

July 2026
Independent & Assisted Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HERITAGE AT IRENE WOODS <i>A Rose Senior Living Community</i> 			Celebrate USA: Wear Red 1 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 🌿 Bridge - Led by Residents [L] 10:00 ➡ Exercise with Activity Staff [ER] 10:15 ❤️ Soothe Your Senses Spa [TH] 11:00 🌿 Poker - Led by Residents [P] 1:00 🏠 Blood Pressure Check w/ Power Back Rehab [CR] 1:15 🌿 Words in a Word w/ Sierra [B] 2:00 🏠 Bloom Buddies [CR] 2:00 ➡ Swat Ball [ER2] 2:00 🌿 Veterans of Heritage Monthly Meeting [P] 3:00 🌿 Social Hour [TEL] 3:15 🌿 Billiards & Tabletop Shuffleboard [901] 6:00 🏠 Series: "Downton Abbey" S4, E9 & S5, E1 [TH]	Celebrate USA: Wear White 2 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 🌿 Exploring Philly: Independence Hall, Liberty Bell & America's Oldest Street [TH] 10:00 ❤️ Morning Reset [ER2] 10:20 🏠 Tim the Produce Man [FL] 11:30 🏠 Walmart [BO] 1:15 ➡ Wii Bowling with Activity Staff [901] 2:00 ➡ Chair Yoga 1 [ER2] 2:15 🌿 U.S.A Trivia w/ Heaven-Leigh [TH] 3:00 🌿 Social Hour [P] 3:30 🌿 Bingo [CR] 6:00 🏠 Movie: "South Pacific" [TH]	Celebrate USA: Wear Blue 3 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ➡ Exercise with Powerback [ER] 10:15 🌿 History: 13 American Colonies Declare Independence [TH] 11:00 🌿 Poker - Led by Residents [P] 12:45 🌿 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 2:00 🌿 Patriotic Live Music w/ Tim the Piano Man [CR] 3:00 🌿 Kings in the Corner - Led by Residents [CR] 3:00 🏠 Rick Steves' Travels [TH] 6:00 🏠 Movie: "Rocky" [TH] 6:30 🌿 Mexican Train Dominoes - Led by Residents [L]	Celebrate USA: Wear Red, White, & Blue 4 Independence Day 9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🏠 Daily Bread Devotional & Hymns [TH] 11:00 🌿 4th of July Cookout [GDR] 1:30 🏠 Movie: "Independence Day" [TH] 2:00 ➡ Wii Bowling with Activity Staff [901] 3:00 🌿 Games in the Bistro with Cait [B]
9:15 🌿 Perk Up & Chat [B] 11:00 🏠 Catholic Services [CH] 1:30 🌿 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 🌿 Bridge - Led by Residents [L] 2:00 🏠 Church Service w/ Pete Trimble [CH] 5	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 ❤️ Perk up & Chat with Activity Staff [B] 10:00 🏠 Bank Run [BO] 10:00 ➡ Exercise with Powerback [ER] 11:00 🌿 Poker - Led by Residents [P] 12:30 ➡ Wii Bowling w/ Activity Staff [901] 1:30 🏠 Resident Council [CH] 2:00 🌿 Mahjong - Led by Residents [P] 2:00 🏠 Podiatry Sessions w/ Dr. Ashbury (See Front Desk for Sign-up & Payment) 2:30 ❤️ Soothe Your Senses Spa [TH] 