July 2026

Sunny Cove Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP **2:00 Out and About Bomb Pop Social on the Patio-PE** **6:00 Wood Working Group-CE**	**2** 10:00 Table Game-CE 11:00 Patriotic Music Exercise-PE 1:45 Rosary-YM **2:30 Fireworks Painting-ART** **3:30** Physical Task Group-PE	**3** 10:00 Table Game-CE 11:00 Chair Yoga-YM **1:45 Fourth of July History Presentation and Cupcakes-CE** **6:00 Patriotic Coloring Group-ART** **RED WHITE AND BLUE DRESS-UP DAY**	**4** 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE **RED WHITE AND BLUE DRESS-UP DAY**
			Weekly theme- America's 250th Birthday			
5 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! **6:00 Movie Night and popcorn: *It's a Wonderful Life***	**6** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Model Making-CE** 3:30 Christmas Music Singalong-CE **6:00 Balloon Ball with Music-PE**	**7** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Christmas Cookie Social with Maintenance** 3:30 Relaxation Hour with peppermint tea and Christmas instrumentals- **SM**	**8** 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP 2:00 Out and About-PE **3:00 Music with Steve-MP** **6:00 Wood Working Group-CE**	**9** 10:00 Table Game-CE 11:00 Christmas Music Exercise-PE 1:45 Rosary-YM **2:30 Surfing Santa-ART** **3:30** Physical Task Group-PE	**10** 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game-CE **6:00 Christmas in July Coloring Group-ART** **CHRISTMAS DRESS-UP DAY**	**11** 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
			Weekly theme- Christmas in July			
12 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! **6:00 Movie Night and popcorn: *The Sandlot***	**13** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Cooking Class (make your own snow cones on the patio-CE)** 3:30 Classic Country Singalong-CE **6:00 Balloon Ball with Music-PE**	**14** 10:00 Table Game-CE **10:30 Brandy the dog visits!** **2:00 Model Making-CE** 3:30 Relaxation Hour and Manicures-SM	**15** 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP **2:00 National Hot Dog Day! (hot dogs and sodas on the patio)** **6:00 Wood Working Group-CE**	**16** 10:00 Table Game-CE 11:00 Tennis Racket Exercise-PE 1:45 Rosary-YM **2:30 Cook Out Collage-ART** **3:30** Physical Task Group-**PE**	**17** 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE **6:00 Summer Cookout Coloring Group-**	**18** 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
			Weekly theme- Summer cookout			
19 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! **6:00 Movie Night and popcorn: *50 First Dates***	**20** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Beach Boys and Hawaiian Karaoke-SM** **6:00 Balloon Ball with Music-PE**	**21** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Cooking Class: Fruit Salad-CE** 3:30 Relaxation Hour with cucumber infused water-SM	**22** 10:00 Catholic Service-MP 10:15 Table Game-CE **11:00 Water Balloon Fight on the patio!!** 1:30 Protestant Service-MP **2:00 Out and About-PE** **3:00 Music with Steve-MP** **6:00 Wood Working Group-CE**	**23** 10:00 Table Game-CE 11:00 Luau Seated Dance Exercise-PE 1:45 Rosary-YM **2:30 Hawaiian Luau Painting-ART** **3:30** Physical Task Group-**PE**	**24** 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE **6:00 Hawaiian Coloring Group-ART** **LUAU DRESS-UP DAY**	**25** 10:30 Table Game-CE 11:00 Exercise-PE 2:00 BINGO-CE
			Weekly theme- Beach luau			
26 10:00 Church Video-MP 11:00 Exercise-PE 2:30 Root Beer Floats! **6:00 Movie Night and popcorn: *Blue Hawaii***	**27** 10:00 Table Game-CE 11:00 Exercise-PE **2:00 Shark BINGO-CE** 3:30 Singalong-CE **6:00 Balloon Ball with Music-PE**	**28** 10:00 Table Game-CE 11:00 Shark Attack Exercise-PE **2:00 Hammer Head Shark-ART** 3:30 Relaxation Hour with ocean sounds-SM	**29** 10:00 Catholic Service-MP 10:15 Table Game-CE 11:00 Exercise-PE 1:30 Protestant Service-MP **2:00 Out and About-PE** **6:00 Wood Working Group-CE**	**30** 10:00 Table Game-CE 11:00 Pool Noodle Exercise-PE 1:45 Rosary-YM **2:30 Beach Sand Pudding Cups-ART** **3:30** Physical Task Group-**PE**	**31** 10:00 Table Game-CE 11:00 Chair Yoga-YM 1:45 Out and About-PE 2:30 Table Game- CE **6:00 Shark Coloring Group-ART** **OCEAN THEME DRESS-UP DAY**	
			Weekly theme- Discover shark week			

ART- Art Program
CE- Cognitive Exercise
MP- Musical Program
PE- Physical Exercise
YM/SM- Yoga/Meditation/Stress Management