

# July 2026

# York/Lancaster Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>MO</b> Daily Chronicle <b>MO</b> Salon Services <b>9:30am</b> Morning Exercise: Chair Yoga <b>1:15pm</b> Board Break <b>3:15pm</b> 🎮 Sweet Treat Bingo <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Catholic Mass & Communion (GH) <b>1:00pm</b> Tech Games & Activities <b>3:00pm</b> Worship w/Thanksgiving Church (GH) <b>EV</b> Word Puzzles & Games	Independence Day (substitute) <b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Garden Walk <b>10:30am</b> Patriotic Parade & Decorating Contest (GH) <b>1:00pm</b> 🌞 Family Fun in the Sun Day - Alzheimer's Fundraiser (FL) <b>EV</b> Friday Feature	Independence Day <b>MO</b> Daily Chronicle <b>AF</b> Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> Daily Chronicle <b>MO</b> The Thinking Cap 🧠 <b>AF</b> Sunday Stroll <b>EV</b> Color Therapy ✍️	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Active Games <b>1:00pm</b> 🏖️ BEACH WEEK: "Beach Blanket Bingo" Movie & Discussion (C) <b>1:00pm</b> Holy Rosary (Y) <b>1:30pm</b> Candy Bar Bingo (Oxford) (K) <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Gentle Aqua Exercise (P) <b>1:00pm</b> 🏖️ BEACH WEEK: Family Feud - Team vs. Residents (C) <b>1:00pm</b> Hymn Sing w/Pastor Jerry (Y) <b>2:00pm</b> 🚌 Bus Outing: Scenic Drive (Y) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>MO</b> Salon Services <b>9:30am</b> Morning Exercise: Chair Yoga <b>1:00pm</b> 🏖️ BEACH WEEK: Music Bingo (GH) <b>2:45pm</b> Second-Act Dance Class (Y) <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Catholic Mass & Communion (GH) <b>1:00pm</b> 🏖️ BEACH WEEK: Flamingle (GH) <b>3:00pm</b> Worship w/Thanksgiving Church (GH) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Garden Walk <b>1:00pm</b> 🏖️ BEACH WEEK: Pool Party! (P) <b>3:00pm</b> 🎵 Music Mania: Drum Circle <b>EV</b> Friday Feature <b>7:00pm</b> 🎵 Special Concert: Sunshine Entertainers (GH)	<b>MO</b> 📖 Story Time <b>MO</b> Daily Chronicle <b>AF</b> Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> Daily Chronicle <b>MO</b> The Thinking Cap 🧠 <b>AF</b> Sunday Stroll <b>EV</b> Color Therapy ✍️	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Active Games <b>1:00pm</b> Holy Rosary (Y) <b>1:30pm</b> Candy Bar Bingo (Oxford) (K) <b>2:30pm</b> 🍳 Cooking Club: Seaside Snack Creation <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Gentle Aqua Exercise (P) <b>1:00pm</b> 🌿 Plants & Nature Activities <b>2:00pm</b> 🚌 Bus Outing: Scenic Drive (L) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>MO</b> Salon Services <b>9:15am</b> 🎪 Concert Outing: Polka Police @ SumTur (Bus) <b>1:15pm</b> Board Break <b>3:15pm</b> 🎮 Sweet Treat Bingo <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Catholic Mass & Communion (GH) <b>1:00pm</b> Tech Games & Activities <b>3:00pm</b> Worship w/Thanksgiving Church (GH) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Garden Walk <b>1:00pm</b> 🎵 Musical Styles Social: "Brass & Banana Splits" (GH) <b>3:00pm</b> 📖 Short Stories <b>EV</b> Friday Feature	<b>MO</b> Daily Chronicle <b>AF</b> Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> Daily