

# JULY

# Houghton Lake Activity Calendar

# 2026

| SUNDAY                                                                                                                                                                                                                                                                                                                                                                                                                                  | MONDAY                                                                                                               | TUESDAY                                                                                                  | WEDNESDAY                                                                                                                              | THURSDAY                                                                                            | FRIDAY                                                                                                                               | SATURDAY                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| <div>   <a href="http://www.BrookRetirement.com">www.BrookRetirement.com</a><br/> <b>The Brook</b><br/> <i>A Retirement Community with Assisted and Independent Living</i>  </div> |                                                                                                                      |                                                                                                          |                                                                                                                                        |                                                                                                     |                                                                                                                                      |                                                                                       |
|                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                      |                                                                                                          | 1                                                                                                                                      | 2                                                                                                   | 3                                                                                                                                    | <i>Independence Day</i> 4                                                             |
|                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                      |                                                                                                          | <b>Tigers Game Day</b><br>10:00 AM - Movin & Frooving<br>1:45 PM - Tigers VS Yankees in Theater                                        | 10:30 AM - St Johns<br>11:00 AM - Mass<br>1:00 PM - Euchre Down C Hall                              | 10:00 AM - 15 Minute Stretches<br><b>12:30 PM - Resident Appreciation Party day W/ Family &amp; Staff</b>                            |                                                                                       |
| 5                                                                                                                                                                                                                                                                                                                                                                                                                                       | 6                                                                                                                    | 7                                                                                                        | 8                                                                                                                                      | 9                                                                                                   | 10                                                                                                                                   | 11                                                                                    |
| 9:30 AM - Church<br>5:00 PM - Card Games in Activity Room                                                                                                                                                                                                                                                                                                                                                                               | 10:00 AM - Walk W/ A Friend<br>11:30 AM - Chair Yoga<br>1:00 PM - Game in Activity Room                              | 9:30 AM - Personal Stretches for 10 Minutes<br>11:00 AM - Show & Tell<br>1:00 PM - Chatting on the Patio | 10:00 AM - Music in Library<br><b>12:30 AM - Birthday Cake W/ Compasses</b><br>1:00 PM - Bingo                                         | 10:30 AM - St Johns<br>11:00 AM - Mass<br>1:00 PM - Euchre Down C Hall                              | 10:00 AM - 15 Minute Stretches<br>10:30 AM - Movin & Grooving<br><b>1:00 PM - Game Day in Activity Room Bring Your Games Face On</b> | Movie Night                                                                           |
| 12                                                                                                                                                                                                                                                                                                                                                                                                                                      | 13                                                                                                                   | 14                                                                                                       | 15                                                                                                                                     | 16                                                                                                  | 17                                                                                                                                   | 18                                                                                    |
| 9:30 AM - Church<br>1:00 PM - Tigers Game at 1:40 PM VS the Cubs                                                                                                                                                                                                                                                                                                                                                                        | <b>10:00 AM - Riggs &amp; Tropic Doggy Meet &amp; Greet</b><br>1:00 Pm - Putt Putt Golf<br>4:00 PM - Piano W/ Lonnie | 10:00 PM - Crafts<br><b>11:00 AM - Gardening Out Back</b><br>1:00 PM - Exercise After Lunch              | <b>10:00 AM - Outing to the Lakeside Viewing</b><br>11:00 AM - Lunch at Lakeside<br>12:20 PM - Back from Outing<br>1:30 PM - Bingo Day | 10:30 AM - St Johns<br>11:00 AM - Crafts W/ Lindsay W/ Optimal Care<br>1:00 PM - Euchre Down C Hall | 10:00 AM - 15 Minute Stretches<br>10:30 AM - Painting W/ The Hamps<br>1:00 PM - Pool Table Game in Billard's Room                    | Movie Night                                                                           |
| 19                                                                                                                                                                                                                                                                                                                                                                                                                                      | 20                                                                                                                   | 21                                                                                                       | 22                                                                                                                                     | 23                                                                                                  | 24                                                                                                                                   | 25                                                                                    |
| 9:30 AM - Church<br>6:00 PM - Games in Activity Room                                                                                                                                                                                                                                                                                                                                                                                    | 10:00 AM - Cops & Donuts<br>11:00 AM - Will Games in Movie Room Lets Play<br>1:00 PM - Yahtzee in Activity Room      | <b>10:30 AM - Houghton Lake Baptist Church</b><br>1:00 PM - Exercise After Lunch<br>2:00 PM - Air Hockey | 10:30 AM - Houghton Lake Baptist Church<br>1:00 PM - Exericise After Lunch<br>2:00 PM - Air Hockey                                     | 10:30 AM - St Johns<br>11:00 AM - Mass<br>1:00 PM - Euchre Down C Hall                              | 10:00 AM - Game Day Outside<br>1:00 PM - Bingo                                                                                       | 1:00 PM - Tigers Game<br>Movie Night                                                  |
| 26                                                                                                                                                                                                                                                                                                                                                                                                                                      | 27                                                                                                                   | 28                                                                                                       | 29                                                                                                                                     | 30                                                                                                  | 31                                                                                                                                   |                                                                                       |
| 9:30 AM - Church<br>6:00 PM - Games in Activity Room                                                                                                                                                                                                                                                                                                                                                                                    | 10:00 AM - Word Puzzles & Games<br>1:00 PM - Bingo                                                                   | 10:00 AM - Outside Corn Hole & Chat W/ Friends<br>1:00 PM - Trivia Games                                 | 10:00 AM - Outside Corn Hole & Chat W/ Friends<br>1:00 PM - Trivia Games                                                               | 10:30 AM - St Johns<br>11:00 AM - Mass<br>1:00 PM - Euchre Down C Hall                              | 10:00 AM - Game Day Outside<br>1:00 PM - Bingo                                                                                       |  |