




























July 2026

Frederick Community peopleCare AR Goudie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>10:00 Friendly Visits (RR) 5 11:30 Seated Soccer (FCDR) 2:30 Church Service (RGDR)</p>	<p>2:00 Music Bingo (FCDR) 6 2:00 Faith and Film (CHAP) 6:15 Hawaiian Luau with Rich Hubick (CYD)</p> 	<p>10:00 Pump It Up! (FCEL) 7 10:00 Food Committee (EPDR) 10:30 Chaplain Visits 11:30 Word Game (FCDR) 2:30 Strawberry Sundae Social (2FB)</p> 	<p>10:00 Jigsaw Puzzle (FCDR) 1 11:00 Travelogue: The Great Lakes (FCDR) 2:30 Canada Day Party with Blue Eyed Bill (CYD) 6:00 The History of Canada (FCEL)</p>	<p>10:00 Pump It Up! (FCEL) 2 11:30 Word Game (FCDR) 2:30 Rocket Popsicle Social (2FB) 6:00 You be the Judge! (FCEL)</p>	<p>10:00 Chair Exercises (FCDR) 3 2:30 Chocolate Tasting (FCDR) 3:30 Outdoor Visits 6:00 Short Stories (FCNS)</p>	<p>10:00 Travelogue: Jaw Dropping India (FCEL) 4 11:30 Word Web (FCDR) 2:30 Specialty Coffee Time (MLDR)</p>
<p>11:30 Outdoor Visits (2FB) 12 2:30 Church Service (RGDR) 6:00 Word Game (FCDR)</p>	<p>11:30 Manicure Monday 13 2:00 Faith and Film (CHAP) 2:30 Pina Colada Social (2FB) 6:00 Travelogue: Tuscany's Dolce Vita (FCDR)</p> 	<p>10:00 Pump It Up! (FCEL) 14 11:30 Balloon Toss (FCDR) 2:30 Trivia (FCDR) 3:30 Outdoor Visits (FY) 6:00 One to Ones (FCRR)</p>	<p>10:00 One to Ones (FCRR) 15 11:30 Active Game (FCDR) 2:30 BINGO (FCDR) 6:00 Brain Teasers & Riddles (FCEL)</p> 	<p>8:30 Breakfast Club (Sign Up) (GH) 16 11:30 Word Game (FCDR) 2:00 Baking Key Lime Cookies (FCDR) 6:00 You be the Judge! (FCEL)</p>	<p>11:00 Music Therapy Group with Chelsea (FCDR) 10 2:30 Making Chocolate Dipped Strawberries (FCDR) 3:00 True/False Food Quiz (FCEL) 6:00 Short Stories (FCEL)</p>	<p>11:30 Chair Exercises (FCDR) 11 2:30 Community Movie (MLDR) 6:00 Trivia (FCEL)</p> 
<p>10:00 Letter writing (FCRR) 19 11:30 Memory Tray Game (FCEL) 2:00 Travelling Cart (FCRR) 3:30 Travelogue (FCDR)</p>	<p>11:00 Memorial Service (RGDR) 20 2:00 Music Bingo (FCDR) 2:00 Faith and Film (CHAP) 3:30 Outdoor Visits (FY) 6:00 Trivia (FCEL)</p>	<p>10:00 Pump It Up! (FCEL) 21 10:00 Resident Council (EPDR) 11:30 Word Game (FCDR) 2:30 Wine & Chocolate Social (FCDR)</p> 	<p>10:30 Catholic Mass (EPDR) 22 11:30 Balcony Social (2FB) 2:30 BINGO (FCDR) 6:00 Finish the Phrase (FCEL)</p>	<p>10:00 Pump It Up! (FCEL) 23 11:30 Active Game (FCDR) 2:30 Grilled Peaches and Ice Cream Social (Byrd) 6:00 Travelogue: Scotland's Islands (FCDR)</p>	<p>10:00 Chair Exercises (FCDR) 17 11:30 Homemade Pizza Lunch (FCAR) 3:00 Outdoor Visits 6:00 Short Stories (FCNS)</p> 	<p>10:00 Jigsaw Puzzle (FCDR) 18 11:30 Word Games (FCDR) 2:30 Community Movie (MLDR)</p>
<p>11:30 Active Game (FCDR) 26 2:30 Church Service (RGDR) 6:00 Discussion Group: National Parents' Day (FCEL)</p> 	<p>11:30 Manicure Monday 27 2:00 Faith and Film (CHAP) 2:00 Baking Chocolate Chip Banana Bread (FCDR) 3:30 Outdoor Visits (FY) 6:00 Travelogue: Copenhagen (FCDR)</p> 	<p>10:00 Pump It Up! (FCEL) 28 10:00 OARC Resident Council Education Session (EPDR) 11:30 Discussion Group: Summer Memories and Adventures (FCDR) 2:30 Nature Documentary (FCDR) 3:30 Active Game (FCDR) 6:00 One to Ones (RR)</p>	<p>11:30 Active Game (FCDR) 29 2:30 BINGO (FCDR) 6:00 Brain Teasers & Riddles (FCEL)</p> 	<p>10:30 Wal Mart Shopping Trip & McDonalds Lunch (Sign Up) (OUT) 30 3:00 Balcony Social (2FB) 6:00 You be the Judge! (FCEL)</p>	<p>11:00 Music Therapy Group with Chelsea (FCDR) 24 11:00 Creative Faith (FCDR) 1:15 Return to Grace Elvis Tribute Show (\$ Sign up) (OUT) 6:00 Short Stories (FCEL)</p>	<p>11:30 Chair Exercises (FCDR) 25 2:30 Wild West Social (VPDR) 6:00 Music Throwback: The 70s (FCEL)</p> 
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