3:00 🌿 Social Hour [TEL] 6:00 🌿 Bingo Fun w/ Sierra [CR] 6:00 🏠 Series: "Golden Girls" S3, E3, 4, 5, & 6 [TH] 6	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🏠 Bible Study with Lee [CR] 10:00 ❤️ Morning Reset [ER2] 11:00 🏠 Catholic Service [CH] 11:30 🏠 Kroger [BO] 12:30 🏠 Sunshine Club [AS] 1:00 🌿 Kings in the Corner with Activity Staff [CR] 2:00 ➡ Chair Yoga 1 [ER2] 2:15 🌿 Strawberry Sundae Social [B] 3:00 🌿 Social Hour [P] 3:30 🌿 Bingo [CR] 6:00 🏠 Movie: "The Star" [TH] 7	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 🌿 Bridge - Led by Residents [L] 10:00 ➡ Exercise with Activity Staff [ER] 10:30 🏠 Lunch Outing: Memphis BBQ Company 11:00 🌿 Poker - Led by Residents [P] 11:30 🏠 Assisted Living Chit Chat w/ Sam [ADR] 1:30 🏠 Chit Chat w/ Sam & Leadership [CH] 2:00 🏠 Bloom Buddies [CR] 2:00 ➡ Swat Ball [ER2] 2:15 🏠 Movie Committee [TH] 2:30 🌿 Book Club - Led by Residents [L] 3:00 🌿 Social Hour [TEL] 3:15 🌿 Rummikub w/ Activity Staff [B] 6:00 🏠 Series: "Downton Abbey" S5, E2 & 3 [TH] 8	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🌿 Arm Chair Travels: Exploring the Everglades [TH] 10:00 ❤️ Morning Reset [ER2] 10:20 🏠 Tim the Produce Man [FL] 11:30 🏠 Dollar Tree [BO] 12:30 🌿 Crochet & Knit Circle w/ Sierra [AS] 1:15 ➡ Wii Bowling with Activity Staff [901] 2:00 ➡ Chair Yoga 1 [ER2] 2:15 🌿 Creative Arts: Blessing Bracelets [AS] 3:00 🌿 Social Hour [P] 3:30 🌿 Bingo [CR] 6:00 🏠 Movie: "Father Goose" [TH] 9	9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ➡ Exercise with Powerback [ER] 10:15 🌿 History: The World at War - John F. Kennedy [TH] 11:00 🌿 Poker - Led by Residents [P] 12:45 🌿 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 1:00 🏠 Ambassador Committee [P] 1:15 🏠 Activity Planning & Brainstorming with Sierra [CH] 2:00 🌿 Happy Hour w/ Brandon Cunning [CR] 3:00 🌿 Kings in the Corner - Led by Residents [CR] 3:00 🏠 Rick Steves' Travels [TH] 6:00 🏠 Movie: "The Wizard of Oz" [TH] 6:30 🌿 Mexican Train Dominoes - Led by Residents [L] 10	9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🏠 Daily Bread Devotional & Hymns [TH] 11:00 🏠 Visiting in Memory Care [FL] 12:30 🌿 Creative Arts: Personalized Tote Bag Design [AS] 12:30 🌿 Hand and Foot - Led by Residents [P] 1:30 🏠 Movie: "Labyrinth" [TH] 2:00 ➡ Wii Bowling with Activity Staff [901] 3:00 🌿 Chicken Foot with Heaven-Leigh [CR] 11
