July 2026

Pulaski Health Care Center Activity Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
C-Café **RL-Resident Lounge** **BS-Beauty Shop** **O-Outdoors**			1 (RL)9:30-Exercise (C)10:00-Adult Coloring (O)11:00-Outdoor Time (RL)1:30-Wii Bowling (C)2:30-Crochet Club (C)3:30-UMC Church Service	2 America's 250th Celebration! (RL)9:30-Exercise 10:00-**Staff Game** 10:00-Bird & Fish Care (C)10:30-**Red, White & Roll Dice Game** 12:00-**COOK OUT** (RL)1:30-**Never Have I Ever/ What's Your Patriotic Name** 2:00-**Staff Game** (C)2:30-Yahtzee (RL)3:30-Sensory Video	3 (RL)9:30-Exercise (C)10:00-Karaoke (O)11:00-Outdoor Time 1:30-Puzzle Pass (C)2:15-Resident Birthday Party (C)3:00-Bingo & Prizes (RL)3:30-Music Therapy	4 **4th of July** **Patriotic Puzzle Pass** (RL)9:30-**Patriotic Dice Game** (O)10:30-**Patriotic Music Outdoors** (RL)1:30-UNO (C)2:15-Bingo (RL)3:30-Sensory Video
5 **Graham Cracker Day** (C)10:30-Church Service Live Stream 11:00-Puzzle Pass 1:30-**Teddy Grahams Pass** (O)2:30-Outdoor Time	6 (RL)9:30-Exercise 10:00-Bird & Fish Care (O)10:30-Outdoor Time 11:15-Chronicle Pass (RL)1:30-Wii Bowling (C)2:30-Karaoke (RL)3:30-Music Therapy	7 **Strawberry Sunday Day** (RL)9:30-Exercise (BS)10-11:30-Pretty Nails & Tunes (O)1:30-Outdoor Time (C)2:30-**Strawberry Sundae Social** (RL)3:30-Sensory Video	8 **Drink a Coke Day** (RL)9:30-Exercise (C)10:00-Farkle (O)11:00-Outdoor Time 1:30–**Coke Drink Pass** (C)2:30-Crochet Club (C)3:30-UMC Church Service	9 (RL)9:30-Exercise 10:00-**Pet Therapy w/Bev** (O)11:00-Lemonade Outdoors (RL)1:30-Yahtzee 2:30-Bird & Fish Care (RL)3:30-Sensory Video (C)6:30-**Forever Praise Sings**	10 (RL)9:30-Exercise (BS)10-11:30-Massage & Aromatherapy 1:30-Puzzle Pass (C)2:15-Bingo, Cookies & Prizes (RL)3:30-Music Therapy	11 (RL)9:30-UNO (O)10:30-Outdoor Time 11:15-Puzzle Pass (RL)1:30-Wii Bowling (C)2:30-Bingo (C)3:45-I Should Have Known That Game
12 **Family Feud Day** (RL)9:30-Farkle (C)10:30-Church Service Live Stream 11:00-Puzzle Pass (RL)1:30-**Family Feud in the Lounge** (O)2:30-Outdoor Time (RL)3:30-Adult Coloring	13 (RL)9:30-Exercise 10:00-Bird & Fish Care 11:15-Chronicle Pass (RL)1:30-Craft in Lounge (C)2:30-Yahtzee (RL)3:30-Music Therapy	14 (RL)9:30-Exercise (BS)10-11:30-Pretty Nails & Tunes (RL)1:30-Wii Bowling (C)2:15-Isa Plays Piano (O)3:30-Outdoor Do You See What I See (RL)4:00-Sensory Video	15 **Eat a Bagel Day** (RL)9:30-Exercise (C)10:15-**Bagels & Cream Cheese Social** 11:00-Puzzle Pass (O)1:30-Outdoor Time (C)2:30-Crochet Club (C)3:30-UMC