



# July 2026

## The Carlisle Palm Beach Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:15 Holy Spirit Catholic Church <b>1</b> 10:45 Carlisle Social Scoop & Discussion 1:30 Chair Yoga & Meditation 2:30 Nicole Hulett Live! 3:00 Sip & Savor Happy Hour 3:30 The Art of Tea Blending	10:00 Drum Fit! <b>2</b> 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games! 1:00 Outdoor Gardening Group 2:00 Seated Exercises with Quan 2:30 Beach Ball Ice Breakers with Denise 3:30 Throwback Thursday Happy Hour	10:00 Friday Morning Dance Workout! <b>3</b> 10:30 Classical Music Listening Club 1:30 Color Psychology Art Class: Blue 2:30 Sip & Savor Happy Hour 2:30 Jewelry Design 4:00 Golden Glow Nature Hour	<b>Fourth of July! 4</b> 10:15 Pool Noodle Tennis 11:00 Brain Boosters: Word Games 12:30 Creative Craft Corner 1:00 Happy Fourth of July with Max Green Live! 2:30 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour!
			10:15 Drum Fit! <b>5</b> 11:00 Brain & Word Games 12:30 Guess Who Game: Retro TV Shows 1:00 Bingo! 2:00 Sunday Movie Matinee 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!	10:00 Mindful Meditations & Yoga <b>6</b> 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Memory Collages 2:30 Culture Club: History of Mythology 3:30 Sip & Savor Happy Hour + Trivia	10:00 Tai Chi Tuesday <b>7</b> 10:30 Carlisle Social Scoop 11:00 Nail Salon & Hand Massage 11:30 Tuesday's on The Town Outing: Manatee Lagoon 2:30 Creative Craft Corner 3:30 Happy Hour + Uno Conversation Game	10:15 Holy Spirit Catholic Church <b>8</b> 10:45 Carlisle Social Scoop & Trivia 1:30 Chair Yoga & Meditation 2:30 Live Music with KNR Entertainment! 3:00 Sip & Savor Happy Hour 3:30 The Art of Origami
10:15 Drum Fit! <b>12</b> 11:00 Brain & Word Games 12:30 Guess Who Game: Retro Movie Stars 1:00 Bingo! 2:00 Sunday Movie Matinee 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!	10:00 Mindful Meditations & Yoga <b>13</b> 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Memory Collages 2:30 Culture Club: History of Dance 3:30 Sip & Savor Happy Hour + Trivia	10:00 Tai Chi Tuesday <b>14</b> 10:30 Carlisle Social Scoop 11:00 Nail Salon & Hand Massage 1:30 Tea Party & Trivia 2:30 Creative Craft Corner 3:30 Happy Hour + Uno Conversation Game	10:15 Holy Spirit Catholic Church <b>15</b> 10:45 Carlisle Social Scoop & Trivia 1:30 Chair Yoga & Meditation 2:30 Nicole Hulett Live! 3:00 Sip & Savor Happy Hour 3:30 The Art of Tea Blending	10:00 Drum Fit! <b>16</b> 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games! 1:00 Outdoor Gardening Group 2:00 Seated Exercises with Quan 2:30 Beach Ball Ice Breakers with Denise 3:30 Throwback Thursday Happy Hour	10:00 Friday Morning Dance Workout! <b>17</b> 10:30 Carlisle Social Scoop 1:30 Color Psychology Art Class: Pink 2:30 Jewelry Design 3:00 Sip & Savor Happy Hour 4:00 Golden Glow Nature Hour	10:15 Pool Noodle Tennis <b>18</b> 11:00 Brain Boosters: Word Games 12:30 Creative Craft Corner 1:00 Card Conversation Starters 2:30 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour!



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## The Carlisle Palm Beach Memory Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 10:15 Drum Fit! 11:00 Brain & Word Games 12:30 Guess Who Game: Retro TV Shows 1:00 Bingo! 2:00 Sunday Movie Matinee: Overboard! 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!	<b>National Moon Day 20</b> 10:00 Mindful Meditations & Yoga 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Moon Day Paintings 2:30 Culture Club: History of The Moon 3:30 Sip & Savor Happy Hour + Moon Day Trivia	<b>21</b> 10:00 Tai Chi Tuesday 10:30 Carlisle Social Scoop 11:00 Nail Salon & Hand Massage 1:30 DIY Fortune Cookies 2:30 Creative Craft Corner 3:30 Happy Hour + Uno Conversation Game	<b>22</b> 10:15 Holy Spirit Catholic Church 10:45 Carlisle Social Scoop & Trivia 1:30 Chair Yoga & Meditation 2:30 Live Music with KNR Entertainment! 3:00 Sip & Savor Happy Hour 3:30 The Art of Origami	<b>23</b> 10:00 Drum Fit! 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games! 1:00 Outdoor Gardening Group 2:00 Seated Exercises with Quan 2:30 Beach Ball Ice Breakers with Denise 3:30 Throwback Thursday Happy Hour	<b>24</b> 10:00 Friday Morning Dance Workout! 10:30 Carlisle Social Scoop 1:30 Color Psychology Art Class: Yellow 2:30 Jewelry Design 3:00 Sip & Savor Happy Hour 4:00 Golden Glow Nature Hour	<b>25</b> 10:15 Pool Noodle Tennis 11:00 Brain Boosters: Word Games 12:30 Creative Craft Corner 1:00 Card Conversation Starters 2:00 Live Tunes & Tastings with Steve Michaels! 2:30 Mixology 101: Make Your Own Mocktails 3:00 Mix & Mingle Happy Hour!
<b>26</b> 10:15 Drum Fit! 11:00 Brain Boost: Word Games 12:30 Guess Who Game: Retro Movie Stars 1:00 Bingo! 2:00 Sunday Movie Matinee: Overboard! 2:30 Ice Cream Sundae Social 3:30 Mix & Mingle Happy Hour!	<b>27</b> 10:00 Mindful Meditations & Yoga 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games 1:30 Memory Collages 2:30 Culture Club: History of American Bandstand 3:30 Sip & Savor Happy Hour + Trivia	<b>National Chocolate Day! 28</b> 10:00 Tai Chi Tuesday 10:30 Carlisle Social Scoop 11:00 Nail Salon & Hand Massage 1:30 Tea Party & Trivia 2:30 National Chocolate Day Games! 3:30 Happy Hour + Uno Conversation Game	<b>29</b> 10:15 Holy Spirit Catholic Church 10:45 Carlisle Social Scoop & Trivia 1:30 Chair Yoga & Meditation 3:00 Sip & Savor Happy Hour 3:30 The Art of Tea Blending	<b>30</b> 10:00 Drum Fit! 10:30 Carlisle Social Scoop 11:00 Brain Boosters: Word Games! 1:00 Outdoor Gardening Group 2:00 Seated Exercises with Quan 2:30 Beach Ball Ice Breakers with Denise 3:30 Throwback Thursday Happy Hour	<b>31</b> 10:00 Friday Morning Dance Workout! 10:30 Carlisle Social Scoop 1:30 Color Psychology Art Class: Green 2:30 Jewelry Design 3:00 Sip & Savor Happy Hour 4:00 Golden Glow Nature Hour	

### Location Key

- MC Music Room
- MC 2<sup>nd</sup> Floor Dining Room
- MC Living Room
- MC 2<sup>nd</sup> Floor Living Room
- MC Courtyard
- MC Art Studio

Activities are subject to change- please check daily schedule for updates