



THE PONDEROSA — ESTATE —

July

2026 — RESIDENT ACTIVITY CALENDAR

 FITNESS & WELLNESS

 CULINARY ARTS

 CREATIVE EXPRESSION

 MIND & LEARNING

 HORTICULTURE

 SPIRITUAL

 ENTERTAINMENT

 SOCIAL

 RESIDENT-LED

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

-  ★ Move-In Day
All Day
-  Meet & Greet
— Coffee & Pastries
11:00 AM
-  Welcome Home Blooms
3:00 PM
Lighthouse Hospice
-  Cocktail Hour & Toast
6:00 PM

2

-  Coffee & Chronicles
9:00 AM
-  Art Therapy
11:00 AM
with Rosie
-  Music with Dave
2:00 PM
-  Evening Patio Gathering
6:00 PM

3

-  Coffee & Chronicles
9:00 AM
-  Build & Balance
11:00 AM
with Abi
-  Resident Wisdom Series
— Kickoff
2:00 PM

4

-  Fresh Air Club
10:00 AM
-  Movie Matinée:
Resident's Pick
2:00 PM
-  ★ 4th of July Celebration
6:00 PM

5

-  Morning Coffee & Devotion
10:00 AM
-  Afternoon Brain Games
2:00 PM
-  Current Events Discussion
4:00 PM

6

-  Coffee & Chronicles
9:00 AM
-  Strength in Motion
11:00 AM
with Abi
-  Current Events Discussion
2:00 PM

7

-  Smoothie Bar & Social
9:00 AM
-  Morning Walk & Stretch
11:00 AM
-  ★ Bible Study
2:00 PM
with Chaplain Tony

8

-  Coffee & Conversation
9:00 AM
-  Living Gracefully Fitness
11:00 AM
-  Ice Cream Social
2:00 PM
Keystone
-  Evening Trivia
6:00 PM

9

-  Morning Walk & Stretch
9:00 AM
-  Afternoon Brain Games
2:00 PM
-  Watercolor Workshop
4:00 PM

10

-  Coffee & Chronicles
9:00 AM
-  Build & Balance
11:00 AM
with Abi
-  Movies & Popcorn
2:00 PM
Copper Falls Hospice

11

-  Fresh Air Club
10:00 AM
-  Lawn Games & Lemonade
2:00 PM
-  Cards & Puzzles
4:00 PM

12

- Morning Coffee & Devotion
10:00 AM
- Creative Writing: Short Stories
2:00 PM
- Fireside Reflections
4:00 PM

13

- Coffee & Chronicles
9:00 AM
- Strength in Motion
11:00 AM
with Abi
- Arts & Crafts
2:00 PM
- Travel Tuesday
4:00 PM

14

- Smoothie Bar & Social
9:00 AM
- Morning Walk & Stretch
11:00 AM
- Spa Day
2:00 PM
Copper Falls Hospice

15

- Coffee & Conversation
9:00 AM
- Living Gracefully Fitness
11:00 AM
- Flower Arrangements
3:00 PM

16

- Morning Walk & Stretch
9:00 AM
- Music with Dave
2:00 PM
- Poetry Reading & Sharing
4:00 PM

17

- Coffee & Chronicles
9:00 AM
- Build & Balance
11:00 AM
with Abi
- Resident Wisdom Series
2:00 PM
- Charcuterie & Conversation
3:00 PM

18

- Fresh Air Club
10:00 AM
- ★ Gregg & Cori — Live Singing
2:00 PM
- Movie Matinée: Resident's Pick
3:00 PM

19

- Morning Coffee & Devotion
10:00 AM
- Afternoon Brain Games
2:00 PM
- Current Events Discussion
4:00 PM

20

- Coffee & Chronicles
9:00 AM
- Strength in Motion
11:00 AM
with Abi
- Happy Hour
3:00 PM
Copper Falls Hospice

21

- Smoothie Bar & Social
9:00 AM
- Morning Walk & Stretch
11:00 AM
- Bible Study
2:00 PM
with Chaplain Tony

22

- Coffee & Conversation
9:00 AM
- Living Gracefully Fitness
11:00 AM
- ★ Spa Day
1:30 PM
WhiteOak Hospice
- Evening Trivia Night
6:00 PM