Church Service (RK)6:00-**Comedy & Snack**	16 (RL)9:30-Exercise 10:00-Bird & Fish Care (O)11:00-Outdoor Time 1:15-**Bingo at Riverwood Outing** (RL)1:30-Adult Coloring (C)2:30-I Should Have Known That Game (RL)3:30-Music Therapy	17 (RL)9:30-Exercise (BS)10-11:30-Massage & Aromatherapy 1:30-Puzzle Pass (C)2:15-Bingo, Cookies & Prizes (RL)3:30-Sensory Video	18 (RL)10:30-Adult Coloring 11:00-Puzzle Pass (O)1:30-Outdoor Time (C)2:30-Bingo
19 (C)10:30-Church Service Live Stream 11:00-Puzzle Pass (O)1:30-Outdoor Time (RL)2:30-UNO (C)2:45-Denham Freewill Baptist Singers	20 (RL)9:30-Exercise 10:00-Bird & Fish Care 11:15-Chronicle Pass (O)1:30-Lemonade Outdoors (C)2:30-**Monday Matinee Movie** (RL)4:00-Adult Coloring	21 **Junk Food Day** (RL)9:30-Exercise (C)10:00-**J. Jay Brooks Sings** 11:00-Puzzle Pass (O)1:30-Outdoor Time (C)2:30-**Snacks and More Snacks Social** 3:15-Mobile Pretty Nails	22 (RL)9:30-Exercise (C)10:00-**Painting Creations** 11:15-Puzzle Pass 1:30-**Rootbeer Float Pass** (C)2:30-Crochet Club (C)3:30-UMC Church Service	23 **Get Outside Day** (RL)9:30-Exercise 10:00-Bird & Fish Care (RL)10:30-Adult Coloring 11:00-Puzzle Pass (O)1:30-Outdoor Ball Toss (C)2:30-Karaoke (RL)3:30-Sensory Video (BS)6:00-**Gorgeous Grandma SPA Night**	24 (RL)9:30-Exercise (C)10:00-Pass the Hat Game (O)11:00-Outdoor Name That Tune 1:30-Puzzle Pass (C)2:15-Bingo, Cookies & Prizes (RL)3:30-Music Therapy	25 **Hot Fudge Sundae Day** (RL)9:30-UNO (C)10:30-Bingo 1:30-Puzzle Pass (C)2:30-**Hot Fudge Sundae in Café** (C)3:15-Farkle
26 (RL)9:30-Yahtzee (C)10:30-Church Service Live Stream 11:00-Puzzle Pass (O)1:30-Outdoor Time & Tunes (C)2:30-Bible Study (RL)3:30-Wii Bowling	27 (RL)9:30-Exercise 10:00-Bird & Fish Care (C)11:00-Karaoke 11:15-Chronicle Pass 1:30-**Popsicle Pass** (RL)2:30-Wii Bowling (RL)3:30-Sensory Video	28 (RL)9:30-Exercise (BS)10-11:30-Pretty Nails & Tunes 1:30-**Pet Therapy w/Peach & Ash** (C)2:15-Isa Plays Piano (O)3:30-Outdoor Time (C)6:30-**Pajamas & Pancakes**	29 **Getting to Know You Day** (RL)9:30-Exercise (C)10:00-Karaoke (RL)11:00-Trivia in Lounge (O)1:30-Getting to Know You Outdoors (C)2:30-Crochet Club (C)3:30-UMC Church Service	30 (RL)9:30-Exercise 10:00-Bird & Fish Care (O)11:00-Outdoor Ball Toss (RL)1:30-Wii Bowling (C)2:15-I Should Have Known That Game (RL)3:00-Adult Coloring (C)3:30-Music Therapy	31 (RL)9:30-Exercise (C)10:00-**Resident Council** (O)10:15-Outdoor Time & Tunes 1:30-Puzzle Pass (C)2:15-Bingo, Cookies & Prizes (RL)3:30-Sensory Video	

Activities Are Subject To Change