

July 2026

Alto Evergreen Walk - Assisted Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>10:00 Sunrise Stretch (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 July Jeopardy (TT)</p> <p>1:30 Jeff the Plant Guy (TT)</p> <p>3:00 Poker – Independent (CR)</p> <p>3:30 Calendar Committee (TT)</p> <p>6:15 Movie: Letters to Juliet (TT)</p>	<p>2 10:00 Stretch It Out Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Baking: Patriotic Parfaits (B)</p> <p>2:00 Chair Yoga (GG)</p> <p>2:45 America at 250: A History, DeVane Lecture, Class 1 – The Road to 250 (TT)</p> <p>6:15 Movie: Love at First Sight (TT)</p>	<p>3 10:00 Friday Exercise Fun (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Shabbat Gratitude Circle (TT)</p> <p>2:00 Patriotic Craft (AR)</p> <p>3:30 Ted Talk and Discussion: David Asch: Why it's So Hard to Make Healthy Decisions (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 HBO Max Series: The Gilded Age (TT)</p>	<p>4 AD America's 250th Birthday!</p> <p>10:00 Rock 'n Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 What America Means to Me Discussion (AR)</p> <p>11:30 4th of July BBQ (BP)</p> <p>2:00 Stars & Stripes 250th Birthday Party for America (E)</p> <p>6:15 Movie: The Sandlot (TT)</p>
<p>5 10:00 Sunday Mass (TT)</p> <p>10:00 Sunday Stretch (GG)</p> <p>10:30 Coffee and Word Search Challenge (B)</p> <p>11:00 Play Card Sharks (Game Show) (AR)</p> <p>1:30 Qigong with Marivic (GG)</p> <p>2:30 Cranium Crunches (AR)</p> <p>3:00 Independence Day Concert - United We Stand (TT)</p> <p>6:15 Movie: Marry Me (TT)</p>	<p>6 10:00 Get Fit Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Play Family Feud! (TT)</p> <p>2:00 Cornhole (IP)</p> <p>2:30 Wonders of New Zealand (TT)</p> <p>3:30 Crossword Challenge (TT)</p> <p>6:15 Movie: Pride of the Yankees (TT)</p>	<p>7 10:00 Mass Communion & Rosary (TT)</p> <p>10:00 Stretch It Out (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Jeopardy Challenge (TT)</p> <p>1:00 Resident Choir Rehearsal (E)</p> <p>2:30 Chair Yoga (GG)</p> <p>3:00 Bingo (AR)</p> <p>3:00 Rummikub – Independent (B)</p> <p>4:00 "An Overview of Senior Living with Adam: What to Expect from Assisted Living." (TT)</p> <p>6:15 Movie: Rainman (TT)</p>	<p>8 10:00 Sunrise Stretch (GG)</p> <p>10:30 Wordsearch Coffee and Chat with a Director (B)</p> <p>2:00 Ladies Tea Party (LPD)</p> <p>2:00 Men's Club with Adam (CR)</p> <p>3:00 Poker – Independent (CR)</p> <p>3:30 Whiteboard Word Game (AR)</p> <p>4:00 Wine Down Happy Hour (E)</p> <p>6:15 Movie: Dirty Rotten Scoundrels (TT)</p>	<p>9 10:00 Stretch It Out Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Baking Club: Banana Trifle (B)</p> <p>1:30 Chair Yoga (GG)</p> <p>2:00 Entertainment: Connecticut Belles (E)</p> <p>3:00 America at 250, DeVane Lecture, Class 2 – Revolutionary (and Not So Revolutionary) Beginnings (TT)</p> <p>6:15 Movie: Barefoot in the Park (TT)</p>	<p>10 10:00 Friday Exercise Fun (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Shabbat Gratitude Circle (TT)</p> <p>1:00 Scenic Drive Through Simsbury Including Stop at the Largest Sycamore Tree in CT (ML)</p> <p>3:00 Doris Kearns Goodwin: An Unfinished Love Story (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 HBO Max Series: The Gilded Age (TT)</p>	<p>11 10:00 Rock 'n Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Play Jeopardy (TT)</p> <p>2:30 Rayna Presents the History of Mary Wollstonecraft (TT)</p> <p>3:30 Whiteboard Boggle (TT)</p> <p>6:15 Movie: Trading Places (TT)</p>
