

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2025 Cedarbrook Village AL/IL		9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: 4th Of July Trifle (LS) 1:00 Flower Table Arrangements (LS) 1:00 Great Courses: National Parks Tour: Yellow Stone (T) 2:00 Quarter Bingo (P) 3:00 Sing a Long w/ Sandy (P) 6:00 Timeless Romance Movies: The Best Years Of Our Lives (T) 1	9:00 Exercise w/Tara (LS) 9:30 HIIT Class w/Tara (FC) 10:30 Manicures w/ Steph (LS) 1:00 Outing to Hardwick Vineyard & Winery 1:00 Knotty Knitters (LS) 3:00 Left Right Center (LS) 6:00 Mystery Movie Night : Enola Holmes (T) 2	9:00 Exercise w/Tara (LS) 10:00 Catholic Mass w/ FR. Peter of Saint Mary's Parish. (C) 10:00 Exercise w/Tara (LS) 10:30 Legacy Project Circle: Stories Worth Sharing (LS) 10:30 Pet Therapy w/ Freddy the dog (LS) 1:00 Resident Council Meeting (LS) 2:00 Quarter Bingo (P) 3:00 Happy Hour (P) 6:00 Historical & Biographical Movie Night: Widow Clicquot (T) 3	10:00 Exercise w/ Sabrina (LS) 10:30 4th of July Friendly Feud (LS) 1:00 Summer themed Pictionary (LS) 2:00 Firework Sand Art Project (P) 3:00 Room Visits 6:00 Feel Good Friday Movies : Independence Day (T) 7:00 Sunset Social Gathering (PA) 4	9:30 Morning Walk 10:00 Exercise w/ Traci (LS) 10:30 Puzzles & Brain Games (LS) 1:00 Sounds of Summer (CY) 2:00 Table Top Games (P) 3:00 Reading Corner (LS) 6:00 Resident Pick Movie (TH) 5
9:30 Morning Stretch w/Alicia (LS) 10:00 "Morning Melody: Birdwatching & Coffee Social" (LS) 10:00 Catholic Mass on TV (TH) 10:30 Prize Bingo (P) 2:00 Small Planet Dance Group Presents: (P) 6:00 Comedy Movie Night (T) 6	9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:30 Aroma & Reflection Hour (C) 1:00 Crafty Corner: Rock Garden (LS) 2:00 Booze & Tattoos: The "Rebel Spirits" Social (P) 3:00 Cedarbrook Hold'em (P) 6:00 Musical Monday Movies: "On the Town" (T) 7	AD Cedarbrook's "Holy Cow!" Celebration 9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: Cow Pies (brownies) (LS) 1:00 Great Courses: National Parks Tour: Hawaii & Volcanoes (T) 2:00 Quarter Bingo (P) 3:00 Moo-shakes & Moo-sic Social: (P) 6:00 Timeless Romance Movies: Open (T) 8	9:00 Exercise w/Tara (LS) 9:30 HIIT Class w/Tara (FC) 11:00 Picnic in the Park at Greenville 1:00 Blood Pressure Clinic 1:00 Manicures w/ Steph (LS) 2:00 Try Your Luck at Human Slots! (LS) 3:00 Shut the Box Game (LS) 6:00 Mystery Movie Night : The Pale Blue Eye (T) 9	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Pages of our Lives: Scrapbook Club (LS) 2:00 Quarter Bingo (P) 3:00 Happy Hour : Pina Coladas (P) 6:00 Historical & Biographical Movie Night: Life of Speed (T) 10	10:00 Exercise w/Ron (LS) 10:00 Men's Group with Ralph (P) 10:30 Life-size Hungry Hungry Hippos (LS) 2:00 Make Your Own Sundae Day (P) 3:00 Room Visits 6:00 Feel-Good Friday Movies: Aunt Mary (T) 7:00 Sunset Social Gathering (PA) 11	9:30 Morning Walk 10:00 Exercise w/ Traci (LS) 10:30 Puzzles & Brain Games (LS) 1:00 Sounds of Summer (CY) 2:00 Table Top Games (P) 3:00 Reading Corner (LS) 6:00 Resident Pick Movie (TH) 12
9:30 Morning Stretch w/Alicia (LS) 10:00 "Morning Melody: Birdwatching & Coffee Social" (LS) 10:00 Catholic Mass on TV (TH) 2:00 Prize Bingo (P) 6:00 Comedy Movie Night (T) 13	9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:30 Remote Control Grand Prix (LS) 1:00 Crafty Corner: Stenciled Tote Bags (LS) 2:00 Rosary w/ Lynda (C) 3:00 Cedarbrook Hold'em (P) 6:00 Musical Monday Movies: "Cats" (T) 14	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: Mini Peach upside down cake (LS) 1:00 Great Courses: National Parks Tour: Mount Rainier National Park and Lassen Volcanic National Park (T) 2:00 Quarter Bingo (P) 6:00 Timeless Romance Movies: Life is Beautiful (T) 15	9:00 Exercise w/Tara (LS) 9:30 HIIT Class w/Tara (FC) 10:30 Chef Demo (LS) 12:00 Cindy's Drive In 1:00 Knotty Knitters (LS) 2:00 Manicures w/ Steph (LS) 3:00 "Beach Beats & Golden Hits" – Name That Tune Game (LS) 6:00 Mystery Movie Night (T) 16	9:00 