

JULY 2026

ASSISTED LIVING

Sunday

Monday

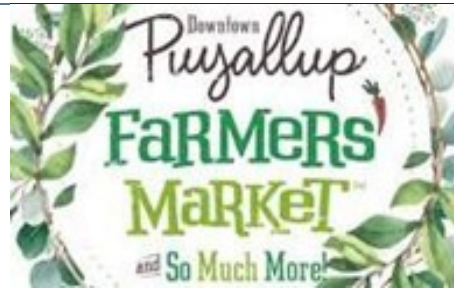
Tuesday

Wednesday

Thursday

Friday

Saturday



July Calendars and Decoration
3:00 Fellowship Time
6:00 Walking Club

1 4th of July Celebration
8:00 Medical apointment transportation
11:00 Tone it Thursday
1:00 Patriotic Canvas Art
6:00 Walking Club
6:30 4th of July Celebration

2 11:00 SingFit
1:00 Bingo with Dan
2:15 Patio Social
6:00 Walking Club

3 10:00 Hydrating Plants
1:00 Resident Choice
2:00 Conecct Four
6:00 Walking Club

4

11:00 Independent Exercise
1:00 Bible Study with Pastor Shelton
2:00 Chat on the Patio
6:00 Walking Club

5 10:00 Meditation Monday
11:00 Move it Monday Exercise
1:00 Dominoes
3:00 Bean bag toss
6:00 Walking Club

6 **Walmart Day**
10:00 Hydrating Plants
11:00 Tone it Tuesday
1:00 Walmart Shopping
6:00 Walking Club

7 11:00 SingFit
1:15 Bingo
2:30 Canvas Painting in the Patio
6:00 Walking Club

8 **Chat with Lanette**
8:00 Medical apointment transportation
10:00 Hydrating Plants
11:00 Tone it Thursday
1:00 Chat with Lanette
2:00 Crafty Time (Hats Making)
6:00 Walking Club

9 11:00 SingFit
1:15 Bingo
2:30 Watermelon and Chair Volleyball
6:00 Walking Club

10 **Puyallup Farmers Market**
10:00 am
10:00 Farmers Market
10:00 Hydrating Plants
2:00 One on One
6:00 Walking Club

11

11:00 Coffee Social
1:00 Golden Oldies
2:00 Dominoes Game
6:00 Walking Club

12 10:00 Meditation Monday
11:00 Move it Monday Exercise
1:00 Cards Game
3:00 Bean bag toss
6:00 Walking Club

13 **Harvest Buffet**
10:00 Hydrating Plants
11:00 Harvest Buffet
11:00 Tone it Tuesday
2:00 Gardening Club
6:00 Walking Club

14 **Senior Carnival**
11:00 Senior Carnival
3:00 Fellowship Time
6:00 Walking Club

15 **Kitchen Talk with Shanequa**
8:00 Medical apointment transportation
10:00 Hydrating Plants
11:00 Tone it Thursday
1:00 Kitchen Talk with Shanequa
2:00 Fancy Nails
6:00 Walking Club

16 11:00 SingFit
1:15 Bingo
2:30 Chair Travel to Virginia
6:00 Walking Club

17 10:00 Hydrating Plants
1:00 Nails and Tales
2:00 One on One
6:00 Walking Club

18

11:00 Independent Exercise
1:00 Bible Study with Pastor Shelton
2:00 Connect Four
6:00 Walking Club

19 10:00 Meditation Monday
11:00 Move it Monday Exercise
1:00 Puzzle Time
3:00 Bean bag toss
6:00 Walking Club

20 **Elvis Presley Show**
10:00 Hydrating Plants
11:00 Tone it Tuesday
2:00 Elvis Presley Show
6:00 Walking Club

21 11:00 SingFit
1:15 Bingo
2:30 Sundae Social
6:00 Walking Club

22 **Council Meeting with Patty**
8:00 Medical apointment transportation
10:00 Hydrating Plants
11:00 Tone it Thursday
1:00 Council Meeting with Patty
2:15 Fancy Nails
6:00 Walking Club

23 11:00 SingFit
1:15 Bingo
2:30 July Birthday Celebration
6:00 Walking Club

24 10:00 Hydrating Plants
1:00 Nails and Tales
2:00 One on One
6:00 Walking Club

25

11:00 Coffee Social
1:00 Coloring Therapy
2:00 Golden Oldies
6:00 Walking Club

26 10:00 Meditation Monday
11:00 Move it Monday Exercise
1:00 Social Hour
3:00 Bean bag toss
6:00 Walking Club

27 **Tacoma Mall**
10:00 Hydrating Plants
11:00 Tacoma Mall Lunch and Walk
11:00 Tone it Tuesday
6:00 Walking Club

28 11:00 SingFit
2:15 Bingo
3:00 Fellowship Time
6:00 Walking Club

29 8:00 Medical apointment transportation
10:00 Hydrating Plants
11:00 Tone it Thursday
1:00 Afternoon Bowling
6:00 Walking Club

30 11:00 SingFit
1:15 Bingo
2:30 Popsicles on the Patio
6:00 Walking Club

31



SPRING RIDGE | 6856 E. PORTLAND AVE | TACOMA, WA 98404

