

July 2026
Chantilly Heights Bridges Calendar

created with
Sagely

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CHANTILLY HEIGHTS LLC
MEMORY CARE



9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC]
10:00 Fox Exercise Class [BC]
10:30 Pet Visits w/Chris & Sawyer [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Crossword Puzzles [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 Manicures & Hand Massage [BC]
2:00 Catholic Rosary, Scripture & Bible Hymns [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Bowling [BC]
3:45 Color Me Calm!
4:00 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Edward Scissorhands [BC]

1

9:30 Good Morning Greetings & Daily Chronicle [BC]
10:00 Stretch & Tone [BC]
10:45 Morning Snack & Hydration [BC]
11:30 Fresh Air, Sunshine & Watering The Garden [BC]
11:30 Word Games: Anagrams [BC]
12:45 Action Stations: Folding Towels & Sorting silverware [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Short Stories & Reminiscing in The Sunroom [BC]
2:00 Music Therapy w/ NeuroSound [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Book Trivia [BC]
3:30 Abstract Art: Red, White & Blue Mosaic [BC]
4:00 Classic Comedy Hour: The Dukes of Hazzard [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Crazy Stupid Love [BC]

2

10:00 Daily Chronicle & Morning News [BC]
10:15 Friday Fitness [BC]
10:45 Afternoon Snack & Hydration [BC]
11:00 Painting with Passion: Fireworks [BC]
12:00 Special Indoor BBQ Picnic Lunch [BC]
12:45 Action Stations: Sorting [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC]
2:30 Patriotic Concert w/Flophone (Trombone & Flute) [BC]
2:45 Afternoon Snack & Hydration: Ice Cream Cones [BC]
4:00 Small Group Word Puzzles: Independence Day [BC]
6:00 Evening Movie: What's Up Doc? [BC]

3

Independence Day
9:30 Live Piano music w/Dennis Botzer [BC]
10:45 Good Morning Greetings, Songs, & Daily Chronicle [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Balloon Volleyball [BC]
11:30 Saturday Stretches [BC]
12:45 Action Stations: Lego Building [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Tranquility Time & Short Stories [BC]
2:30 Bingo! [BC]
3:30 Saturday Sports [BC]
3:45 Trivia: Independence Day [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: The Guilt Trap [BC]

4

9:30 Daily Chronicle & Morning News [BC]
9:45 Fun w/Exercise [BC]
10:15 Balloon Volleyball [BC]
10:45 Morning Snack & Hydration [BC]
11:00 Word Games [BC]
11:30 Sing-Alongs w/Suzu Q: Bible Hymns [BC]
1:00 Tranquility Time & Short Stories in The Sunroom [BC]
2:00 IN2I Trivia [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Creative Building w/Legos [BC]
3:45 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Million Dollar Arm [BC]

5

10:00 Good Morning Greetings & Daily Chronicle [BC]
10:30 Morning Exercise [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Scattergories [BC]
12:45 Action Stations: Sorting Cards & Stuffing Envelopes [BC]
12:45 Helping Hands: Watering Plants [BC]
1:15 Crafts [BC]
2:00 Bingo! [BC]
2:45 Afternoon Snack & Hydration [BC]
3:00 Arm Chair Travel: Rick Steves' [BC]
3:00 Manicures & Hand Massage [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
4:30 Blast from the Past: Bonanza [BC]
6:00 Evening Movie: Blue Crush [BC]

6

9:30 Daily Chronicle & Morning News [BC]
9:45 Morning Exercise [BC]
10:15 Morning Snack & Hydration [BC]
10:30 Can you name 5? [BC]
11:00 Bowling [BC]
11:30 Memory & Music: Couch Concert & Sing Along [BC]
12:45 Action Stations: IN2I Computer Games [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:15 Garden Activities: Fresh Air, Sunshine & Watering The Garden [BC]
2:00 Candy Bar Bingo! [BC]
2:45 Afternoon Snack & Hydration [BC]
2:45 Color Me Calm! [BC]
3:30 Piano & Sing-Along w/Jane [BC]
4:00 Advanced Exercise Band Class [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Fever Pitch [BC]

7

9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC]
10:00 Fox Exercise Class [BC]
10:30 Corn Hole [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Crossword Puzzles [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 Creative Painting [BC]
2:00 Catholic Rosary, Scripture & Bible Hymns [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Board Games: Skunk [BC]
3:45 Magical Moments: 1 on 1 Activities
4:00 Ongoing Learning: Discover Alaska, The Great outdoors, 1 [BC]
4:45 Advanced Exercise Band Class [BC]
5:00 Classical Violin w/Christine [BC]
6:00 Evening Movie: Big Miracle [BC]

