July 2026 Arbor Hall Activities Calendar

This calendar is subject to change.

Month of July

Birthstone:
Ruby
Flowers:
Larkspur, Water Lily
Colors:
Green and Russet
Meaning:
Contentment

July Days to Note...

01	Int'l Joke Day	16	Drag Day
02	Made in the USA Day	18	World Listening Day
05	Nat'l Hawaii Day	19	New Friends Day
06	Nat'l Fried Chicken Day	20	Int'l Chess Day
07	World Chocolate Day	22	Summer Leisure Day
08	Nat'l Ice Cream Sundae Day	23	Gorgeous Grandma Day
11	Cheer Up the Lonely Day	25	Nat'l Hot Fudge Sundae Day
12	Eat Your Jello Day	26	One Voice Day
13	Nat'l French Fry Day	27	Bagpipe Appreciation Day
14	Pandemonium Day	28	World Nature Conservation Day
15	Nat'l I Love Horses Day	30	Int'l Day of Friendship

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Remembering History /Videos/Books 2:00 Snacks & Puzzles 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**2** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks & Movie 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	**3** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Shave /Socialization /TV Time 2:00 Snacks & Playing Cards 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day	*Independence Day* **4** 9:30 Exercise / Workout 10:00 Daily Prayer /Bible Reading /Worship Audio 10:30 Snacks / TV Time 11:30 Lunch 12:30 Learning about Cultures /Videos/Books 2:00 Snacks & Dominos 3:00 Bingo! 4:00 Dinner 5:10 Final Stretch of the Day
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