



July 2026 Activities



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Patriotic Bingo 12:00 Lunch 12:45 Patriotic Activities, Sing Along & Craft 1:45 Snack *Haircuts by request	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Patriotic Bingo 12:00 Lunch 12:45 Patriotic Activities, Sing Along & Craft 1:45 Snack	CLOSED  HAPPY INDEPENDENCE DAY
6	7	8	9	10
9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Edible Craft 1:45 Snack *Manicures by request	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo Games 12:00 Lunch 1:00 Teatime - Invite a friend/family member to visit 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Jokes/Riddles 1:45 Snack *Haircuts by request	9:30 Breakfast Social 10:30 Exercise With "Stretchy Mike" 11:00 Bingo Games 12:00 Lunch 12:45 Pizza Party & Slot Machine Game 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Parachute Game 1:45 Snack
13	14	15	16	17
9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Burger King Lunch 12:45 "Name That Tune" 1:45 Snack * Manicures by request	9:30 Breakfast Social 10:30 Chair Yoga 11:00 Bingo Games 12:00 Lunch 12:45 Horse Racing Game 1:45 Snack	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Live Performer – Craig Engel 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo Games 12:00 Lunch 12:45 Greeley Park Trip & Watermelon Picnic 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo Games 12:00 Lunch 12:45 Greeley Park Trip & Watermelon Picnic 1:45 Snack 
20	21	22	23	24
9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Big One Ice Cream Trip & Hangman 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Big One Ice Cream Trip & Hangman 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Mary Kay & Games 1:45 Snack *Haircuts by request	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Christmas in July Celebration 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Christmas in July Celebration 1:45 Snack 
27	28	29	30	31
9:30 Breakfast Social 10:30 Exercise With "Stretchy Mike" 11:00 Bingo Games 12:00 Lunch 12:45 Nature Walk & Bubble Blowing 1:45 Snack *Manicures by request	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Live Performer – Bob Desmarais 1:45 Snack 	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Hangman & Games 1:45 Snack *Haircuts by request	NATL. FRIENDSHIP DAY 9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Rock Painting 1:45 Snack	9:30 Breakfast Social 10:30 Exercise/Dance 11:00 Bingo, Jingo & Pokeno Games 12:00 Lunch 12:45 Birthdays & Participant Slideshow 1:45 Snack 

Merrimack Adult Day Health Center

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This institution is an equal opportunity provider.