8

9:30 Good Morning Greetings & Daily Chronicle [BC]
10:00 Stretch & Tone [BC]
10:45 Morning Snack & Hydration [BC]
11:00 Balloon Volleyball [BC]
11:30 Pictionary [BC]
12:45 Action Stations: Folding Towels & Sorting silverware [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Short Stories & Reminiscing in The Sunroom [BC]
2:00 Music Therapy w/ NeuroSound [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Can you Name That Sound? [BC]
3:30 Art Expression: Learn How to Draw [BC]
4:00 Classic Comedy Hour: The Golden Girls [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: About A boy [BC]

9

10:00 Outside Activities: Daily Chronicle & Morning News [BC]
10:15 Outside Activities: Friday Fitness [BC]
10:45 Afternoon Snack & Hydration [BC]
11:00 Creative Painting [BC]
12:45 Action Stations: Sorting [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Candy Bar Bingo! [BC]
2:15 Ice Cream Social: Root Beer Floats [BC]
2:30 My Favorite Tunes & Reminiscing [BC]
3:00 Manicures & Hand Massage [BC]
6:00 Evening Movie: License to Wed [BC]

10

9:30 Live Piano music w/Dennis Botzer [BC]
10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC]
10:30 Saturday Stretches [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Balloon Volleyball [BC]
12:45 Action Stations: Lego Building [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Candy Bar Bingo! [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Trivia [BP]
3:30 Color Me Calm! [BC]
3:30 Saturday Sports [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Dirty Dancing [BC]

11

Happy Birthday Betty!
9:30 Birthday Celebration: Betty [BC]
9:30 Daily Chronicle & Morning News [BC]
9:45 Fun w/Exercise [BC]
10:00 Order of the Malta Rosary [BC]
10:30 Piano w/Deacon [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Word Games [BC]
12:45 Helping Hands: Watering indoor plants & Outside garden [BC]
1:00 Tranquility Time & Short Stories in The Sunroom [BC]
2:00 Epiphany Anglican Church Service & Piano Music [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Sock Toss [BC]
3:45 Magazine Collages [BC]
6:00 Evening Movie: A Dog's Home [BC]

12

Serve Camp 1-3pm
10:00 Good Morning Greetings & Daily Chronicle [BC]
10:30 Morning Exercise [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Balloon Volleyball [BC]
1:00 Intergenerational Program w/Campers: Getting to Know You [BC]
2:00 1970's Team Trivia [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Bingo! [BC]
4:00 Blast from the Past: The Waltons [BC]
6:00 Live Music w/Empty Ecstasy [BC]
7:00 Evening Movie: The Sisterhood of the Traveling Pants 2 [BC]

13

Serve Camp 1-4pm
9:30 Daily Chronicle & Morning News [BC]
9:45 Morning Exercise [BC]
10:15 Morning Snack & Hydration [BC]
10:30 IN2L Word Games: Piggy Bankers [BC]
11:00 Bowling [BC]
11:30 Memory & Music: Couch Concert & Sing Along [BC]
12:45 Action Stations: IN2I Computer Games [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 Getting to Know you [BC]
1:30 Think Fast!
2:00 Balloon Volleyball [BC]
2:30 Mop Hockey [BC]
3:15 Afternoon Snack & Hydration [BC]
3:30 Piano & Sing-Along w/Jane [BC]
4:00 Advanced Exercise Band Class [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: The Big Chill [BC]

14

Serve Camp 1-3pm
9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC]
10:00 Fox Exercise Class [BC]
10:30 Pet Visits w/Chris & Sawyer [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Crossword Puzzles [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 Creative Painting [BC]
2:00 Musical Bingo! [BC]
2:45 Afternoon Snack & Hydration [BC]
3:00 Bible Hymns & Catholic Rosary
3:45 House Visits: 1 on 1 Activities [BC]
4:00 Ongoing Learning: Discover Alaska The Great Outdoors, 2 [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Where the Heart Is [BC]