Chronicle <b>MO</b> The Thinking Cap 🧠 <b>AF</b> Sunday Stroll <b>EV</b> Color Therapy ✍️	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Active Games <b>1:00pm</b> Holy Rosary (Y) <b>1:30pm</b> Candy Bar Bingo (Oxford) (K) <b>2:00pm</b> 🦻 Hearing & Audiology (HC) <b>2:30pm</b> 🎬 Movie Matinee: "Romance on the High Seas" (C) <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Gentle Aqua Exercise (P) <b>1:00pm</b> Hymn Sing w/Pastor Jerry (Y) <b>2:00pm</b> 🚌 Bus Outing: Wildlife Safari Park (Y) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>MO</b> Salon Services <b>9:30am</b> Morning Exercise: Chair Yoga <b>1:15pm</b> Board Break <b>2:45pm</b> Second-Act Dance Class (Y) <b>3:00pm</b> 🎵 Merrymakers Music: Bill King <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Catholic Mass & Communion (GH) <b>1:00pm</b> Tech Games & Activities <b>2:15pm</b> 🎬 Family Movie & Popcorn (C) <b>3:00pm</b> Worship w/Thanksgiving Church (GH) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Garden Walk <b>1:00pm</b> 🎵 By Request Music w/Lindsey & Michael (GH) <b>3:00pm</b> 🎯 Memory Lane: Personal Trivia & Ice Breakers <b>EV</b> Friday Feature	<b>MO</b> 📖 Story Time <b>MO</b> Daily Chronicle <b>AF</b> Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> Daily Chronicle <b>MO</b> The Thinking Cap 🧠 <b>AF</b> Sunday Stroll <b>EV</b> Color Therapy ✍️	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Active Games <b>1:00pm</b> Holy Rosary (Y) <b>1:30pm</b> Candy Bar Bingo (Oxford) (K) <b>2:30pm</b> 🍷 Craft Corner: Plastic Cup Lighthouses <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Gentle Aqua Exercise (P) <b>1:00pm</b> 🌿 Plants & Nature Activities <b>2:00pm</b> 🚌 Bus Outing: Wildlife Safari Park (L) <b>EV</b> Word Puzzles & Games <b>5:30pm</b> Monthly Dementia Support Group (GH)	<b>MO</b> Daily Chronicle <b>MO</b> Salon Services <b>9:30am</b> Morning Exercise: Chair Yoga <b>1:15pm</b> Board Break <b>3:15pm</b> 🎮 Sweet Treat Bingo <b>EV</b> Color Therapy	<b>MO</b> Daily Chronicle <b>10:00am</b> Catholic Mass & Communion (GH) <b>10:30am</b> 🚌 Spiritual Outing: Thanksgiving Worship & Cookout (Bus) <b>1:00pm</b> Tech Games & Activities <b>3:00pm</b> Worship w/Thanksgiving Church (GH) <b>EV</b> Word Puzzles & Games	<b>MO</b> Daily Chronicle <b>9:30am</b> Morning Exercise: Garden Walk <b>1:00pm</b> 🎵 Music Mania: Sing-Along <b>3:00pm</b> 📖 Short Stories <b>EV</b> Friday Feature	

Questions? Lindsey Tabor - ltabor@hillcresthealth.com

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

# Happy Birthday

Bonnie H. – 1st  
Kathleen U. – 6th  
Mary S. – 7th  
Bob U. – 10th  
Dody W. – 12th  
Janet H. – 13th  
Barb S. – 15th  
Pam L. – 15th  
Judi H. – 17th  
Larry W. – 20th  
Carol G. – 21st  
Jean R. – 21st  
Cheryl B. – 22nd  
Vera N. – 24th  
Gloria G. – 25th  
Joe M. – 28th  
Mike P. – 28th  
Duane F. – 31st  
Kay M. – 31st



## THE GRAND LODGE LIFESTYLE EXPERIENCE

Monthly Calendar of Events & Activities

# July 2026

# YORK & LANCASTER

## Contacts

CONCIERGE SERVICES

(402) 885 - 7100

SALON & SPA

(402) 885 - 7355

WELLNESS CENTER

(402) 885 - 7033

