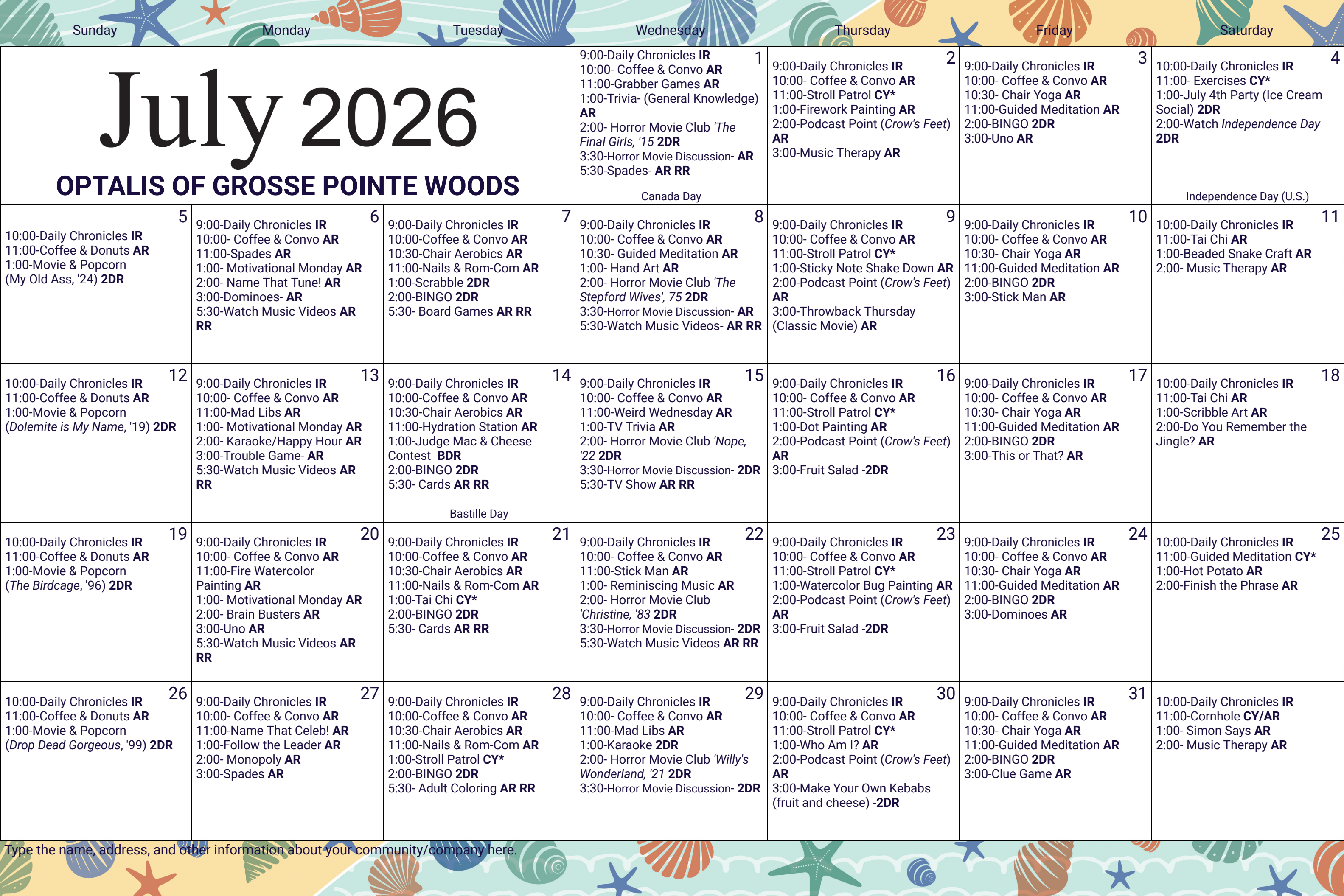




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

July 2026

OPTALIS OF GROSSE POINTE WOODS

			9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Grabber Games AR 1:00-Trivia- (General Knowledge) AR 2:00- Horror Movie Club 'The Final Girls, '15 2DR 3:30-Horror Movie Discussion- AR 5:30-Spades- AR RR Canada Day	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Firework Painting AR 2:00-Podcast Point (Crow's Feet) AR 3:00-Music Therapy AR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:00-Uno AR	10:00-Daily Chronicles IR 11:00- Exercises CY* 1:00-July 4th Party (Ice Cream Social) 2DR 2:00-Watch <i>Independence Day</i> 2DR Independence Day (U.S.)
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (My Old Ass, '24) 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Spades AR 1:00- Motivational Monday AR 2:00- Name That Tune! AR 3:00-Dominoes- AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Scrabble 2DR 2:00-BINGO 2DR 5:30- Board Games AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Guided Meditation AR 1:00- Hand Art AR 2:00- Horror Movie Club 'The Stepford Wives', 75 2DR 3:30-Horror Movie Discussion- AR 5:30-Watch Music Videos- AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Sticky Note Shake Down AR 2:00-Podcast Point (Crow's Feet) AR 3:00-Throwback Thursday (Classic Movie) AR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:00-Stick Man AR	10:00-Daily Chronicles IR 11:00-Tai Chi AR 1:00-Beaded Snake Craft AR 2:00- Music Therapy AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>Dolemite is My Name</i>, '19) 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Mad Libs AR 1:00- Motivational Monday AR 2:00- Karaoke/Happy Hour AR 3:00-Trouble Game- AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Hydration Station AR 1:00-Judge Mac & Cheese Contest BDR 2:00-BINGO 2DR 5:30- Cards AR RR Bastille Day	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Weird Wednesday AR 1:00-TV Trivia AR 2:00- Horror Movie Club 'Nope, '22 2DR 3:30-Horror Movie Discussion- 2DR 5:30-TV Show AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Dot