9:15 🌿 Perk Up & Chat [B] 11:00 🏠 Catholic Services [CH] 1:30 🌿 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 🌿 Bridge - Led by Residents [L] 2:00 🏠 Church Service w/ Mark Whitby [CH] 12	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🏠 Bank Run [BO] 10:00 ➡ Exercise with Powerback [ER] 11:00 🌿 Poker - Led by Residents [P] 12:00 🌿 Chicken Foot w/ Heaven-Leigh [CR] 1:15 ➡ Wii Bowling w/ Activity Staff [901] 1:30 🏠 Food Committee [CH] 2:00 🌿 Mahjong - Led by Residents [P] 2:00 ➡ Swat Ball [ER2] 3:00 🌿 Social Hour [TEL] 6:00 🏠 Series: "Golden Girls" S3, E7, 8, 9, & 10 [TH] 13	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🏠 Bible Study with Lee [CR] 10:00 ❤️ Morning Reset [ER2] 11:00 🏠 Catholic Service [CH] 11:30 🏠 Kroger [BO] 12:30 🏠 Sunshine Club [AS] 1:00 🌿 Kings in the Corner w/ Activity Staff [CR] 2:00 ➡ Chair Yoga 1 [ER2] 2:15 ❤️ Strut Your Stuff [CR] 3:00 🌿 Social Hour [P] 3:30 🌿 Bingo [CR] 6:00 🏠 Movie: "Catch Me If You Can" [TH] 14	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 🌿 Bridge - Led by Residents [L] 10:00 ➡ Exercise with Activity Staff [ER] 11:00 🌿 Poker - Led by Residents [P] 11:00 🌿 Resident Appreciation Lunch [GDR] 1:00 🏠 Blood Pressure Check w/ Power Back Rehab [CR] 1:30 ➡ Swat Ball [ER2] 2:00 🏠 Bloom Buddies [CR] 3:00 🌿 New Resident Meet & Greet [CR] 6:00 🏠 Series: "Downton Abbey" S5, E4 & 5 [TH] 15	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🏠 Monthly Forever Young Veterans Meeting [BO] 10:00 ❤️ Morning Reset [ER2] 10:00 🏠 Rick Steves' Special: Luther and the Reformation [TH] 10:20 🏠 Tim the Produce Man [FL] 11:30 🏠 Walmart [BO] 12:30 🌿 Creative Arts: Zen Canvas Coloring [CR] 1:15 ➡ Wii Bowling with Activity Staff [901] 2:00 ➡ Chair Yoga 1 [ER2] 2:15 🌿 Jeopardy with Cait [TH] 3:00 🌿 Social Hour [P] 3:30 🌿 Bingo [CR] 4:00 🏠 Fancy Dinner Night [GDR] 6:00 🏠 Movie: "The Angel and the Badman" [TH] 16	National Tattoo Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ➡ Exercise with Powerback [ER] 10:00 🏠 Lunch Outing: The Butcher Shop [BO] 11:00 🌿 Poker - Led by Residents [P] 12:45 🌿 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 1:00 🏠 Temporary Tattoo Shop [CR] 2:00 🌿 Happy Hour w/ Creative Aging [CR] 3:00 🏠 Resident Appreciation Raffle Drawing [CR] 3:00 🏠 Rick Steves' Travels [TH] 6:00 🏠 Movie: "Rocky II" [TH] 6:30 🌿 Mexican Train Dominoes - Led by Residents [L] 17	9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🏠 Daily Bread Devotional & Hymns [TH] 11:00 🏠 Visiting in Memory Care [FL] 12:30 🌿 Creative Arts: Christmas in July Card Making [AS] 1:30 🏠 Movie: "First Wives Club" [TH] 2:00 ➡ Wii Bowling with Activity Staff [901] 2:30 ➡ Chair Yoga 2 - Led by Residents [ER2] 3:00 🌿 Games in the Bistro with Cait [B] 18