<p>12 10:00 Sunday Mass (TT)</p> <p>10:00 Sunday Stretch (GG)</p> <p>10:30 Coffee and Word Search Challenge (B)</p> <p>11:00 Word Within a Word (AR)</p> <p>2:30 Spot the Difference (AR)</p> <p>3:00 Wonders of Ireland (TT)</p> <p>6:15 Movie: Monster-In-Law (TT)</p>	<p>13 10:00 Get Fit Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Whiteboard Boggle</p> <p>2:00 Book Club: Choose Your Own (LI)</p> <p>3:30 Entertainment: Harpist: Grace Cloutier (E)</p> <p>6:15 Movie: Wild Mountain Thyme (TT)</p>	<p>14 10:00 Mass Communion & Rosary (TT)</p> <p>10:00 Stretch It Out (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Katelyn w/Fox Rehab: Health Talk (TT)</p> <p>2:30 Chair Yoga (GG)</p> <p>3:00 National Geographic: Shark Queens: Rulers of the Ocean (TT)</p> <p>3:00 Rummikub – Independent (B)</p> <p>4:00 Tech Time: Bring a Device! (AR)</p> <p>6:15 Movie: Miracle (TT)</p>	<p>15 10:00 Sunrise Stretch (GG)</p> <p>10:30 Health Talk with Kylie (GG)</p> <p>11:00 Daily Wordsearch (B)</p> <p>2:00 The Faithful: The Women of the Bible (TT)</p> <p>2:00 Veteran's Group (CR)</p> <p>3:00 Bowling (GR)</p> <p>3:00 Poker – Independent (CR)</p> <p>4:00 Exploring Barbados - Wonders of Barbados (TT)</p> <p>6:15 Movie: The Wedding Planner (TT)</p>	<p>16 10:00 Stretch It Out Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Baking with Adam: Fresh Berry Crepes (B)</p> <p>2:00 Chair Yoga (GG)</p> <p>2:45 America at 250: A History, DeVane Lecture, Class 3 – Declaring Independence (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 Movie: The Love Letter (TT)</p>	<p>17 10:00 Friday Exercise Fun (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Shabbat Gratitude Circle (TT)</p> <p>2:00 Guided Meditation (TT)</p> <p>3:00 An Exclusive Look Inside The Vaults Of The Smithsonian Museum (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 HBO Max Series: The Gilded Age (TT)</p>	<p>18 10:00 Rock 'n Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Wonders of the Minnesota Undiscovered Spots Loved by Locals! (TT)</p> <p>2:00 Bingo Extravaganza (TT)</p> <p>3:00 Mahler Symphony No 2 in C Minor Resurrection - Bernstein (TT)</p> <p>6:15 Movie: Overboard (TT)</p>
<p>19 10:00 Sunday Mass (TT)</p> <p>10:00 Sunday Stretch (GG)</p> <p>10:30 Coffee and Word Search Challenge (B)</p> <p>11:00 Whiteboard Boggle (AR)</p> <p>1:30 Qigong with Marivic (GG)</p> <p>2:30 Connections Game (AR)</p> <p>3:00 America's National Parks : Coral Reefs and Florida Keys (TT)</p> <p>6:15 Movie: Roman Holiday (TT)</p>	<p>20 10:00 Get Fit Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Who, What, Where am I? (AR)</p> <p>2:00 Wonders of Scotland (TT)</p> <p>3:30 Crossword Challenge (TT)</p> <p>6:15 Movie: Yogi Bear (TT)</p>	<p>21 10:00 Mass Communion & Rosary (TT)</p> <p>10:00 Stretch It Out (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 The Write Word Game (AR)</p> <p>1:00 Resident Choir Rehearsal (E)</p> <p>2:30 Chair Yoga (GG)</p> <p>3:00 Bingo (AR)</p> <p>3:00 Rummikub – Independent (B)</p> <p>4:00 Name that Tune (TT)</p> <p>6:15 Movie: Going in Style (TT)</p>	<p>22 10:00 Sunrise Stretch (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>10:30 Oil Painting Workshop with Brianna (AR)</p> <p>1:30 Food/Beverage Discussion (R)</p> <p>3:00 Monthly Birthday Celebration: Entertainment: Jenn Dispasio (E)</p> <p>3:00 Poker – Independent (CR)</p> <p>4:00 Wine Down Happy Hour (E)</p> <p>6:15 Movie: American Graffiti (TT)</p>	<p>23 10:00 Stretch It Out Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Baking Club: Homemade Cornbread (B)</p> <p>2:00 Chair Yoga (GG)</p> <p>2:45 America at 250: A History, DeVane Lecture, Class 4 - What Kind of Union? (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 Movie: Open Range (TT)</p>	<p>24 10:00 Friday Exercise Fun (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Shabbat Gratitude Circle (TT)</p> <p>11:45 Out Trip: Main Pub: Manchester (ML)</p> <p>3:30 Ted Talk and Discussion: An Art Movement Built on Ancestral Wisdom (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 HBO Max Series: The Gilded Age (TT)</p>	<p>25 AD Christmas in July</p> <p>10:00 Rock Around the Christmas Tree Exercise (GG)</p> <p>10:30 Christmas Wordsearch (B)</p> <p>11:00 Christmas Jeopardy (TT)</p> <p>2:00 Christmas Ornament Craft (AR)</p> <p>3:00 Christmas Bingo (TT)</p> <p>6:15 Movie: Paris Christmas Waltz (TT)</p>
<p>26 10:00 Sunday Mass (TT)</p> <p>10:00 Sunday Stretch (GG)</p> <p>10:30 Coffee and Word Search Challenge (B)</p> <p>11:00 Crossword Challenge (TT)</p> <p>2:30 Word Chain Challenge (AR)</p> <p>3:00 Travelogue: Newfoundland and Labrador (TT)</p> <p>6:15 Movie: Legally Blond (TT)</p>	<p>27 10:00 Get Fit Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Play Family Fued! (TT)</p> <p>2:00 Book Club: Choose Your Own (LI)</p> <p>3:30 Crossword Challenge (TT)</p> <p>4:00 Trivia on the Patio (IP)</p> <p>6:15 Movie: Big (TT)</p>	<p>28 10:00 Mass Communion & Rosary (TT)</p> <p>10:00 Stretch It Out (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Watercolors with Paul (AR)</p> <p>2:00 Resident Council (TT)</p> <p>3:00 Chair Yoga (GG)</p> <p>3:00 Rummikub – Independent (B)</p> <p>3:30 S'mores on the Patio (IP)</p> <p>6:15 Movie: The Great Gatsby (TT)</p>	<p>29 10:00 Sunrise Stretch (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Star of the Month – Sylvester Stallone (TT)</p> <p>2:00 Guess the Founding Father or Colony (TT)</p> <p>3:00 Bowling (GR)</p> <p>3:00 Poker – Independent (CR)</p> <p>4:00 Wine Down Happy Hour (E)</p> <p>6:15 Movie: Rocky (TT)</p>	<p>30 10:00 Stretch It Out Exercise (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Baking Club: Cherry Cheesecake Cookie Bars (B)</p> <p>2:00 Chair Yoga (GG)</p> <p>2:45 America at 250, DeVane Lecture, Class 6 – Republican Precedents & Presidents: The Placement of Power (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 Movie: A Mile in His Shoes (TT)</p>	<p>31 10:00 Friday Exercise Fun (GG)</p> <p>10:30 Daily Wordsearch (B)</p> <p>11:00 Shabbat Gratitude Circle (TT)</p> <p>2:00 Guided Meditation (TT)</p> <p>2:45 Play Family Fued! (TT)</p> <p>3:30 Ted Talk and Discussion: Our Fight for Disability Rights -- and Why We're Not Done Yet (TT)</p> <p>4:00 Happy Hour on the Patio (IP)</p> <p>6:15 HBO Max Series: The Gilded Age (TT)</p>	