Painting AR 2:00-Podcast Point (Crow's Feet) AR 3:00-Fruit Salad -2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:00-This or That? AR	10:00-Daily Chronicles IR 11:00-Tai Chi AR 1:00-Scribble Art AR 2:00-Do You Remember the Jingle? AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>The Birdcage</i>, '96) 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Fire Watercolor Painting AR 1:00- Motivational Monday AR 2:00- Brain Busters AR 3:00-Uno AR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Tai Chi CY* 2:00-BINGO 2DR 5:30- Cards AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stick Man AR 1:00- Reminiscing Music AR 2:00- Horror Movie Club 'Christine, '83 2DR 3:30-Horror Movie Discussion- 2DR 5:30-Watch Music Videos AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Watercolor Bug Painting AR 2:00-Podcast Point (Crow's Feet) AR 3:00-Fruit Salad -2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:00-Dominoes AR	10:00-Daily Chronicles IR 11:00-Guided Meditation CY* 1:00-Hot Potato AR 2:00-Finish the Phrase AR
10:00-Daily Chronicles IR 11:00-Coffee & Donuts AR 1:00-Movie & Popcorn (<i>Drop Dead Gorgeous</i>, '99) 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Name That Celeb! AR 1:00-Follow the Leader AR 2:00- Monopoly AR 3:00-Spades AR	9:00-Daily Chronicles IR 10:00-Coffee & Convo AR 10:30-Chair Aerobics AR 11:00-Nails & Rom-Com AR 1:00-Stroll Patrol CY* 2:00-BINGO 2DR 5:30- Adult Coloring AR RR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Mad Libs AR 1:00-Karaoke 2DR 2:00- Horror Movie Club 'Willy's Wonderland, '21 2DR 3:30-Horror Movie Discussion- 2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 11:00-Stroll Patrol CY* 1:00-Who Am I? AR 2:00-Podcast Point (Crow's Feet) AR 3:00-Make Your Own Kebabs (fruit and cheese) -2DR	9:00-Daily Chronicles IR 10:00- Coffee & Convo AR 10:30- Chair Yoga AR 11:00-Guided Meditation AR 2:00-BINGO 2DR 3:00-Clue Game AR	10:00-Daily Chronicles IR 11:00-Cornhole CY/AR 1:00- Simon Says AR 2:00- Music Therapy AR

Type the name, address, and other information about your community/company here.