

SUITES OF ANKENY JULY 2026 ACTIVITY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATIONS: DR=Main Dining Room C=Chapel L=Library LO=2nd floor lounge FP=Fireplace at the mailboxes	*Activities are all subject to change. Please watch for weekly notifications delivered at each dining room table or ask staff members for most recent updates*	¹ 10:00 Sit & Stretch - DR 10:15 Morning Mimosas - DR 3:00 Sunshine and Snacks - Patio	² National Forget Day 10:00 Sit & Stretch - DR 10:15 Do you remember? Trivia - DR 10:30 Catholic Communion - LO 2:30 BINGO - DR	³ 10:00 Sit & Stretch - DR 10:15 Bean Bag Toss- DR 12:30 Rummy - DR 1:30 Word Find - DR 3:00 Happy Hour - DR	⁴ HAPPY INDEPENDENCE DAY! 250 Years of AMERICA!! 10:00 Coffee and Doughnuts and Independence Day activities - DR 1:00 Make Independence Day snacks 2:00 Independence Day Bingo - DR
⁵	⁶ 10:00 Sit & Stretch - DR 10:15 10 Second Game DR 12:30 Children Readers - L 2:30 Manicures - L 2:30 Minka in the beauty shop 3:00 Pond Walk - Patio	⁷ 10:00 Sit & Stretch - DR 10:15 Bird Houses - DR 2:30 Wine and Canvas - DR 3:30 Word Scramble - DR	⁸ 10:00 Sit & Stretch - DR 10:15 Ladderball - DR 3:00 Root Beer Floats DR	⁹ 10:00 Sit & Stretch - DR 10:15 Trivia Time - DR 10:30 Catholic Communion LO 2:30 BINGO - DR	¹⁰ 10:00 Sit & Stretch - DR 10:15 Bean Bag Basket - DR 12:30 Pinochle- DR 2:00 Word scrambler - DR 3:00 Happy Hour - DR	¹¹ 9:00 Summerfest Parade - front of building
¹² 9:30PM Fireworks	¹³ HAPPY BIRTHDAY, MIKE!! 10:00 Sit & Stretch - DR 2:00 Wine and Canvas - DR 2:30 Minka in the beauty shop 3:00 Pond Walk - Patio	¹⁴ Podiatrist here. Sign up on the salon door. 10:00 Sit & Stretch - DR 10:15 10 second game - DR 2:30 Performer Tom Irwin	¹⁵ National Hot Dog Day Cookout tomorrow! 10:00 Sit & Stretch - DR 2:00 Tenant Council - DR 3:00 Music/Karaoke - DR	¹⁶ 10:00 Sit & Stretch - DR 10:15 Bean Bog Toss - DR 11:30 Lunch Cookout 3:00 BINGO - DR	¹⁷ 10:00 Sit & Stretch - DR 10:30 Catholic Mass - LO 12:30 Pinochle - DR 2:00 Cookie Making - DR 3:00 Happy Hour - DR	¹⁸ 9:00 Coffee & Conversation - DR 10:00 Farmers Market Outing - Sign up in the library by Wednesday the 15th at noon
¹⁹ Happy Birthday Rita! 10:00 Ankeny Free Church - C	²⁰ 10:00 Sit & Stretch - DR 10:30 Jokes & Mimosas - DR 12:30 Children Readers - L 2:30 Minka in the beauty shop 2:30 Manicures - L 3:00 Pond Walk - Patio	²¹ National Junk Food Day 10:00 Sit & Stretch - DR 10:15 Remember when - DR 3:00 Sunshine and sundaes - Patio	²² 10:00 Sit & Stretch - DR 10:15 Ladderball - DR 2:30 Sunshine and Sundaes - Patio 3:00 Yoga with Jennifer	²³ Gorgeous Grandma Day! 10:00 Sit & Stretch - DR 10:15 Bean Bag Toss DR 10:30 Catholic Communion - LO 2:30 BINGO - DR	²⁴ 9:45 Sit & Stretch - DR 10:00 Carrie and Kids-DR 12:30 Pinochle - DR 1:30 Brain Teasers - DR 3:00 Happy Hour - DR	²⁵ National Wine and Cheese Day 10:00 Coffee & Conversation - DR 3:00 Wine and Cheese - DR
²⁶	²⁷ 10:00 Sit & Stretch - DR 10:15 UNO - DR 2:30 Minka in the beauty shop 2:30 Manicures - L 3:00 Pond Walk - Patio	²⁸ National Hot Chocolate Day! 10:00 Sit & Stretch - DR 10:15 Hot Chocolate - DR 3:00 Wine and favorite summer memory chat - DR	²⁹ HAPPY BIRTHDAY, VELAM!! 106 years!	³⁰ National Cheesecake Day 10:00 Sit & Stretch - DR 10:15 Bean Bag Toss DR 10:30 Catholic Communion-LO 2:30 BINGO - DR 4:00 Sunshine and cheesecake - Patio	³¹ 10:00 Sit & Stretch - DR 10:30 Catholic Mass - LO 11:30 July Birthday Party DR 12:30 Pinochle - DR 3:00 Happy Hour - DR	

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