Exercise w/Alicia (LS) 10:00 Exercise w/Alicia (LS) 10:30 Quarter Bingo (P) 1:30 Ben & ED Musical Show (P) 3:00 Happy Hour (P) 6:00 Historical & Biographical Movie Night: Shark Whispered (T) 17	10:00 Exercise w/Ron (LS) 10:30 Message in a Bottle (LS) 1:30 Off to the Races! (LS) 2:00 Karaoke with Sabrina! (P) 3:00 Room Visits 6:00 Feel Good Friday Movies : Our Souls at Night (T) 7:00 Sunset Social Gathering (PA) 18	9:30 Morning Walk 10:00 Exercise w/ Traci (LS) 10:30 Puzzles & Brain Games (LS) 1:00 Sounds of Summer (CY) 2:00 Caden on the Piano (P) 3:00 Reading Corner (LS) 6:00 Resident Pick Movie (TH) 19
9:30 Morning Stretch w/Alicia (LS) 10:00 "Morning Melody: Birdwatching & Coffee Social" (LS) 10:00 Catholic Mass on TV (TH) 1:00 Protestant Worship Service with Pastor Katie (C) 2:00 Prize Bingo (P) 6:00 Comedy Movie Night (T) 20	AD Cedarbrook Seaside Week 9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:00 Art w/ Amy (P) 1:00 Seaside Trivia (LS) 2:00 Seaside Spa (LS) 3:00 Cedarbrook Hold'em (P) 6:00 Musical Monday Movies: Grease (T) 21	AD Cedarbrook Seaside Week 9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: and Pudding Desert Cups (LS) 1:00 Great Courses: National Parks Tour: Yosemite (T) 2:00 Quarter Bingo (P) 6:00 Timeless Romance Movies: The Beach House (T) 22	AD Cedarbrook Seaside Week 9:00 Exercise w/Tara (LS) 9:30 HIIT Class w/Tara (FC) 10:30 Bubble Bash (PA) 1:00 Manicures w/ Steph (LS) 1:30 Belchertown Town Beach 2:00 Under the Sea Documentary (T) 3:00 Bowl with the Sharks! (LS) 6:00 Move of the Night: Jaws (T) 23	AD Cedarbrook Seaside Week 9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Boardwalk Dyes & Design Tie-Dye Fun with a Splash of Seaside Style! (LS) 2:00 Quarter Bingo (P) 3:00 Sips by the Shore Beach-Themed Happy Hour (P) 6:00 Historical & Biographical Movie Night : Beach Boys: Surfin' Success (T) 24	AD Seaside Week: Cruise Day wear your best cruise wear! 10:00 Exercise w/Ron (LS) 10:00 Men's Group with Ralph (P) 10:30 Beach Bash Volleyball Game (LS) 1:00 Cruise Day Social/ Photo booth (P) 2:00 Dave Colucci (P) 3:00 Room Visits 6:00 Movie of the Night: Summer of 69 7:00 Sunset Social Gathering (PA) 25	AD Cedarbrook Seaside Week 9:30 Morning Walk 10:00 Exercise w/ Traci (LS) 10:30 Puzzles & Brain Games (LS) 11:30 Cedarbrook's Coastal Carnival 3:00 Reading Corner (LS) 6:00 Resident Pick Movie (TH) 26
9:30 Morning Stretch w/Alicia (LS) 10:00 "Morning Melody: Birdwatching & Coffee Social" (LS) 10:00 Catholic Mass on TV (TH) 10:30 Prize Bingo (P) 2:00 Roberta's Musical Church Group (P) 6:00 Comedy Movie Night (T) 27	9:00 Exercise w/Tara (LS) 9:00 Shopping Trip 9:30 HIIT Class w/Tara (FC) 10:30 Pen Pal Club (LS) 1:00 Crafty Corner: Suncatchers (LS) 2:00 Quarter Bingo (P) 3:00 Cedarbrook Hold'em (P) 6:00 Musical Monday Movies: "Meet me in St. Louis" (T) 28	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Baking Club: Birthday Cake (LS) 1:00 Great Courses: National Parks Tour: Death Valley (T) 2:00 Richard Hughes w/ Silent Movie (P) 6:00 Timeless Romance Movies: Notebook (T) 29	9:00 Exercise w/Tara (LS) 9:30 HIIT Class w/Tara (FC) 10:30 Manicures w/ Steph (LS) 1:00 Knotty Knitters (LS) 1:00 Westview Farms Creamery 6:00 Mystery Movie Night (T) 30	9:00 Exercise w/Tara (LS) 10:00 Exercise w/Tara (LS) 10:30 Sunshine Committee: Spreading Smiles at Cedarbrook (LS) 2:00 Quarter Bingo (P) 3:00 Happy Hour (P) 6:00 Historical & Biographical Movie Night (T) 31	Join us on the 26th for our Costal Carnival Hot dog truck, Cotton Candy, Games, Music & More...	



Activity Types

Community Involvement

Emotional

Entertainment

Intellectual

Outing

Physical

Purposeful

Social

Spiritual

Locations

LS = Lucy Stone Activity Room

P = Pub

T = Theater

C = Chapel

L = Library

CY = Courtyard

FC = Fitness Center

Happy Birthday!

Eileen V. – 1st

Anna M. – 7th

Beverly H. – 14th

Nellie L. – 14th

Maryellen M. – 19th

Gregory L. – 23rd

Marilyn W. – 28th

Lodewyk "Luke" S. – 30th

Paul S. – 31st