




Lamond July 2026 Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Memory Wellness:</b> Gentle games for memory support</p> <p><b>Field Trip:</b> Recreational activities offsite (transportation provided)</p> <p>*Please note that you can expect slight adjustments to activities if there is a field trip or if a recreation coordinator is out (such as board games, trivia, etc.)</p>		<p><b>1</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p><b>2</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Mindfulness &amp; Meditation</b>            12:00 pm Lunch            1:00 pm <b>Movie Day</b></p>	<p><b>3</b></p> 
<p><b>6</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            12:00 pm Lunch            1:00 pm <b>Arts &amp; Crafts: Painting</b></p>	<p><b>7</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Trivia</b>            11:30 am <b>Sail Exercise</b>            12:00 pm Lunch            1:00 pm <b>Board Games</b></p>	<p><b>8</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p><b>9</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Movie Day</b>            12:00 pm Lunch            12:30 pm <b>Brain Health Presentation</b>            1:00 pm <b>Brain Health Bingo</b></p>	<p><b>10</b></p> <p>10:00 am <b>Walking &amp; Workout</b>            11:00 am <b>Coffee &amp; Conversation</b>            12:00 pm Lunch            1:00 pm <b>BINGO</b></p>
<p><b>13</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            12:00 pm Lunch            1:00 pm <b>Arts &amp; Crafts: Origami</b></p>	<p><b>14</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Trivia</b>            11:30 am <b>Sail Exercise</b>            12:00 pm Lunch            1:00 pm <b>Program Planning Meeting</b></p>	<p><b>15</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p><b>16</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Movie Day</b>            12:00 pm Lunch            12:30 pm <b>Memory Clinic</b>            1:00 pm <b>Memory Clinic</b></p>	<p><b>17</b></p> <p><b>10:00AM - Arundel Mills</b>            10:00 am <b>Walking &amp; Workout</b>            11:00 am <b>Coffee &amp; Conversation</b>            12:00 pm Lunch            1:00 pm <b>BINGO</b></p>
<p><b>20</b></p> <p>10:00 am <b>Sewing</b>            11:00 am <b>Sewing</b>            11:00 am <b>Jewelry Making</b>            12:00 pm Lunch            1:00 pm <b>Nutrition Talk w/ Laura</b></p>	<p><b>21</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Trivia</b>            11:30 am <b>Sail Exercise</b>            12:00 pm Lunch            1:00 pm <b>Board Games</b></p>	<p><b>22</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p><b>23</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Mindfulness &amp; Meditation</b>            12:00 pm Lunch            1:00 pm <b>Movie Day</b></p>	<p><b>24</b></p> <p>10:00 am <b>Walking &amp; Workout</b>            11:00 am <b>Coffee &amp; Conversation</b>            12:00 pm Lunch            1:00 pm <b>BINGO</b></p>
<p><b>27</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            12:00 pm Lunch            1:00 pm <b>Arts &amp; Crafts: Pottery</b></p>	<p><b>28</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Trivia</b>            11:30 am <b>Sail Exercise</b>            12:00 pm Lunch            1:00 pm <b>Board Games</b></p> 	<p><b>29</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p><b>30</b></p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Mindfulness &amp; Meditation</b>            12:00 pm Lunch            1:00 pm <b>Movie Day</b></p>	<p><b>31</b></p> <p>10:00 am <b>Walking &amp; Workout</b>            11:00 am <b>Coffee &amp; Conversation</b>            12:00 pm Lunch            1:00 pm <b>BINGO</b></p>
<p>8/3</p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            12:00 pm Lunch            1:00 pm <b>Arts &amp; Crafts: TBD</b></p>	<p>8/4</p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Trivia</b>            11:30 am <b>Sail Exercise</b>            12:00 pm Lunch            1:00 pm <b>Board Games</b></p>	<p>8/5</p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Jewelry Making</b>            11:00 am <b>Painting</b>            12:00 pm Lunch            1:00 pm <b>Memory Wellness</b></p>	<p>8/6</p> <p>10:00 am <b>Coffee &amp; Conversation</b>            11:00 am <b>Mindfulness &amp; Meditation</b>            12:00 pm Lunch            1:00 pm <b>Movie Day</b></p>	<p>8/7</p> <p>10:00 am <b>Walking &amp; Workout</b>            11:00 am <b>Coffee &amp; Conversation</b>            12:00 pm Lunch            1:00 pm <b>BINGO</b></p>