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 🌿 Perk Up & Chat [B] 11:00 🦋 Catholic Services [CH] 11:00 🌿 Sunday Brunch [GDR] 1:30 🧩 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 🧩 Bridge - Led by Residents [L] 2:00 🦋 Church Service w/ Peace Tree [CH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 ❤️ Perk up & Chat with Activity Staff [B] 10:00 🚗 Bank Run [BO] 10:00 ↔ Exercise with Powerback [ER] 11:00 🧩 Poker - Led by Residents [P] 1:00 🦋 Library Committee [L] 1:15 ↔ Wii Bowling w/ Activity Staff [901] 2:00 🧩 Mahjong - Led by Residents [P] 2:30 ❤️ Soothe Your Senses Spa [TH] 3:00 🌿 Social Hour [TEL] 6:00 🎥 Series: "Golden Girls" S3, E 11, 12, 13, & 14 [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🦋 Bible Study with Lee [CR] 10:00 ❤️ Morning Reset [ER2] 11:00 🦋 Catholic Service [CH] 11:30 🚗 Kroger [BO] 12:30 🦋 Sunshine Club [AS] 1:00 🧩 Kings in the Corner w/ Activity Staff [CR] 2:00 ↔ Chair Yoga 1 [ER2] 2:15 🧩 Trivia with Activity Staff [TH] 3:00 🌿 Social Hour [P] 3:30 🧩 Bingo [CR] 6:00 🎥 Movie: "Death on the Nile" [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 9:30 🚗 Casino Outing: Jackpot [BO] 10:00 🧩 Bridge - Led by Residents [L] 10:00 ↔ Exercise with Activity Staff [ER] 11:00 🧩 Poker - Led by Residents [P] 11:30 🦋 Assisted Living Chit Chat w/ Sam [ADR] 1:30 🦋 Chit Chat w/ Sam & Leadership [CH] 2:00 🦋 Bloom Buddies [CR] 2:00 ↔ Swat Ball [ER2] 3:00 🌿 Social Hour [TEL] 3:15 🧩 Rummikub w/ Activity Staff [B] 6:00 🎥 Series: "Downton Abbey" S5, E6 & 7 [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🧩 Arm Chair Travels: New Jersey [TH] 10:00 ❤️ Morning Reset [ER2] 10:20 🦋 Tim the Produce Man [FL] 11:30 🚗 Shopping Outing: Aldi [BO] 12:30 🧩 Crochet & Knit Circle w/ Sierra [AS] 1:15 ↔ Wii Bowling with Activity Staff [901] 2:00 ↔ Chair Yoga 1 [ER2] 2:15 🧩 The Price is Right [CR] 3:00 🌿 Social Hour [P] 3:30 🧩 Bingo [CR] 6:00 🎥 Movie: "The Professionals" [TH]	9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ↔ Exercise with Powerback [ER] 10:15 🧩 History: The First Voyage to the Moon [TH] 11:00 🧩 Poker - Led by Residents [P] 12:45 🧩 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 2:00 🌿 Happy Hour Sing-a-long [TH] 3:00 🧩 Kings in the Corner - Led by Residents [CR] 3:00 🎥 Rick Steves' Travels [TH] 6:00 🎥 Movie: "For Whom the Bell Tolls" [TH] 6:30 🧩 Mexican Train Dominoes - Led by Residents [L]	9:00 🌿 Staff AL Room Visits Throughout the Day 10:00 🦋 Daily Bread Devotional & Hymns [TH] 11:00 🦋 Visiting in Memory Care [FL] 12:30 🧩 Creative Arts: Flowery Keychains [AS] 12:30 🧩 Hand and Foot - Led by Residents [P] 1:30 🎥 Movie: "American Graffiti" [TH] 2:00 ↔ Wii Bowling with Activity Staff [901] 3:00 🌿 Saturday Bingo [CR]