23

- Morning Walk & Stretch
9:00 AM
- Afternoon Brain Games
2:00 PM
- Arts and Crafts
4:00 PM

24

- Coffee & Chronicles
9:00 AM
- Build & Balance
11:00 AM
with Abi
- ★ Rock Painting
2:00 PM
with Char & Jamie
- Movie Matinée: Resident's Pick
3:00 PM

25

- Fresh Air Club
10:00 AM
- Lawn Games & Lemonade
2:00 PM
- Cards & Puzzles
4:00 PM

26

- Morning Coffee & Devotion
10:00 AM
- Afternoon Reading Hour
2:00 PM
- Fireside Reflections
4:00 PM

27

- Coffee & Chronicles
9:00 AM
- Strength in Motion
11:00 AM
with Abi
- Arts & Crafts
2:00 PM
- Travel Tuesday
4:00 PM

28

- Smoothie Bar & Social
9:00 AM
- Morning Walk & Stretch
11:00 AM
- Spa Day
2:00 PM
Copper Falls Hospice

29

- Coffee & Conversation
9:00 AM
- Living Gracefully Fitness
11:00 AM
- Ice Cream Social
2:00 PM
Keystone
- Flower Arrangements
3:00 PM

30

- Morning Walk & Stretch
9:00 AM
- Music with Dave
2:00 PM
- Poetry Reading & Sharing
4:00 PM

31

- Coffee & Chronicles
9:00 AM
- Build & Balance
11:00 AM
with Abi
- Movies & Popcorn
2:00 PM
Copper Falls Hospice

ACTIVITY KEY —

 Fitness & Wellness

 Culinary Arts

 Creative Expression

 Mind & Learning

 Horticulture  Spiritual  Entertainment  Social  Resident-Led

★ = Signature Event

JULY SIGNATURE EVENTS

- **Move-In Day (Jul 1)** — Meet & greet, coffee & pastries, welcome home blooms, cocktail hour & toast
- **4th of July Celebration (Jul 4)** — Evening celebration following Fresh Air Club and a movie matinée
- **Bible Study with Chaplain Tony (Jul 7 & 21)** — Every other Tuesday this month
- **Spa Day with WhiteOak Hospice (Jul 22)** — Special early-afternoon pampering session
- **Rock Painting with Char & Jamie (Jul 24)** — Creative afternoon session
- **Gregg & Cori — Live Singing (Jul 18)** — Live entertainment on the patio

WEEKLY PROGRAM STRUCTURE

- **Fitness — Mon/Wed/Fri, 11 AM** — Mon: Strength in Motion / Build & Balance with Abi · Wed: Living Gracefully Fitness · Fri: Build & Balance with Abi
- **Bible Study — Tuesdays, 2 PM** — Every other week with Chaplain Tony
- **Lighthouse Hospice & Keystone — Wednesdays** — Rotates: ice cream social, flower arrangements
- **Copper Falls Hospice — Mondays** — Rotates: happy hour, movies & popcorn, spa day
- **Fresh Air Club — Saturdays, 10 AM** — Weekly outdoor gathering
- **Coffee & Chronicles / Coffee & Conversation** — Daily morning anchor
- **Afternoon Brain Games** — Regular weekday and weekend cognitive activity
- **Movie Matinée: Resident's Pick** — Weekly, rotating day

OUR COMMUNITY PARTNERS

Lighthouse Hospice

Wednesday program: ice cream socials and flower arrangements.

Keystone

Provides ice cream socials on select Wednesdays.

Copper Falls Hospice

Monday & Tuesday program: happy hours, movies & popcorn, and spa days.

WhiteOak Hospice

Special spa day session this month (Jul 22).

Chaplain Tony

Leads Bible study every other Tuesday at 2 PM.

Rosie & Dave

Lead art therapy and live music sessions throughout the month.

Char & Jamie

Lead creative sessions including rock painting.

Gregg & Cori

Live singing performance (Jul 18).

Abi

Leads Build & Balance and Strength in Motion fitness classes Monday and Friday.

Living Gracefully

Weekly fitness class every Wednesday.

Activities subject to change · Please see staff for accessibility accommodations · All programs are optional

The Ponderosa Estate — Eagle, Idaho