Happy Birthday!

Residents
 Lorraine M. – 6th
 Elizabeth K. – 7th
 Lenie L. – 16th
 Charles R. – 20th
 Roberta W. – 29th
 Jean A. – 31st

Associates
 Amy R. – 2nd
 Rose Marie B. – 5th
 Mille J. – 6th
 Helia A. – 9th
 Lynn S. – 12th
 Isaul G. – 19th
 Kaylee G. – 20th
 Judith D. – 29th
 Nysheka S. – 31st

Locations

AR = Activity Room
 B = Bistro
 BP = Bistro Patio
 CR = Club Room
 E = Encore Bar & Lounge
 GR = Game Room
 GG = Gym
 IP = Interior Patio
 LPD = Large Private Dining Room
 LI = Library
 ML = Main Lobby
 R = Restaurant
 TT = Theatre

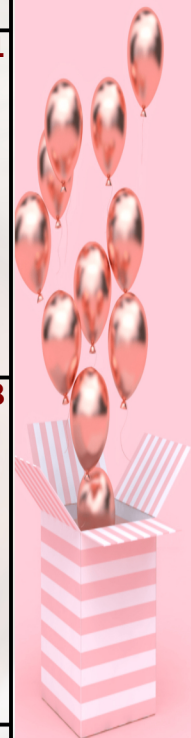
July 2026

Alto Evergreen Walk - Ensemble



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>10:00 Eucharist (BL) 10:30 Sunday Flexing Courtyard Walk (PG) 11:00 Discussion Flip Cards (BL) 12:30 Music: Senior Hymns (FL) 1:30 Today's History: Graham Crackers (SL) 2:30 Snack & Chat: Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Music: "Itsy Bitsy Polkadots" (BL) 5:30 Hallmark Sunday's (BL)</p>	<p>10:00 Meditation Mass (BL) 10:30 Monday Stretching (FL) 11:00 Deal or no Deal (BL) 12:30 History On This Day: "Rock Around the Clock" (BL) 1:30 Music & Puzzles (FL) 2:00 Inside & Outside Walk (PG) 3:30 Garden Club Outside (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Communion (BL) 10:30 Fitness Tuesday (FL) 11:00 Words: Semi quincennial (BL) 12:30 Inside & Outside Walk (PG) 1:30 Short Stories from 25 Great American Novels (BL) 2:30 Snack & Chat: Social (EK) 3:30 Warm Hand Towels (BL) 4:00 Exercise Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Daily Mass (BL) 10:30 Outside Walk Courtyard (PG) 11:00 Deal or no Deal (BL) 1:30 Lifelong Learning: The Amazing Graf Zeppelin (FL) 2:00 Snack & Chat: Social (BL) 3:00 Courtyard: Outside Walk (BL) 3:30 Warm Hand Towels (BL) 4:00 Midweek Music Circle (BL) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 Colonial Times News: A Historical Newspaper (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Unplugged: Ukulele with Bridget (FL) 3:30 Virtual Travelogue: Exploring Yellowstone National Park (BL) 3:30 Warm Hand Towels (BL) 4:00 Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Eucharist (BL) 10:30 Aerobic Friday (BL) 11:00 Unscramble Word Game (BL) 1:30 Pictures Guessing Game (FL) 2:00 Expressive Art & Music (BL) 3:30 Golden Age Music Circle (FL) 4:00 Cornhole Practice Exercise (BL) 6:00 Jeopardy Show (BL)</p>	<p>Independence Day AD America's 250th Birthday! 10:00 Mass & Meditation (BL) 10:30 Saturday Workout (BL) 11:00 Deal or no Deal (BL) 12:30 Patriotic Music Circle: Sing-Along (BL) 1:30 Fidgets Discovery (FL) 3:00 Bingo Games (BL) 3:30 Happy July 4th Short Story (FL) 4:00 Inside & Outside Walk (PG) 6:00 Wheel of Fortune (BL)</p>
<p>10:00 Eucharist (BL) 10:30 Sunday Flexing Courtyard Walk (PG) 11:00 Discussion Flip Cards (BL) 12:30 Music: Senior Hymns (FL) 1:30 Family Feud Day: Classic TV Game Show Showdown (SL) 2:30 Snack & Chat: Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Karaoke Song Time (BL) 5:30 Hallmark Sunday's (BL)</p>	<p>10:00 Meditation Mass (BL) 10:30 Monday Stretching (FL) 11:00 Deal or no Deal (BL) 12:30 History On This Day (BL) 1:30 Exploring the Universe: The Big Bang Theory Discussion (FL) 2:00 Inside & Outside Walk (PG) 3:30 Garden Club Outside (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Communion (BL) 10:30 Fitness Tuesday (FL) 11:00 Word Search Game (BL) 12:30 Inside & Outside Walk (PG) 1:30 Documentary: World Orca Day (BL) 2:30 Blue Mocktail Mixing & Tasting (EK) 3:30 Warm Hand Towels (BL) 4:00 Exercise Music Circle (BL) 6:00 Baseball: MLB All-Star Game 2026 (BL)</p>	<p>10:00 Daily Mass (BL) 10:30 Outside Walk Courtyard (PG) 11:00 Deal or no Deal (BL) 1:30 Lifelong Learning: Woodwork Bird Painting Part 2 (FL) 2:00 Coffee & Chat: Social (BL) 3:00 Courtyard: Outside Walk (BL) 3:30 Rembrandt Day: Light, Shadow Art (BL) 4:00 Midweek Music Circle (BL) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 Morning News Updates (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Virtual Antiques Roadshow: Gilbert Erector Set Edition (FL) 3:30 Virtual Travelog: National Park of American Samoa (BL) 3:30 Warm Hand Towels (BL) 4:00 Classic Music Circle: You've Got a Friend in Me by Randy Newman (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Eucharist (BL) 10:30 Reborn: Reasons w/Jaime (BL) 11:00 Unscramble Word Game (BL) 1:30 Pictures Guessing Game (FL) 2:00 Expressive Art & Music (BL) 3:00 Aerobic Friday (BL) 3:30 Music Circle: Handel's Water Music Listening (FL) 4:00 Cornhole Practice Exercise (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 Saturday Workout (BL) 11:00 Deal or no Deal (BL) 12:30 Ensemble I Spy Game (BL) 1:30 Fidgets Discovery (FL) 3:00 Bingo Games (BL) 3:30 Mini Movie: Short Stories (FL) 4:00 Inside & Outside Walk (PG) 6:00 Wheel of Fortune (BL)</p>
