

July 2026

Alto Wheaton Ensemble



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:30 Spa with Care (GR) 1</p> <p>9:45 Chronicle & News (BR)</p> <p>10:30 Deacon Dan Communion (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>11:00 Jane's Devotions (BR)</p> <p>1:30 Word Brain Games (BR)</p> <p>3:30 Happy Hour (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 2</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Toss and Talk (BR)</p> <p>2:30 Ice Cream Social (GR)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 3</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:45 Garden Club (P)</p> <p>2:30 Heather Singer (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>AD USA BIRTHDAY 4</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>2:00 Rick Steves Travel (SK)</p> <p>3:00 Balloon Games (SK)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>
<p>9:30 Spa with Care (GR) 5</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Balloon Volleyball (SK)</p> <p>11:00 Seated Yoga Stretching (BR)</p> <p>1:30 Sing Along (GR)</p> <p>2:30 Creative Crafts (GR)</p> <p>3:30 Bingo (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 6</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Baking with Jeanne (SK)</p> <p>2:30 Garden Club (GR)</p> <p>3:00 World Tour (GR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 7</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Scenic Bus Trip (O)</p> <p>2:45 Songs & Senses (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 8</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>10:50 Manicures with Mya (SK)</p> <p>11:00 Jane's Devotions (BR)</p> <p>1:30 Word Brain Games (BR)</p> <p>3:30 Happy Hour (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 9</p> <p>9:45 Chronicle & News (BR)</p> <p>11:00 Exercise with Dave (BR)</p> <p>1:30 Toss and Talk (BR)</p> <p>2:30 Ice Cream Social (GR)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 10</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:45 Garden Club (P)</p> <p>2:00 Hand Massage w/ Annie (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:45 Chronicle & News (BR) 11</p> <p>10:45 Exercise with Us! (BR)</p> <p>2:00 Rick Steves Travel (SK)</p> <p>3:00 Balloon Games (SK)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>
<p>9:30 Spa with Care (GR) 12</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Balloon Volleyball (SK)</p> <p>11:00 Seated Yoga Stretching (BR)</p> <p>1:30 Sing Along (GR)</p> <p>2:30 Creative Crafts (GR)</p> <p>3:30 Bingo (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 13</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Baking with Jeanne (SK)</p> <p>2:30 Garden Club (GR)</p> <p>3:00 World Tour (GR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 14</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Trips & Tales w/ Tommy (O)</p> <p>2:45 Songs & Senses (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 15</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>11:00 Jane's Devotions (BR)</p> <p>1:30 Word Brain Games (BR)</p> <p>2:30 Rick Pickren Singer (BR)</p> <p>3:30 Happy Hour (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 16</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Toss and Talk (BR)</p> <p>2:30 Ice Cream Social (GR)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 17</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:45 Garden Club (P)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:45 Chronicle & News (BR) 18</p> <p>10:45 Exercise with Us! (BR)</p> <p>2:00 Rick Steves Travel (SK)</p> <p>2:30 Ruth on Piano (BR)</p> <p>3:00 Balloon Games (SK)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>
<p>9:30 Spa with Care (GR) 19</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Balloon Volleyball (SK)</p> <p>11:00 Seated Yoga Stretching (BR)</p> <p>1:30 Sing Along (GR)</p> <p>2:30 Creative Crafts (GR)</p> <p>3:30 Bingo (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 20</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Baking with Jeanne (SK)</p> <p>1:30 John Boda Singing (BR)</p> <p>2:30 Garden Club (GR)</p> <p>3:00 World Tour (GR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 21</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Trips & Tales w/ Tommy (O)</p> <p>2:45 Songs & Senses (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 22</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>10:50 Manicures with Mya (SK)</p> <p>11:00 Jane's Devotions (BR)</p> <p>1:30 Word Brain Games (BR)</p> <p>3:30 Happy Hour (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 23</p> <p>9:45 Chronicle & News (BR)</p> <p>11:00 Exercise with Dave (BR)</p> <p>1:30 Toss and Talk (BR)</p> <p>2:30 Ice Cream Social (GR)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 24</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:45 Garden Club (P)</p> <p>2:30 Devin Star on Piano (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:45 Chronicle & News (BR) 25</p> <p>10:45 Exercise with Us! (BR)</p> <p>2:00 Rick Steves Travel (SK)</p> <p>3:00 Balloon Games (SK)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>
<p>9:30 Spa with Care (GR) 26</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Balloon Volleyball (SK)</p> <p>11:00 Seated Yoga Stretching (BR)</p> <p>1:30 Sing Along (GR)</p> <p>2:30 Creative Crafts (GR)</p> <p>3:30 Bingo (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 27</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Baking with Jeanne (SK)</p> <p>2:30 Garden Club (GR)</p> <p>3:00 World Tour (GR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 28</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:30 Trips & Tales w/ Tommy (O)</p> <p>2:45 Songs & Senses (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 29</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>11:00 Jane's Devotions (BR)</p> <p>1:30 Word Brain Games (BR)</p> <p>3:30 Happy Hour (BR)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 30</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:20 Tim Wilsey Music (BR)</p> <p>2:30 Ice Cream Social (GR)</p> <p>3:30 Virtual Concerts (SK)</p> <p>6:00 Classic Movies (SK)</p>	<p>9:30 Spa with Care (GR) 31</p> <p>9:45 Chronicle & News (BR)</p> <p>10:45 Exercise with Us! (BR)</p> <p>1:45 Garden Club (P)</p> <p>6:00 Classic Movies (SK)</p>	

