

# July 2026

## Chicopee Hills peopleCare AR Goudie



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 Seated Exercise (CHL) <b>5</b></p> <p>2:30 Church Service (RGDR)</p> <p>6:00 S'mores Social (CHL)</p>	<p>11:30 Bean Bag Toss (CHL) <b>6</b></p> <p>2:00 Conversations &amp; Connection (GFR)</p> <p>2:00 Faith and Film (CHAP)</p> <p>6:00 One to Ones (CHRR)</p> <p>6:15 Hawaiian Luau with Rich Hubick (CYD)</p>	<p>10:00 Food Committee (EPDR) <b>7</b></p> <p>11:30 Listening to Rock Music (CHL)</p> <p>2:30 Strawberry Sundae Social (CHDR)</p>	<p>9:45 Balloon Toss (CHL) <b>1</b></p> <p>10:15 Canada Day Trivia (CHL)</p> <p>11:15 Paint by Numbers (CHDR)</p> <p>2:30 Canada Day Party with Blue Eyed Bill (CYD)</p>	<p>10:00 Pump It Up! (CHL) <b>2</b></p> <p>11:30 Stick Soccer (CHL)</p> <p>2:30 Craft: Hip-Hip-Hooray Headwear (CHDR)</p> <p>6:00 One to Ones (CHRR)</p>	<p>10:00 Baking: Banana Bread (CHDR) <b>3</b></p> <p>11:00 Trivia about Bananas! (CHDR)</p> <p>2:30 Afternoon Tea/Coffee Social (CHDR)</p> <p>3:30 Music Therapy Group with Chelsea (CHDR)</p>	<p>11:30 Outdoor Walks (4FB) <b>4</b></p> <p>2:30 Community Movie (VPDR)</p> <p>6:00 Sing-A-Long (CHL)</p>
<p>9:45 Active Game (CHL) <b>12</b></p> <p>10:15 Card Games (CHL)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:30 Church Service (RGDR)</p>	<p>11:30 Making Cucumber Salad (CHDR) <b>13</b></p> <p>2:00 Conversations &amp; Connection (GFR)</p> <p>2:00 Faith and Film (CHAP)</p> <p>6:00 Travelogue: New Mexico (CHL)</p>	<p>10:00 Baking: Shortbread Wedge Cookies (CHDR) <b>14</b></p> <p>11:30 Bowling (CHL)</p> <p>2:30 Social Gathering (CHDR)</p> <p>3:00 Trivia (CHDR)</p>	<p>9:45 Outdoor Walks (Byrd) <b>15</b></p> <p>10:00 One to Ones (FCRR)</p> <p>10:30 Balloon Whack! (CHL)</p> <p>11:30 Friendly Rec Visit (CHRR)</p> <p>2:30 BINGO (VPDR)</p>	<p>8:30 Breakfast Club (Sign Up) (GH) <b>16</b></p> <p>10:00 Pump It Up! (CHL)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:00 Puzzle (CHDR)</p>	<p>9:45 Dancing with Upbeat Music (CHL) <b>17</b></p> <p>10:15 Colour by Numbers (CHL)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:30 The Ladies Club (VPDR)</p> <p>3:30 Music Therapy Group with Chelsea (CHDR)</p>	<p>11:30 Outdoor Visits (CHL) <b>18</b></p> <p>2:30 Specialty Coffee Time (VPDR)</p> <p>6:00 Sing-A-Long (CHL)</p>
<p>11:00 Watching Cartoons (CHL) <b>19</b></p> <p>2:30 Hymn Sing (CHL)</p> <p>6:00 Manicures (CHRR)</p>	<p>11:00 Memorial Service (RGDR) <b>20</b></p> <p>2:00 Conversations &amp; Connection (GFR)</p> <p>2:00 Faith and Film (CHAP)</p> <p>6:00 Fortune Cookie Social (CHL)</p>	<p>9:15 Music Throwbacks (MLL) <b>21</b></p> <p>10:00 Resident Council (EPDR)</p> <p>11:30 Basketball (CHL)</p> <p>2:30 Arts and Crafts (CHDR)</p> <p>6:00 Friendly Visits 1:1 (CHRR)</p>	<p>10:30 Catholic Mass (EPDR) <b>22</b></p> <p>11:15 Uno (CHDR)</p> <p>2:30 BINGO (VPDR)</p> <p>6:00 One to Ones (CHRR)</p>	<p>10:00 Pump It Up! (CHL) <b>23</b></p> <p>11:30 Walk and Talk (CYD)</p> <p>2:30 Grilled Peaches and Ice Cream Social (Byrd)</p> <p>6:00 Karaoke (CHL)</p>	<p>10:00 Active Game (CHL) <b>24</b></p> <p>11:00 Outdoor Walks (CHL)</p> <p>1:15 Return to Grace Elvis Tribute Show (\$ Sign up) (OUT)</p> <p>2:30 Sing-A-Long (CHL)</p>	<p>9:45 Seated Simple Yoga (CHL) <b>25</b></p> <p>10:00 Travelogue: India (CHL)</p> <p>11:00 Puzzle (CHL)</p> <p>2:30 Wild West Social (VPDR)</p>
<p>9:45 Dance with Upbeat Music (CHL) <b>26</b></p> <p>10:15 Uno (CHL)</p> <p>11:30 Colour by Numbers (CHL)</p> <p>2:30 Church Service (RGDR)</p>	<p>11:30 Active Game (CHL) <b>27</b></p> <p>2:00 Conversations &amp; Connection (GFR)</p> <p>2:00 Faith and Film (CHAP)</p> <p>6:00 Travelogue (CHL)</p>	<p>10:00 Homemade Ice Cream Making (CHDR) <b>28</b></p> <p>10:00 OARC Resident Council Education Session (EPDR)</p> <p>10:30 Trivia about Ice Cream (CHDR)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:30 Ice Cream Social (CHDR)</p>	<p>9:45 Seated Exercise (CHL) <b>29</b></p> <p>10:15 Discussion Group "Summer and Cottage" (CHL)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:30 BINGO (VPDR)</p>	<p>10:00 Pump It Up! (CHL) <b>30</b></p> <p>10:30 Wal Mart Shopping Trip &amp; McDonalds Lunch (Sign Up) (OUT)</p> <p>11:30 Manicures (CHRR)</p> <p>2:30 Active Game (CHL)</p> <p>3:30 Trivia (CHL)</p> <p>6:00 One to Ones (CHRR)</p>	<p>9:45 Balloon Volleyball (CHL) <b>31</b></p> <p>10:15 Word Games (CHL)</p> <p>11:30 One to Ones (CHRR)</p> <p>2:30 July Birthday Party with Michael Kelly (VPDR)</p>	