<p>10:00 Eucharist (BL) 10:30 Sunday Flexing Courtyard Walk (PG) 11:00 Discussion Flip Cards (BL) 12:30 Bible Circle: The Story of David and Goliath (FL) 1:30 Today's History: Zoo Detective Game (SL) 2:30 Snack & Chat: Social (EK) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Karaoke Song Time (BL) 5:30 Hallmark Sunday's (BL)</p>	<p>10:00 Meditation Mass (BL) 10:30 Monday Stretching (FL) 11:00 Man on the Moon Day Documentary Trivia (BL) 12:30 Women in Baseball: A Journey Through History (BL) 1:30 Music & Puzzles (FL) 2:00 Inside & Outside Walk (PG) 3:30 Garden Club Outside (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Communion (BL) 10:30 Fitness Tuesday (FL) 10:30 Watercolor Art with Paul (SL) 11:00 Word Search Game (BL) 12:30 Inside & Outside Walk (PG) 1:30 Short Stories from 25 Great American Novels (BL) 2:30 Snack & Chat: Arnold Palmer Drink (EK) 3:30 Warm Hand Towels (BL) 4:00 Exercise Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Daily Mass (BL) 10:30 Outside Walk Courtyard (PG) 11:00 Alex Trebek Tribute Jeopardy Game (BL) 1:30 Live Entertainment with T-Bone (FL) 2:00 Snack & Chat: Social (BL) 3:00 Courtyard: Outside Walk (BL) 3:30 Warm Hand Towels (BL) 4:00 Midweek Music Circle (BL) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 Morning News Updates (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Virtual Antiques Roadshow: Gilbert Erector Set Edition (FL) 2:30 Monthly Birthday Party (FL) 3:30 Virtual Travelog: Gateway Arch National Park (BL) 3:30 Warm Hand Towels (BL) 4:00 Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Eucharist (BL) 10:30 Aerobic Friday (BL) 11:00 Unscramble Word Game (BL) 1:30 Pictures Guessing Game (FL) 2:00 Expressive Art & Music (PG) 3:30 Rock N Roll- Music Circle (FL) 4:00 Cornhole Practice Exercise (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 Saturday Workout (BL) 11:00 Music: Christmas in July (BL) 12:30 Ensemble I Spy Game (BL) 1:30 Fidgets Discovery (FL) 3:00 Bingo Games (BL) 3:30 Mini Movie: Short Stories (FL) 4:00 Inside & Outside Walk (PG) 6:00 Wheel of Fortune (BL)</p>
<p>10:00 Eucharist (BL) 10:30 Sunday Flexing Courtyard Walk (PG) 11:00 Discussion Flip Cards (BL) 12:30 Music: Senior Hymns (FL) 1:30 Today's History (SL) 2:30 Courtyard Time: Snack & Chat (PG) 3:00 Nature Walk Exploration Adventure (PG) 4:00 Karaoke Song Time (BL) 5:30 Hallmark Sunday's (BL)</p>	<p>10:00 Meditation Mass (BL) 10:30 Monday Stretching (FL) 11:00 Deal or no Deal (BL) 12:30 Virtual Art Appreciation: Declaration of Independence (BL) 1:30 Music & Puzzles (FL) 2:00 Inside & Outside Walk (PG) 3:30 Garden Club Outside (PG) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Communion (BL) 10:30 Fitness Tuesday (FL) 11:00 Word Search Game (BL) 12:30 Inside & Outside Walk (PG) 1:30 Short Stories from 25 Great American Novels (BL) 2:30 Snack & Chat: Social (EK) 3:30 Warm Hand Towels (BL) 4:00 Exercise Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Daily Mass (BL) 10:30 Outside Walk Courtyard (PG) 11:00 Life Story Sharing Circle: Getting to Know You (BL) 1:30 Lifelong Learning: The Amazing Graf Zeppelin (FL) 2:00 Baking Club: Wiggly-Jiggly Jell-O Day (BL) 3:00 Courtyard: Outside Walk (BL) 3:30 Warm Hand Towels (BL) 4:00 Midweek Music Circle (BL) 6:00 Jeopardy Show (BL)</p>	<p>10:00 Mass & Meditation (BL) 10:30 In God We Trust Day: 1956 History & Reflection (FL) 11:00 Tone Up Thursday (FL) 12:30 Jumbo Word Game (BL) 1:30 Virtual Antiques Roadshow: Gilbert Erector Set Edition (FL) 3:30 Warm Hand Towels (BL) 4:00 Music Circle (BL) 6:00 Wheel of Fortune (BL)</p>	<p>10:00 Eucharist (BL) 10:30 Aerobic Friday (BL) 11:00 Unscramble Word Game (BL) 1:30 Who Am I: Guessing Forest Ranger Day (FL) 2:00 Expressive Art & Music (BL) 3:30 Rock N Roll- Music Circle (FL) 4:00 Cornhole Practice Exercise (PG) 6:00 Jeopardy Show (BL)</p>	

