




JULY



Portland Activity Calendar



2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  <p>www.BrookRetirement.com The Brook <i>A Retirement Community with Assisted and Independent Living</i></p> 			1 10:00 AM - Exercise 10:30 AM - Uno 1:00 PM - Decorate a bag for IM kids 3rd Meal 2:30 PM - Wii Bowling 6:30 PM - In the Know Nightly News	2 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	3 9:30 AM - Donuts & Coffee 10:00 AM - Mass 1:30 PM - Bingo 6:00 PM - In the Know Nightly News	Independence Day 4 Happy Birthday Our U.S.A!! It Is National Play Outside Day! 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
5 10:30 AM - Walk With A Friend 1:30 PM - Bingo W/ Nancy 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	6 10:00 AM - Exercise 10:30 AM - Fancy Nails 1:00 PM - First Congregation Church 2:30 PM - Bingo 6:00 PM - In The Know Nightly News	7 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	8 10:00 AM - Exercise 10:30 AM - Uno 1:00 PM - Tissue Paper Flowerpots 2:30 PM - Fun in the Sun W/ Ice Cream on the back deck 6:30 PM - In the Know Nightly News	9 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	10 9:30 AM - Doughnuts & Coffee 10:30 AM - Exercise or Craft in the Activity Room or Outdoor Games on the Back Lawn 1:00 PM - Bingo 3:00 PM - Music W/ Lisa Rockin' Jukebox Visits From Anna the Dog Throughout the day 6:00 PM - In the Know Nightly News	11 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
12 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	13 10:00 AM - Exercise 1:00 PM - Bingo 2:30 PM - Happy Hour 6:00 PM - In The Know Nightly News	14 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	15 10:00 AM - Exercise 10:45 AM - Checkers or Chess 1:00 PM - Tissue Paper Flowers 6:30 PM - In the Know Nightly News	16 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	17 9:30 AM - Donuts & Coffee 10:30 AM - Exercise 1:30 PM - Bingo 2:30 PM - Movie & Popcorn 6:00 PM - In the Know Nightly News	18 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
19 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	20 10:00 AM - Exercise 1:00 PM - Bingo 2:30 PM - Cookie & Lemonade 6:00 PM - In The Know Nightly News	21 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	22 10:00 AM - Exercise 10:30 AM - Left Right Center 1:00 PM - D Hall Activity Meeting 2:30 PM - Movie & Popcorn 6:30 PM - In the Know Nightly News	23 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	24 9:30 AM - Donuts & Coffee 10:30 AM - Exercise 1:30 PM - Bingo 2:30 PM - Movie & Popcorn 6:00 PM - In the Know Nightly News	25 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
26 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	27 10:00 AM - Exercise 1:00 PM - Bingo 2:30 PM - Monthly Birthday Party 6:00 PM - In The Know Nightly News	28 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	29 10:00 AM - Exercise 10:45 AM - Sorry! The Game 1:00 PM - Tissue Paper Suncatchers 6:30 PM - In the Know Nightly News	30 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	National Mutt Day 31 9:30 AM - Doughnuts & Coffee 10:30 AM - Exercise 1:00 PM - Bingo 2:30 PM - Visit W/ Anna the Dog 6:00 PM - In The Know Nightly News	