <b>3:30pm</b> Bowling on the Big Screen <b>3:30pm</b> Brain Game & Root Beer <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Recipe Club <b>6:30pm</b> Shoot Pool	<b>9:30am</b> Movement & Exercise <b>10:00am</b> Fraser Community Meeting <b>10:30am</b> Weekly Shopping: Hy-Vee <b>11:00am</b> Walking Club <b>1:00pm</b> Bible Study <b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack <b>1:00pm</b> Iced Tea & Memory Lane - Courtyard <b>2:00pm</b> Learn Line Dancing (Sit or Stand) <b>2:00pm</b> Resurrection Church Bible Study <b>3:00pm</b> Cheese & Crackers in the Pub <b>4:00pm</b> Resident Rosary Prayer <b>6:00pm</b> Trivia Night!	<b>8:30am</b> YMCA (Register) <b>9:00am</b> Men's Coffee Hour <b>10:00am</b> Build Hour <b>10:00am</b> Craft Hour <b>10:00am</b> Tai Chi for Balance <b>10:50am</b> Pet Therapy w/Melody & Zoey <b>11:00am</b> Rosary & Communion w/Norm <b>2:00pm</b> Bible Study w/Pastor Jerry <b>3:00pm</b> Entertainer: Dick Keiser <b>5:30pm</b> Supper Club <b>6:30pm</b> Game Night	<b>10:00am</b> Cardio Drumming <b>10:30am</b> Balloon Volleyball <b>11:00am</b> Walking Club <b>1:00pm</b> Bunco <b>1:00pm</b> Spoons <b>1:00pm</b> WarHorse Casino (Register) <b>3:00pm</b> Ice Cream Sundaes <b>4:00pm</b> In Vino Veritas <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Jazz on the Green: José Valentino & UNO Latin Jazz Ensemble	<b>8:30am</b> YMCA (Register) <b>10:00am</b> Chair Yoga <b>10:00am</b> Ladies Coffee <b>11:30am</b> Ambassador Committee Meeting <b>1:00pm</b> Bunco Dice Game w/Steve <b>1:00pm</b> Pitch Card Game <b>1:30pm</b> Movie: "Fun With Dick & Jane" (Tubi) <b>4:00pm</b> Resident Rosary Prayer	<b>10:30am</b> Cribbage <b>2:30pm</b> Dime Blackjack Card Game w/Bob & Jack <b>2:30pm</b> Scrabble Board Game <b>3:30pm</b> Croquet Game on the Patio <b>6:00pm</b> Movie: "Apollo 13" (Tubi)
<b>9:45am</b> Worship: Catholic Communion Service <b>10:30am</b> Sunday Gentle Exercise <b>1:00pm</b> Bridge <b>1:00pm</b> Canasta Card Game <b>2:00pm</b> Movie: "A Man Called Otto" (Prime) <b>3:30pm</b> Ladies Coffee & Laughs	<b>9:30am</b> Monday Fitness: Upper Body <b>10:30am</b> Fun Trivia w/Mike R. <b>10:30am</b> Terracotta Pot Painting & Decorating Craft <b>1:00pm</b> Lemonade & Word Search <b>1:00pm</b> Pitch Card Game w/Mike <b>2:00pm</b> Monday Tai Chi <b>2:30pm</b> Happy Hour & Pokeno Game <b>3:30pm</b> Bowling on the Big Screen <b>3:30pm</b> Pet Therapy w/Sandy & Darby <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Recipe Club <b>6:30pm</b> Shoot Pool	<b>10:00am</b> Exercise & Stretch <b>10:30am</b> Jewelry Making <b>10:30am</b> Weekly Shopping: Dollar General <b>11:00am</b> Walking Club <b>1:00pm</b> Bible Study <b>1:00pm</b> Dime Blackjack Card Game w/Bob & Jack <b>1:00pm</b> Watermelon Star Cutouts Snack <b>2:00pm</b> Learn Line Dancing (Sit or Stand) <b>4:00pm</b> Resident Rosary Prayer <b>6:00pm</b> Trivia Night!	<b>9:00am</b> Men's Coffee Hour <b>10:00am</b> Build Hour <b>10:00am</b> Craft Hour <b>10:00am</b> Tai Chi for Balance <b>10:50am</b> Pet Therapy w/Melody & Zoey <b>11:00am</b> Rosary & Communion w/Norm <b>11:30am</b> 🍷 Lifelong Learning Outing: 250 Years of America @ Bellevue University <b>1:00pm</b> Bingo Bonanza <b>3:00pm</b> Sing-Along <b>5:00pm</b> Concert Outing: Taxi Driver Band @ Lauritzen Gardens (Register) <b>6:30pm</b> Game Night	<b>10:00am</b> Cardio Drumming <b>10:30am</b> Balloon Volleyball <b>11:00am</b> Walking Club <b>1:00pm</b> Spoons <b>2:00pm</b> Bake 'N Take <b>3:00pm</b> Shuffleboard & Soda <b>4:00pm</b> In Vino Veritas <b>4:00pm</b> Resident Rosary Prayer <b>6:30pm</b> Jazz on the Green: J & the Causeways	<b>8:30am</b> YMCA (Register) <b>10:00am</b> Chair Yoga <b>10:00am</b> Ladies Coffee <b>11:30am</b> Ambassador Committee Meeting <b>1:00pm</b> Bunco Dice Game w/Steve <b>1:00pm</b> Pitch Card Game <b>1:30pm</b> Movie: "McLintock!" (Tubi) <b>2:00pm</b> BY REQUEST: Music w/Lindsey & Mike <b>4:00pm</b> Resident Rosary Prayer	