Happy Birthday!



Doris, O
6th

Locations

BL = Back Living Room

EK = Ensemble Kitchen

FL = Front Living Room

SL = Side Living Room

PG = Patio Garden

July 2026

Alto Evergreen Walk Interlude

Alto

Senior Living by Allegro

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>10:00 Chair Yoga (TT)</p> <p>10:30 Craft Club: Ocean Wind Chimes (B)</p> <p>1:30 Movie Matinee (RA)</p> <p>1:30 Out Trip: Northwest Park (TT)</p> <p>3:00 Balloon Volley (LR)</p> <p>4:00 How It's Made: Umbrella (TT)</p> <p>6:00 Biographical Picture (TT)</p>	<p>10:00 Fitness Dice Exercise (TT)</p> <p>10:30 Book Club: The Promise of a Pencil (TT)</p> <p>10:45 Garden Club: Sun Print Cards (LR)</p> <p>1:30 Patio Unplugged: Acoustic Music with Bridget (TT)</p> <p>3:00 Yard Dice Games (TT)</p> <p>3:45 "America: The Story of Us" Episode 1 (TT)</p> <p>6:00 Historical Film (TT)</p>	<p>10:00 Friday Exercise Fun (TT)</p> <p>10:30 World Wildlife: Tigers & Forests (TT)</p> <p>11:00 Five Second Rule Game (TT)</p> <p>1:00 Travelogue: The Everglades (TT)</p> <p>2:00 Snack & Sing Karaoke (RA)</p> <p>3:00 Volleyball (LR)</p> <p>4:00 Gratitude Group: Scavenger Hunt (TT)</p> <p>6:00 Comedy Movie (TT)</p>	<p>AD America's 250th Birthday! Stars & Stripes Seated Exercise (TT)</p> <p>10:30 Senior Science: Fireworks in a Jar (TT)</p> <p>11:00 Patriotic Craft: American Flag Decorating (TT)</p> <p>1:00 United States Bingo (LR)</p> <p>2:00 Independence Day Ice Cream Social (RA)</p> <p>3:00 Red, White, and Blue Ball Toss (LR)</p> <p>4:00 Timeline Talk: 4th of July Celebrations (TT)</p> <p>6:00 Concert Film (TT)</p>
<p>10:00 Live Stream Mass (TT)</p> <p>10:30 Rise & Reach Exercise (LR)</p> <p>11:00 United States Jeopardy (LR)</p> <p>1:00 "How The States Got Their Shapes" Episode 1 (TT)</p> <p>1:30 Qigong with Marivic (GG)</p> <p>2:15 Mugs & Melodies (LR)</p> <p>3:00 Bucket Ball (LR)</p> <p>3:30 Bible Study (TT)</p> <p>6:00 Romantic Comedy (TT)</p>	<p>10:00 Morning Movement</p> <p>10:30 Monday Meditation: Progressive Muscle Relaxation (TT)</p> <p>10:45 Patio Chat: Leisure (LR)</p> <p>1:00 Name That Tune: Songs About States (LR)</p> <p>2:00 Baking Club: Oreo Cake (B)</p> <p>3:00 Cornhole (LR)</p> <p>3:45 Virtual Tour: Cruising the Mediterranean (LR)</p> <p>6:00 Hollywood Classic Movie (TT)</p>	<p>10:00 Sunrise Stretch (TT)</p> <p>10:30 Music with Maggie (LR)</p> <p>1:00 Resident Choir Rehearsal (E)</p> <p>2:00 Bingo Fun for All (LR)</p> <p>3:00 Ladder Ball (LR)</p> <p>3:45 "America 250 in CT: The Blizzard of '78" (TT)</p> <p>6:00 Movie Musical (TT)</p>	<p>10:00 Chair Yoga (TT)</p> <p>10:30 Craft Club: Bracelet Making (B)</p> <p>1:15 Tempo & Texture (TT)</p> <p>2:00 The Snack Bar: Smoothie Making (RA)</p> <p>3:00 Bowling (LR)</p> <p>4:00 How It's Made: Sunscreen (TT)</p> <p>6:00 Biographical Picture (TT)</p>	<p>10:00 Fitness Dice Exercise (TT)</p> <p>10:30 Book Club: The Promise of a Pencil (TT)</p> <p>10:45 Garden Club: Sensory Scavenger Hunt (LR)</p> <p>1:00 Songwriting Circle (TT)</p> <p>2:00 Entertainment: Connecticut Belles (E)</p> <p>3:00 Yard Dice Games (TT)</p> <p>3:45 "America: The Story of Us" Episode 2 (TT)</p> <p>6:00 Historical Film (TT)</p>	<p>10:00 Friday Exercise Fun (TT)</p> <p>10:30 World Wildlife: Sea Turtles & Oceans (TT)</p> <p>11:00 Trivial Pursuit (TT)</p> <p>1:00 Travelogue: Ontario (TT)</p> <p>2:00 Snack & Sing Karaoke (RA)</p> <p>3:00 Volleyball (LR)</p> <p>4:00 Gratitude Group: 100 Reasons to Be Thankful (TT)</p> <p>6:00 Comedy Movie (TT)</p>	<p>10:00 Rock 'n Exercise (TT)</p> <p>10:30 Senior Science: How Do Sharks Float? (TT)</p> <p>11:00 Family Feud Game (TT)</p> <p>1:00 Bingo Extravaganza (LR)</p> <p>2:00 Garden Tea Party: Flower Arranging (RA)</p> <p>3:00 Bocce (LR)</p> <p>4:00 Timeline Talk: Songs of Summers Past (TT)</p> <p>6:00 Concert Film (TT)</p>
