

July 2026

"July is a blind date with summer." – Hal Borland

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			National Patio Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:00 Food & Resident Council 2:00 Bingo W/ Judy 3:30 Craft Activity 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	1 National Disco Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Add Em' Up 1-3 The Horse Palace 1:30 Forever Fit W/ Ashley 2:30 Activity Planning Meeting 4:00 Puzzles 6:00 Movie Night	2 National Grill Day 7:30 Daily Chronicles 8:30 Fishing Trip 10:00 Forever Fit W/ Ashley 11:00 Family Feud 2:00 Sugarland Social 4:00 Puzzles 6:00 Movies Night 6:30 Evening Cards	3 Happy 250 th Birthday USA! 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Blank Slate 2:00 Bingo 3:30 Balloon Volleyball 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards
National Hawaii Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:30 Sunday Service W/ Terry 3:30 Beanbag Basketball 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	5 National Fried Chicken Day 7:30 Daily Chronicles 9:00 Holy Communion-In Room 10:00 Sit & Stay Fit W/ Becky 11:00 Methodist Church 3 rd 2:00 Bingo 3:30 Happy Hour 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	6 National Macaroni Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Family Feud 1:00 Singing W/ Bob & Karl 1-3 Lucky 7'S 3:00 Ladies Nail Painting 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	7 National Blueberry Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:00 Afternoon Walk 2:00 Bingo W/ Judy 4:00 Puzzles 5:00 Friends & Family Dinner 6:00 Movie Night 6:30 Evening Cards	8 National Fashion Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Family Feud 1:30 Ebia Hearing 1-3 The Horse Palace 3:00 Book Bunch 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	9 National Wyoming Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Blank Slate 2:00 Sugarland Social 3:15 Scenic Drive 4:00 Puzzles 6:00 Movies Night 6:30 Evening Cards	10 National French Fry Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Add Em' Up 2:00 Bingo 3:30 Balloon Volleyball 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards
National Kitten Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:30 Sunday Service W/ The Rock Church 3:30 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	12 National Mojito Day 7:30 Daily Chronicles 9:00 Holy Communion-In Room 10:00 Sit & Stay Fit W/ Becky 2:00 Bingo 2:30 Forever Fit W/ Ashley 3:30 Happy Hour W/ Bill & John 6:00 Movie Night	13 National Pecan Pie Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1-3 Lucky 7'S 1:30 Whiteboard Jeopardy 3:00 RC Remote Cars 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	14 National Rock Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Add Em' Up 1:00 Afternoon Walk 2:00 Bingo W/ Judy 3:30 Cards W/ Amy 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	15 National Mac & Cheese Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1-3 The Horse Palace 1:30 Whiteboard Wheel Of Fortune 3:00 Painting Activity 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	16 National Cherry Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:15 Lunch Bunch 2:00 Sugarland Social 4:00 Puzzles 6:00 Movies Night 6:30 Evening Cards	17 National Caviar Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Blank Slate 2:00 Bingo 3:30 Beanbag Tic-Tac-Toe 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards
National Daiquiri Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:30 Sunday Service W/ Terry 3:30 Balloon Volleyball 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	19 National Lollipop Day 7:30 Daily Chronicles 9:00 Holy Communion-In Room 10:00 Sit & Stay Fit W/ Becky 2:00 Bingo 3:30 Happy Hour 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	20 National Junk Food Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Family Feud 1-3 Lucky 7's 1:30 Whiteboard Jeopardy 3:00 Ladies Wine-Down 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	21 National Hammock Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Add Em' Up 2:00 Bingo W/ Judy 3:30 Bowling 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	22 National Sprinkle Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 What's In The Box 1:00 The Seeing Eye Council 1-3 The Horse Palace 1:30 Whiteboard Wheel Of Fortune 3:00 Bowling 4:00 Puzzles	23 National Drive-Thru Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Add Em' Up 2:00 Sugarland Social 3:15 Scenic Drive 4:00 Puzzles 6:00 Movies Night 6:30 Evening Cards	24 National Dum-Dums Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Blank Slate 2:00 Bingo 3:30 Balloon Volleyball 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards
National Wine & Cheese Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1:30 Sunday Service W/ St. Peter's Church 3:30 Beanbag Tic-Tac-Toe 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	26 National Bagelfest Day 7:30 Daily Chronicles 9:00 Holy Communion-In Room 10:00 Sit & Stay Fit W/ Becky 2:00 Bingo 3:30 Happy Hour W/ Bill & John 4:00 Puzzles 6:00 Movie Night	27 National Crème Brûlée Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1-3 Lucky 7's 1:30 Whiteboard Jeopardy 3:00 Easy Does It Golf 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	28 National Lipstick Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 11:00 Add Em' Up 1:00 Afternoon Walk 2:00 Bingo W/ Judy 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	29 National Share A Hug Day 7:30 Daily Chronicles 10:00 Sit & Stay Fit 1-3 The Horse Palace 1:30 Whiteboard Wheel Of Fortune 3:30 Beanbag Tic-Tac-Toe 4:00 Puzzles 6:00 Movie Night 6:30 Evening Cards	30 National Mutt Day 7:30 Daily Chronicles 10:00 Forever Fit W/ Ashley 11:00 Blank Slate 2:00 Sugarland Social W/ AARP 4:00 Puzzles 6:00 Movies Night 6:30 Evening Cards	31

Cascades of Sugarland Ridge | 1551 Sugarland Drive Sheridan, WY. 82801 | 307-674-5575