National Parents' Day 9:15 🌿 Perk Up & Chat [B] 11:00 🦋 Catholic Services [CH] 1:30 🧩 Coloring & Jigsaw Puzzles - Led by Residents [AS] 2:00 🧩 Bridge - Led by Residents [L] 2:00 🦋 Gospel Music w/ Johnson & Johnson [CR]	National Korean War Veterans Armistice Day 9:00 🦋 Flag Ceremony for National Korean War Veterans Armistice Day [FL] 9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🚗 Bank Run [BO] 10:00 ↔ Exercise with Powerback [ER] 11:00 🧩 Poker - Led by Residents [P] 12:00 🧩 Chicken Foot with Activity Staff [CR] 1:15 ↔ Wii Bowling w/ Activity Staff [901] 2:00 ↔ Basketball Madness [CR] 2:00 🧩 Mahjong - Led by Residents [P] 3:00 🌿 Social Hour [TEL] 4:00 🚗 Dinner Outing: Cracker Barrel [BO] 6:00 🎥 Series: "Golden Girls" S3, E15, 16, 17, & 18 [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 🦋 Bible Study with Lee [CR] 10:00 ❤️ Morning Reset [ER2] 11:00 🦋 Catholic Service [CH] 11:30 🚗 Kroger [BO] 12:30 🦋 Sunshine Club [AS] 1:00 🧩 Kings in the Corner w/ Activity Staff [CR] 2:00 ↔ Chair Yoga 1 [ER2] 2:15 🧩 Words in a Word w/ Sierra [TH] 3:00 🌿 Social Hour [P] 3:30 🧩 Bingo [CR] 6:00 🎥 Movie: "And Then There Were None" [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat w/ Activity Staff [B] 10:00 🧩 Bridge - Led by Residents [L] 10:00 ↔ Exercise with Activity Staff [ER] 10:15 ❤️ Soothe Your Senses Spa [TH] 11:00 🧩 Poker - Led by Residents [P] 1:30 🦋 Bloom Buddies [CR] 1:30 ↔ Swat Ball [ER2] 2:30 🧩 Kings in the Corner - Led by Residents [CR] 3:00 🌿 Social Hour [TEL] 3:15 🧩 Billiards & Tabletop Shuffleboard [901] 6:00 🎥 Series: "Downton Abbey" S5, E8 & 9 [TH]	9:00 🌿 Staff AL Room Visits Throughout the Day 9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ❤️ Morning Reset [ER2] 10:00 🧩 Rick Steves' Special: European Festivals [TH] 10:20 🦋 Tim the Produce Man [FL] 11:30 🚗 Shopping Outing: Burlington [BO] 12:30 🧩 Lunar Moth Canvas Painting w/ Deb [CR] 1:15 ↔ Wii Bowling with Activity Staff [901] 2:00 ↔ Chair Yoga 1 [ER2] 2:15 🧩 Jeopardy with Cait [TH] 3:00 🌿 Social Hour [P] 3:30 🧩 Bingo [CR] 6:00 🎥 Movie: "Evil Under the Sun" [TH]	9:15 🌿 Perk Up & Chat with Activity Staff [B] 10:00 ↔ Exercise with Powerback [ER] 10:15 🧩 History: Ancient Greece [TH] 11:00 🧩 Poker - Led by Residents [P] 12:45 🧩 Computer & Technology Basics w/ Heaven-Leigh [L] 12:45 🌿 Staff AL Room Visits (until 2:00 PM) 2:00 🌿 Birthday Bash w/ Creative Aging [CR] 3:00 🧩 Kings in the Corner - Led by Residents [CR] 3:00 🎥 Rick Steves' Travels [TH] 6:00 🎥 Movie: "Captain Horatio Hornblower" [TH] 6:30 🧩 Mexican Train Dominoes - Led by Residents [L]	Please contact Sierra Mobley, Director of Life Enrichment, with any questions regarding activities by calling (901) 509-6040

901 Game Rm
AL Dining Rm
Art Studio
Bistro
Bus Outing
Chapel
Club Rm
Exercise Rm

Location Keys

901 Exercise Rm #2
ADR Front Lobby
AS Grand Dining Rm
B Library
BO Pub
CH The Evergreen Lounge
CR Theater
ER

ER2
FL
GDR
L
P
TEL
TH

- ❤️ Emotional
- 🦋 Health Services
- 🧩 Intellectual
- 🚗 Outing
- ↔ Physical
- 💡 Purposeful/Vocational
- 🌿 Social
- 🦋 Spiritual
- 🎥 Video

Sign up at the Front Desk as soon as possible for all outings and activities in **black bold lettering** you may want to attend regardless of commitment. This will help Activities in planning accordingly.

“Freedom is not worth having if it does not include the freedom to make mistakes.”
— Mohandas Gandhi