<p>10:00 Live Stream Mass (TT)</p> <p>10:30 Rise & Reach Exercise (LR)</p> <p>11:00 Summertime Jeopardy (LR)</p> <p>1:00 "How The States Got Their Shapes" Episode 2 (TT)</p> <p>2:15 Mugs & Melodies (LR)</p> <p>3:00 Velcro Target Toss (LR)</p> <p>3:30 Bible Study (TT)</p> <p>6:00 Romantic Comedy (TT)</p>	<p>10:00 Morning Movement</p> <p>10:30 Monday Meditation: Mindful Breathing (TT)</p> <p>10:45 Patio Chat: Ideas (PG)</p> <p>1:00 Name That Tune: Movie Soundtracks (LR)</p> <p>2:00 Baking Club: Lemon Cake (B)</p> <p>3:00 Cornhole (LR)</p> <p>3:30 Entertainment: Harpist: Grace Cloutier (E)</p> <p>6:00 Hollywood Classic Movie (TT)</p>	<p>10:00 Sunrise Stretch (TT)</p> <p>10:30 Watercolors with Paul (LR)</p> <p>1:00 Ukulele with Bridget: Beatles Hits (LR)</p> <p>2:00 Bingo Fun for All (LR)</p> <p>3:00 Ladder Ball (LR)</p> <p>3:45 "America 250 in CT: The '64 World's Fair" (TT)</p> <p>6:00 Movie Musical (TT)</p>	<p>10:00 Chair Yoga (TT)</p> <p>10:30 Craft Club: Mosaic Coasters (B)</p> <p>11:00 Health Talk with Enhabit (LR)</p> <p>1:30 Movie Matinee (RA)</p> <p>1:30 Out Trip: Kloter Farms Ice Cream Barn (TT)</p> <p>3:00 Bowling (LR)</p> <p>4:00 How It's Made: Swimsuits (TT)</p> <p>6:00 Biographical Picture (TT)</p>	<p>10:00 Fitness Dice Exercise (TT)</p> <p>10:30 Book Club: The Promise of a Pencil (TT)</p> <p>10:45 Garden Club: Flower Pressing (LR)</p> <p>1:00 Song Burst: Complete the Lyric Game (TT)</p> <p>2:00 The Canvas Within: The Other Hand (LR)</p> <p>3:00 Yard Dice Games (TT)</p> <p>3:45 "America: The Story of Us" Episode 3 (TT)</p> <p>6:00 Historical Film (TT)</p>	<p>10:00 Friday Exercise Fun (TT)</p> <p>10:30 World Wildlife: Polar Bears & Climate Change (TT)</p> <p>11:00 Buzz Word Game (TT)</p> <p>1:00 Travelogue: Newfoundland (TT)</p> <p>2:00 Snack & Sing Karaoke (RA)</p> <p>3:00 Volleyball (LR)</p> <p>4:00 Gratitude Group: Positive Affirmations (TT)</p> <p>6:00 Comedy Movie (TT)</p>	<p>10:00 Rock 'n Exercise (TT)</p> <p>10:30 Senior Science: The Water Cycle (TT)</p> <p>11:00 Family Feud Game (TT)</p> <p>1:00 Bingo Extravaganza (LR)</p> <p>2:00 Garden Tea Party: Tea Towel Design (RA)</p> <p>3:00 Bocce (LR)</p> <p>4:00 Timeline Talk: Classic Summer Movies (TT)</p> <p>6:00 Concert Film (TT)</p>
<p>10:00 Live Stream Mass (TT)</p> <p>10:30 Rise & Reach Exercise (LR)</p> <p>11:00 History Jeopardy (LR)</p> <p>1:00 "How The States Got Their Shapes" Episode 3 (TT)</p> <p>1:30 Qigong with Marivic (GG)</p> <p>2:15 Mugs & Melodies (LR)</p> <p>3:00 Bucket Ball (LR)</p> <p>3:30 Bible Study (TT)</p> <p>6:00 Romantic Comedy (TT)</p>	<p>10:00 Morning Movement</p> <p>10:30 Monday Meditation: Guided Imagery (TT)</p> <p>10:45 Patio Chat: Celebrations (PG)</p> <p>1:00 Name That Tune: Country Classics (LR)</p> <p>2:00 Baking Club: Chocolate Mousse (B)</p> <p>3:00 Cornhole (LR)</p> <p>3:45 Virtual Tour: Iceland (LR)</p> <p>6:00 Hollywood Classic Movie (TT)</p>	<p>10:00 Sunrise Stretch (TT)</p> <p>10:30 Around CT: Mystic Seaport (LR)</p> <p>11:00 Art History: Starry Night, Van Gogh (LR)</p> <p>1:00 Resident Choir Rehearsal (E)</p> <p>2:00 Bingo Fun for All (LR)</p> <p>3:00 Ladder Ball (LR)</p> <p>3:45 "America 