


Activities Calendar - July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Governor's Bend reserves the right to change the schedule due to CDC protocol updates, unexpected events, lack of interest, time restraints, weather or need.</i></p> <p>Activity Locations: DR:=Dining Room C=Chapel FP= Front Porch CR= Conference Room GR= Garden Room AR=Activity Room L= Lobby</p> 						
			1	2	3	4
			9:30– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Making Mini Patriotic Fruit Pizzas & Karaoke (AR) 3:00– Red, White, and Blue Game Hour (AR) 4:00– Walking Club (meet in lobby) 6:00– Higgins Chapel Baptist Church (L)	9:30– Chair Exercise (AR) 10:30– Where's the Ball Game (AR) 2:00– American Flag Paper Chain Craft (AR) *We will hang this in the community! 3:00– Noodle Ball Game (AR)	9:30– Chair Exercise (AR) 10:30– Daughters of the American Revolution: Mary Patton Chapter Presentation (AR) 2:00– Happy 250th Birthday America Party *Music, snacks, water balloons, watermelon eating contest, poppers and more!	HAPPY 250TH BIRTHDAY AMERICA! INDEPENDENCE DAY
5	6	7	8	9	10	11
10:00– Worship Service (C)	9:30– Chair Exercise (AR) 10:30– Coffee & Cakes Story Circle (AR) 2:00– Mindfulness & Relaxation Techniques for Healthy Aging with Lexie from Village Caregiving (AR) 3:00– Hangman: Remembering Summer Edition (AR)	9:30– Chair Exercise (AR) 10:30– Painting Paper Fans Craft (AR) 2:00– Noodle Ball Game (AR) 3:00– Resident Council Meeting (AR) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:15– Worship Service (C) 2:00– Concert: Larry Pate, Gary Amos, and Ray Bowman (L) 3:00– Book Club Meeting (GR) 3:00– Cornhole Tournament with Drinks (FP)	9:30– Chair Exercise (AR) 10:30– Noodle Ball Game (AR) 2:00– Movie: The Boys in the Boat & Snacks *This is a movie based on the book that Book Club just read. (AR)	9:30– Chair Exercise (AR) 10:30– Nature Scavenger Hunt & Hydration *meet in lobby 2:00– Making Greeting Cards with Elizabeth (AR) 3:00– Bingo with Susan Lyons from Christian Care Center (AR)	
12	13	14	15	16	17	18
10:00– Worship Service (C)	9:00– Election Office Here for State Voting *Everyone please meet in the lobby. 10:30– Jigsaw Puzzles & Classic TV (GR) 2:00– Noodle Ball Game (AR) 3:00– Hit the Prize Bucket Ball Toss (AR) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:30– Noodle Ball Game (AR) 2:00– Shucking Corn & Stringing Green Beans (FP) 3:00– Name that Summer Tune & Popsicles (FP) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:15– Worship Service 12:00– Country Vegetable Plate Lunch (DR) 2:00– Bingo Birthday Bash sponsored by Shallow Ford Baptist Church (AR) 3:00– Beach Ball Battle Game (AR)	STAFF MEETING AT 10AM 9:30– Exercise in physical therapy room 10:30– Jigsaw Puzzles & Classic TV (GR) 2:00– Concert: Sandra & Richard Lambert (L) 3:00– Noodle Ball (AR) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:30– Learning & Playing UNO Game (AR) 2:00– Balloon Tennis (AR) 3:00– Learning to Line Dance with Marian (AR) 4:00– Walking Club	
19	20	21	22	23	24	25
10:00– Worship Service (C)	CHRISTMAS IN JULY WEEK 9:30– Chair Exercise (AR) 10:30– Bible Study with Tonya (C) 11:00– Christmas Trivia (AR) 2:00– Christmas Craft with Elizabeth (AR) 3:00– Concert: Willie Manning & Friends– Christmas Music 4:00– Walking Club	CHRISTMAS IN JULY WEEK 9:30– Chair Exercise (AR) 10:30– Noodle Ball Game (AR) 2:00– Unicoi County Public Library with Char (CR) 2:30– Christmas in July Ice Cream Bar & Christmas Carol Sing Along (FP)	CHRISTMAS IN JULY WEEK 9:30– Chair Exercise (AR) 10:15– Worship Service 2:00– Christmas Bingo with Justin from Caris (AR) 3:00– Christmas Music with Melissa & Damaris (L)	CHRISTMAS IN JULY WEEK 9:00– Chair Exercise (AR) 10:30– Christmas Tea & Cookies Social: Christmas Reminiscing with Jo, Becky & Lisa (AR) 2:00– Health Class & Fun with Madison from the Unicoi County Health Department (AR) 3:00– Movie: White Christmas & Hot Chocolate (GR)	CHRISTMAS IN JULY WEEK 9:30– Chair Exercise (AR) 10:30– Hot Chocolate with Reading of The Night Before Christmas (L) 12:00– Christmas Dinner (DR) 2:00– Christmas Right & Left Game (AR) 3:00– Christmas Hangman (AR)	
26	27	28	29	30	31	
10:00– Worship Service (AR)	DIVE INTO SHARK DAY 9:30– Chair Exercise (AR) 10:30– Bible Study with Tonya (C) 11:00– Sharks 101 Video & Fact or Myth Game (AR) 2:00– Marine Trivia Jeopardy & Frozen Ocean Floats with Emily from Home Instead (AR) 3:00– Feed the Shark Bean Bag Toss Game and Shark Attack Minute to Win It Games (AR)	9:30– Chair Exercise (AR) 10:30– Noodle Ball Game (AR) 2:00– Concert: Glamorgan Chapel Quartet from Wise, VA (L) 3:00– Front Porch Social & Drinks (AR)	9:30– Chair Exercise (AR) 10:15– Worship Service 2:00– Bingo with Sara with Addus Homecare (AR) 3:00– Tic Tac Toe Game (AR) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:30– Pass the Ball Game (AR) 2:00– Outsmarting the Scammers Class with David Beerman from Edward Jones (AR) 3:00– Noodle Ball Game (AR) 4:00– Walking Club	9:30– Chair Exercise (AR) 10:30– Morning Social Hour (AR) 2:00– Manicures & Pedicures with the Prevention Coalition & Students Against Destructive Decisions (AR) 4:00– Walking Club	