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July 2026

# Claridge Towers

## Contact Us

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July arrives in full summer splendor — bright skies, long evenings, and the kind of warmth that draws us together in celebration and gratitude. It is a month that invites us to slow down, look around, and appreciate the richness of the season and the community we share.

At the heart of July is the Fourth of July-celebrating America's 250 Anniversary, a day that calls us to reflect on the freedoms and values that have shaped our lives and our nation. It is a time to honor the history we carry and celebrate the spirit of unity that binds us as neighbors and friends. Whether you mark the day with a favorite patriotic song, a cherished memory, or a quiet moment of gratitude, we hope it fills your heart with pride and joy. Our dining team will be bringing a little extra festivity to the table with special Fourth of July dishes inspired by classic American flavors — a small but heartfelt way to celebrate together.

As summer heat peaks in July, please continue to care for yourselves. Drink plenty of water throughout the day, seek shade and air conditioning when needed, and don't hesitate to reach out to staff or our social worker if you're feeling unwell. Your health and comfort are always our priority.

Be sure to check your site calendar for July's special programming and events — there is much to look forward to, and your presence makes every gathering brighter. We welcome your ideas and feedback, so please share with your coordinators any activities you'd love to see this summer.

We are grateful for each of you — for the stories you share, the warmth you bring, and the ways you make our dining sites feel like home. Wishing you a July filled with pride, laughter, and the very best of summer.

Sincerely,

Iona Senior Services



Claridge Towers

\*Calendar Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>1</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee <b>**Comm Trip Amish Market</b></p>	<p><b>2</b> 10:00 am Coffee &amp; Local News 11:00 am Cars and Board Games <b>12:00 pm Lunch</b> 1:00 pm Bingo</p>	<p><b>3 Closed in Observance of the 4<sup>th</sup> of July</b></p> 
<p><b>6</b> 10:00 am Coffee &amp; Local News 11:00 am Chair Aerobics <b>12:00 pm Lunch</b> 1:00 pm Comm. Fitness w/ Kojack <b>** Social Worker 11:30–1:30</b></p>	<p><b>7</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Games <b>12:00 pm Lunch</b> 1:00 pm Brain Games</p>	<p><b>8</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee</p>	<p><b>9</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Games <b>12:00 pm Lunch</b> 1:00 pm Bingo <b>**Nutri Ed. Preventing &amp; Managing Prediabetes</b></p>	<p><b>10</b> 10:00 am Coffee &amp; Local News 11:00 am Health Discussion <b>12:00 pm Lunch</b> 1:00 pm Arts and Crafts: Vision Boards <b>**Comm Trip White Oak Bowling</b></p>
<p><b>13</b> 10:00 am Coffee &amp; Local News 11:00 am Info Ed: Amer. Red Cross <b>12:00 pm Lunch</b> 1:00 pm Comm. Fitness w/ Kojack <b>** Social Worker 11:30–1:30</b></p>	<p><b>14</b> 10:00 am Coffee &amp; Local News 11:00 am Cards &amp; Board Games <b>12:00 pm Lunch</b> 1:00 pm Brain Games</p>	<p><b>15</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee</p>	<p><b>16</b> 10:00 am Coffee &amp; Local News 11:00 am Info Ed: Wild Tech <b>12:00 pm Lunch</b> 1:00 pm Bingo <b>**Nutri Ed. Virtual: Outsmarting Food Marketing for Your Health</b></p>	<p><b>17</b> 10:00 am Coffee &amp; Local News 11:00 am Health Discussion <b>12:00 pm Lunch</b> 1:00 pm Arts and Crafts; Vision Boards</p>
<p><b>20</b> 10:00 am Coffee &amp; Local News 11:00 am Chair Aerobics <b>12:00 pm Lunch</b> 1:00 pm Comm. Fitness w/ Kojack <b>** Social Worker 11:30–1:30</b></p>	<p><b>21</b> 10:00 am Coffee &amp; Local News 11:00 am Cards &amp; Board games <b>12:00 pm Lunch</b> 1:00 pm Brain Games</p>	<p><b>22</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee</p>	<p><b>23</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Games <b>12:00 pm Lunch</b> 1:00 pm Bingo</p>	<p><b>24</b> 10:00 am Coffee &amp; Local News 11:00 am Health Discussion <b>12:00 pm Lunch</b> 1:00 pm Arts and Crafts: Vision Boards</p>
<p><b>27</b> 10:00 am Coffee &amp; Local News 11:00 am Chair Aerobics <b>12:00 pm Lunch</b> 1:00 pm Comm. Fitness w/ Kojack <b>** Social Worker 11:30–1:30</b></p>	<p><b>28</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Games <b>12:00 pm Lunch</b> 1:00 pm Brain Games</p>	<p><b>29</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee</p>	<p><b>30</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Games <b>12:00 pm Lunch</b> 1:00 pm Bingo</p>	<p><b>31</b> 10:00 am Coffee &amp; Local News 11:00 am Health Discussion <b>12:00 pm Lunch</b> 1:00 pm Arts &amp; Crafts: Vision Boards</p>
<p><b>8/3</b> 10:00 am Coffee &amp; Local News 11:00 am Chair Aerobics <b>12:00 pm Lunch</b> 1:00 pm Comm. Fitness w/ Kojack <b>** Social Worker 11:30–1:30</b></p>	<p><b>8/4</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board Gmes <b>12:00 pm Lunch</b> 1:00 pm Brain Games</p>	<p><b>8/5</b> 10:00 am Coffee &amp; Local News 11:00 am Current Events <b>12:00 pm Lunch</b> 1:00 pm Movie Matinee</p>	<p><b>8/6</b> 10:00 am Coffee &amp; Local News 11:00 am Cards and Board games <b>12:00 pm Lunch</b> 1:00 pm Bingo</p>	<p><b>8/7</b> 10:00 am Coffee &amp; Local News 11:00 am Health Discussion <b>12:00 pm Lunch</b> 1:00 pm Arts and Crafts: Vision Boards</p>