15

Serve Camp 1-2:30pm
9:30 Good Morning Greetings & Daily Chronicle [BC]
10:00 Stretch & Tone [BC]
10:45 Morning Snack & Hydration [BC]
11:00 Mad Ball! [BC]
11:30 Word Games: Person, Place or Thing [BC]
12:45 Action Stations: Folding Towels & Sorting silverware [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Making a Masterpiece! [BC]
2:00 Music Therapy w/ NeuroSound [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Book Trivia [BC]
3:30 Magical Moments: 1 on 1 Activities [BC]
4:00 Classic Comedy Hour: The Dukes of Hazzard [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Meet The Parents [BC]

16

11:00 Daily Chronicle & Morning News [BC]
11:15 Friday Fitness [BC]
11:45 Trivia [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Catholic Mass: St. Veronica's Church w/Father Kleinmann [BC]
2:45 Afternoon Snack & Hydration: Ice Cream [BC]
3:00 Manicures & Hand Massage [BC]
6:00 Evening Movie: Miracle [BC]

17

9:30 Live Piano music w/Dennis Botzer [BC]
10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC]
10:30 Saturday Stretches [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Balloon Volleyball [BC]
12:45 Action Stations: Lego Building [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Candy Bar Bingo! [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Trivia [BP]
3:30 Color Me Calm! [BC]
3:30 Saturday Sports [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Willy Wonka and The Chocolate Factory [BC]

18

9:30 Daily Chronicle & Morning News [BC]
9:45 Fun w/Exercise [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Word Games [BC]
12:45 Helping Hands: Watering indoor plants & Outside garden [BC]
1:00 Tranquility Time & Short Stories in The Sunroom [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Sock Toss [BC]
3:45 Magazine Collages [BC]
6:00 Evening Movie: Dolphin Tale [BC]

19

Serve Camp 1-3pm
10:00 Good Morning Greetings & Daily Chronicle [BC]
10:30 Morning Exercise [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Manicures & Hand Massage [BC]
12:45 Action Stations: Sorting Cards & Stuffing Envelopes [BC]
12:45 Helping Hands: Watering Plants [BC]
1:15 Arts & Crafts [BC]
2:15 Sock Toss [BC]
3:00 Afternoon Snack & Hydration [BC]
3:15 Team Memory [BC]
4:00 Blast from the Past: The Lucy Show [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Eat, Pray, Love [BC]

20

Serve Camp 1-4pm
9:30 Daily Chronicle & Morning News [BC]
9:45 Morning Exercise [BC]
10:15 Morning Snack & Hydration [BC]
10:30 IN2I Games: Find The Difference [BC]
11:00 Tennis Ball [BC]
11:30 Memory & Music: Couch Concert & Sing Along [BC]
12:45 Action Stations: IN2I Computer Games [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:15 Sensory Feel: Can you name That object? [BC]
2:00 Candy Bar Exerlingo! [BC]
2:45 Afternoon Snack & Hydration [BC]
3:00 Color Me Calm! [BC]
3:30 Piano & Sing-Along w/Jane [BC]
4:00 Advanced Exercise Band Class [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Lassie [BC]

21

Serve Camp 1-4pm
9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC]
10:00 Fox Exercise Class [BC]
10:30 Pet Visits w/Chris & Sawyer [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Crossword Puzzles [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 1955: Can you guess the price? [BC]
2:00 Creative Building Contest [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Luau, Margaritas & Live Music w/Rob [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Journey 2, The Mysterious Island [BC]

22

Serve Camp 1-2:30pm
9:30 Good Morning Greetings & Daily Chronicle [BC]
10:00 Stretch & Tone [BC]
10:45 Morning Snack & Hydration [BC]
11:00 Balloon Volleyball [BC]
11:30 Find The Difference [BC]
12:45 Action Stations: Folding Towels & Sorting silverware [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Can you Name That Sound? [BC]
2:00 Music Therapy w/ NeuroSound [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Boggle [BC]
3:30 Art Expression: Learn How to Draw [BC]
4:00 Classic Comedy Hour: The Golden Girls [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Maid in Manhattan [BC]

23

10:00 Outside Activities: Daily Chronicle & Morning News [BC]
10:15 Outside Activities: Friday Fitness [BC]
10:45 Afternoon Snack & Hydration [BC]
11:00 Creative Painting [BC]
12:45 Action Stations: Sorting [BC]
12:45 Helping Hands: Watering Plants [BC]
2:15 Ice Cream Social: Root Beer Floats [BC]
2:30 My Favorite Tunes & Reminiscing [BC]
3:00 Manicures & Hand Massage [BC]
6:00 Evening Movie: Josie and the Pussycats [BC]