250 in CT: The '60s" (TT)</p> <p>6:00 Movie Musical (TT)</p>	<p>10:00 Chair Yoga (TT)</p> <p>10:30 Craft Club: Succulent Suncatchers (B)</p> <p>1:15 Rhythm is the Remedy (TT)</p> <p>2:00 The Snack Bar: Specialty Coffee (RA)</p> <p>3:00 Entertainment: Jenn Dispasio (E)</p> <p>4:00 How It's Made: Flip Flops (TT)</p> <p>6:00 Biographical Picture (TT)</p>	<p>10:00 Fitness Dice Exercise (TT)</p> <p>10:30 Book Club: The Promise of a Pencil (TT)</p> <p>10:45 Garden Club: Bird Feeder Creations (LR)</p> <p>1:00 Songwriting Circle (TT)</p> <p>2:00 The Canvas Within: Love You, Love Me (LR)</p> <p>3:00 Yard Dice Games (TT)</p> <p>3:45 "America: The Story of Us" Episode 4 (TT)</p> <p>6:00 Historical Film (TT)</p>	<p>10:00 Friday Exercise Fun (TT)</p> <p>10:30 World Wildlife: Dolphins & Freshwater (TT)</p> <p>11:00 Name 5 Game (TT)</p> <p>1:00 Travelogue: Williamsburg (TT)</p> <p>2:00 Snack & Sing Karaoke (RA)</p> <p>3:00 Volleyball (LR)</p> <p>4:00 Gratitude Group: Growth Mindset Poster Creations (TT)</p> <p>6:00 Comedy Movie (TT)</p>	<p>AD Christmas in July</p> <p>10:00 Jingle Bell Rock 'n Exercise (TT)</p> <p>10:30 Sea Glass Ornament Craft (TT)</p> <p>11:00 Finish the Carol Music Game (TT)</p> <p>1:00 Christmas in July Bingo (LR)</p> <p>2:00 Frozen Hot Chocolate Bar (RA)</p> <p>3:00 Nutcracker Ring Toss (LR)</p> <p>4:00 "A Charlie Brown Christmas" (TT)</p> <p>6:00 Concert Film (TT)</p>
<p>10:00 Live Stream Mass (TT)</p> <p>10:30 Rise & Reach Exercise (LR)</p> <p>11:00 Music Jeopardy (LR)</p> <p>1:00 "How The States Got Their Shapes" Episode 4 (TT)</p> <p>2:15 Mugs & Melodies (LR)</p> <p>3:00 Velcro Target Toss (LR)</p> <p>3:30 Bible Study (TT)</p> <p>6:00 Romantic Comedy (TT)</p>	<p>10:00 Morning Movement</p> <p>10:30 Monday Meditation: Loving-Kindness (TT)</p> <p>10:45 Patio Chat: Accomplishments (PG)</p> <p>1:00 Name That Tune: Food & Drink (LR)</p> <p>2:00 Baking Club: Coffee Ice Cream (B)</p> <p>3:00 Cornhole (LR)</p> <p>4:00 Virtual Tour: Rome (LR)</p> <p>6:00 Hollywood Classic Movie (TT)</p>	<p>10:00 Sunrise Stretch (TT)</p> <p>10:30 Music with Maggie (LR)</p> <p>1:00 Ukulele with Bridget: Folk Favorites (LR)</p> <p>2:00 Bingo Fun for All (LR)</p> <p>3:00 Ladder Ball (LR)</p> <p>3:45 "America 250 in CT: Keep 'Em Flying" (TT)</p> <p>6:00 Movie Musical (TT)</p>	<p>10:00 Chair Yoga (TT)</p> <p>10:30 Craft Club: Beaded Sunglasses (B)</p> <p>1:15 Memory Lane Melodies (TT)</p> <p>2:00 The Snack Bar: Milkshakes (RA)</p> <p>3:00 Putting Green Tournament (LR)</p> <p>4:00 How It's Made: Sunglasses (TT)</p> <p>6:00 Biographical Picture (TT)</p>	<p>10:00 Fitness Dice Exercise (TT)</p> <p>10:30 Book Club: The Promise of a Pencil (TT)</p> <p>10:45 Garden Club: Rain Drums (LR)</p> <p>1:00 Song Burst: Complete the Lyric Game (TT)</p> <p>2:00 The Canvas Within: Perfect Day (LR)</p> <p>3:00 Yard Dice Games (TT)</p> <p>3:45 "America: The Story of Us" Episode 5 (TT)</p> <p>6:00 Historical Film (TT)</p>	<p>10:00 Friday Exercise Fun (TT)</p> <p>10:30 World Wildlife: Elephants & Environment (TT)</p> <p>11:00 Which Came First? (TT)</p> <p>1:00 Travelogue: Sahara Desert (TT)</p> <p>2:00 Snack & Sing Karaoke (RA)</p> <p>3:00 Volleyball (LR)</p> <p>4:00 Gratitude Group: Artful Appreciation (TT)</p> <p>6:00 Comedy Movie (TT)</p>	

Happy Birthday!

Roger L. - 26th



Locations

B = Bistro
 E = Encore Bar & Lounge
 GG = Gym
 KA = Kitchen Area
 LR = Living Room
 ML = Main Lobby
 OT = Out Trip
 PG = Patio Garden
 RA = Restaurant Area
 TT = Theatre