Happy Birthday!

Nancy S.
Thursday 9th

Robert "Bob" N.
Wednesday 15th

Gayle P.
Sunday 26th

Locations

Green Room = GR
Blue Room = BR
Saphire Kitchen = SK
Patio + P
Outing = O

July 2026

Alto Wheaton Senior Living

Alto

Senior Living by Allegro

Happy Birthday!



Dan G. – July 1st

Kay L. – July 12th

Joyce O. – July 18th

Locations

- 1 = 1st Floor
- 2 = 2nd Floor Hallway
- 3 = 3rd Floor Hallway
- 4 = 4th Floor
- AR = Activity Room
- B = Bistro
- DR = Dining Room
- FL = Front Lobby
- G = Gazebo
- L = Library
- P = Outdoor Patio
- O = Outing
- T = Theater

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Walking Club (FL) 1 10:00 Catholic Communion w/ Dcn Dan (AR) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 2:30 Bingo Bonanza! (AR) 3:30 Jeopardy Watch Party (T) EV The Chef's Table - Dinner Experience (DR) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 2 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 "Fill in the Blank" Game (AR) 2:30 Agatha Christie: Living History (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 3 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise - Weights (AR) 1:00 Rumikub (B) 2:30 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	AD Happy Fourth of July! 4 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 Bunco Dice Game (AR) 2:00 Rockin' Fun Patriotic Show with Katherine (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 5 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 6 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:00 Bunco Dice Game (AR) 1:30 Guided Meditation (T) 2:00 Light Painting: Creative Experience (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 7 11:00 Walgreens Shopping Outing (O) 11:00 White Board Puzzles (AR) 11:30 Cardio Drumming (AR) 1:00 Rumikub Game (B) 2:30 Patio Mini Golf (P) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	9:30 Walking Club (FL) 8 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 1:00 Quiddler (AR) 2:30 Root Beer Floats on the Patio (P) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 9 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 "Fill in the Blank" Game (AR) 1:30 Rosary Group (T) 2:30 Jack Miuccio Live! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 10 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise - Weights (AR) 1:00 Rumikub (B) 1:30 Communion w. Rev. Joanne (T) 2:30 Happy Hour with N' Soul Sing (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 11 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 Bunco Dice Game (AR) 2:00 Saturday Bingo (AR) 3:15 Tea, Cookies, & Conversation (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 12 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Isa (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 13 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:00 Bunco Dice Game (AR) 1:30 Guided Meditation (T) 2:30 Penny Auction (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 14 11:00 Scenic Drive & Ice cream (O) 11:00 White Board Puzzles (AR) 11:30 Cardio Drumming (AR) 1:00 Rumikub Game (B) 2:15 Manicures with Lifestyle (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	AD Library Drop off Day 15 9:30 Walking Club (FL) 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 1:00 Quiddler (AR) 2:30 Wheelchair Walker Wash (FL) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 16 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 "Fill in the Blank" Game (AR) 2:30 The Acousticats - Live Music (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 17 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise with Queen Ash (AR) 1:00 Rumikub (B) 2:30 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 18 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 Bunco Dice Game (AR) 2:00 Saturday Bingo (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 19 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Isa (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 20 11:00 Trivia Questions (AR) 11:30 Exercise with Legacy (AR) 1:00 Bunco Dice Game (AR) 1:30 Guided Meditation (T) 2:00 Bingo Bonanza! (AR) 3:00 Resident Council Meeting (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Music for the Ages: Kid's Program (AR) 21 11:30 Cardio Drumming (AR) 12:00 Bring In Lunch (AR) 1:00 Rumikub Game (B) 2:30 Monthly Donuts w/ Chef (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	9:30 Walking Club (FL) 22 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise- Weights (AR) 1:00 Book Club Meeting (T) 1:00 Quiddler (AR) 2:00 Bingo Bonanza! (AR) 3:00 Activity Planning Meeting (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 23 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 "Fill in the Blank" Game (AR) 1:30 Rosary Group (T) 2:30 Live Guitar: Gavin (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 24 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise with Queen Ash (AR) 1:00 Rumikub (B) 1:30 Communion w. Rev. Joanne (T) 2:30 Christmas in July Happy Hour (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 25 11:00 Trivia Questions (AR) 11:30 Seated Exercise - Bands (AR) 1:00 Bunco Dice Game (AR) 2:00 Saturday Bingo with Lina (AR) 6:00 Movie Night (T)
11:00 Trivia with Jeanne (AR) 26 11:30 Chair Volleyball (AR) 2:00 Ice Cream Social (B) 2:00 Sunday Bingo with Isa (AR) 2:30 Afternoon Documentary (T) 3:00 Gin Rummy Card Club (AR) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 27 11:00 Trivia Questions (AR) 11:30 Health Talk with Legacy (AR) 1:00 Bunco Dice Game (AR) 1:30 Guided Meditation (T) 2:30 John Boda Presents: Judy Garland (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:30 Morning Reflections (AR) 28 11:00 White Board Puzzles (AR) 11:30 Out to Lunch Outing (O) 11:30 Sit & Tone with David (AR) 1:00 Rumikub Game (B) 2:15 Manicures with Lifestyle (AR) 3:30 Jeopardy Watch Party (T) 6:00 After Dinner Poker Club (AR) 6:00 Movie Night (T)	9:30 Walking Club (FL) 29 10:30 Morning Reflections (AR) 11:00 Video Trivia (AR) 11:30 Seated Exercise with Queen Ash (AR) 1:00 Book Club Meeting (T) 1:00 Quiddler (AR) 2:30 Universal Yum Snacks (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	10:00 Good News & Views (AR) 30 10:30 Morning Reflections (AR) 11:00 Trivia Questions (AR) 11:30 Sit & Tone with David (AR) 1:00 "Fill in the Blank" Game (AR) 2:30 Tim Wilsey Presents (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	9:30 Walking Club! (FL) 31 10:30 Morning Reflections (AR) 11:00 White Board Puzzles (AR) 11:30 Seated Exercise with Queen Ash (AR) 1:00 Rumikub (B) 2:30 Happy Hour! (AR) 3:30 Jeopardy Watch Party (T) 6:00 Movie Night (T)	