24

9:30 Live Piano music w/Dennis Botzer [BC]
10:15 Good Morning Greetings, Songs, & Daily Chronicle [BC]
10:30 Saturday Stretches [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Balloon Volleyball [BC]
12:45 Action Stations: Lego Building [BC]
12:45 Helping Hands: Watering Plants [BC]
1:30 Candy Bar Bingo! [BC]
2:30 Afternoon Snack & Hydration [BC]
2:45 Trivia [BP]
3:30 Color Me Calm! [BC]
3:30 Saturday Sports [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Secret Admirer [BC]

25

9:30 Daily Chronicle & Morning News [BC]
9:45 Fun w/Exercise [BC]
10:30 Piano w/Deacon [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Word Games [BC]
12:45 Helping Hands: Watering indoor plants & Outside garden [BC]
1:00 Tranquility Time & Short Stories in The Sunroom [BC]
2:00 Epiphany Anglican Church Service & Piano Music [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Sock Toss [BC]
3:45 Magazine Collages [BC]
6:00 Evening Movie: Renaissance Man [BC]

26

Happy Birthday Deb!
Sports Competition Week
YMSL Camp 1-4pm
9:30 Birthday Celebration: Deb [BC]
10:00 Good Morning Greetings & Daily Chronicle [BC]
10:30 Morning Exercise [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Manicures & Hand Massage [BC]
12:45 Action Stations: Sorting Cards & Stuffing Envelopes [BC]
12:45 Helping Hands: Watering Plants [BC]
1:15 Painting in Pairs [BC]
2:15 Presidential Bingo! [BC]
3:00 Afternoon Snack & Hydration [BC]
3:00 Sport Competition of the Day [BC]
4:00 Blast from the Past: The Waltons [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Facing The Giants [BC]

27

Sports Competition Week
YMSL Camp 1-4pm
9:30 Daily Chronicle & Morning News [BC]
10:00 Morning Delight: Assorted Donuts [BC]
10:00 Resident Council Meeting [BC]
10:45 Stretching to The Oldies [BC]
11:15 Word Games: Anagrams [BC]
12:45 Action Stations: IN2I Computer Games [BC]
12:45 Helping Hands: Watering The indoor Plants [BC]
1:00 Team Memory [BC]
2:00 Sporting Event of the Day [BC]
2:45 Afternoon Snack & Hydration [BC]
3:00 Color Me Calm! [BC]
3:30 Piano & Sing-Along w/Jane [BC]
4:00 Advanced Exercise Band Class [BC]
4:00 Magical Moments: 1 on 1 Activities [BC]
6:00 Evening Movie: Shiloh 2 [BC]

28

Sports Competition Week
YMSL Camp 1-4pm
9:30 Good Morning Greetings, Daily Chronicle & Balloon Volleyball [BC]
10:00 Fox Exercise Class [BC]
10:30 Pet Visits w/Chris & Sawyer [BC]
11:00 Morning Snack & Hydration [BC]
11:15 Crossword Puzzles [BC]
12:45 Helping Hands: Watering The Indoor Plants [BC]
1:00 Intergenerational Team, Fact or Fiction [BC]
2:00 Cardboard Crazy Ball [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Happy Hour: Karaoke w/Sonia [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Pay it Forward [BC]

29

Sports Competition Week
YMSL Camp 1-4pm
9:30 Good Morning Greetings & Daily Chronicle [BC]
10:00 Stretch & Tone [BC]
10:45 Morning Snack & Hydration [BC]
11:00 Mad Ball! [BC]
11:30 Word Games: Piggy Bankers [BC]
12:45 Action Stations: Folding Towels & Sorting silverware [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Fast Action Color Match [BC]
2:00 Intergenerational Reminiscing, Sharing & Fun games [BC]
2:30 Afternoon Snack & Hydration [BC]
3:00 Team Trivia [BC]
4:00 Classic Comedy Hour: The Dukes of Hazzard [BC]
4:45 Advanced Exercise Band Class [BC]
6:00 Evening Movie: Hot Pursuit [BC]

30

Sports Competition Week
YMSL Camp 1-4pm
10:00 Outside Activities: Daily Chronicle & Morning News [BC]
10:15 Outside Activities: Friday Fitness [BC]
10:45 Afternoon Snack & Hydration [BC]
11:00 Painting with Passion! [BC]
12:45 Action Stations: Sorting [BC]
12:45 Helping Hands: Watering Plants [BC]
1:00 Intergenerational Visits & Reminiscing [BC]
1:45 <