

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

JBH ACTIVITY CALENDAR

			9:30 ROSARY W/MARJORIE & LIZ 10:00 COMMUNION W/TOM 10:30 AM STRETCH 11:00 DOG VISIT W/HEATHER & OLIVER 11:30 OUTING- LUNCH 2:00 NEWS CURRENT W/MALLORY 6:00 LOCAL NEWS Canada Day	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 WHO, WHAT & WHERE W/SANDY 12:30 COOKOUT 2:00 GROUP GAME TIME 4:00 COMEDY TIME	10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 TRAVELOQUE W/CAROL 1:30 MONTHLY GAZETTE W/ KELLY 2:00 DAN TREMBLAY W/HERITAGE FILMS 4:00 LOCAL NEWS 6:00 FRIDAY NIGHT MOVIE VOICEMAILS FOR ISABELLE	10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 HEADLINE NEWS W/SANDRA 2:00 POLITICAL BIOGRAPHY YOUTUBE-THE HISTORY OF THE FOURTH OF JULY 4:30 LOCAL NEWS 7:00 BOSTON POPS JULY 4 TH FIREWORKS SPECTACULAR Independence Day (U.S.)
9:30 DAILY CHRONICLE 10:00 RELIGIOUS SERVICE 11:00 MORNING STRETCH 1:30 GOLF/PUTTING W/LEE IN SUNROOM 6:00 EVENING NEWS 7:00 60 MINUTES	10:30 GROUP EXERCISE 11:00 DOG VISIT W/HEATHER & OLIVER 11:00 CURRENT EVENTS 2:00 ENTERTAINMENT W/GRAEME LISTER 3:15 TEA & COOKIE TIME 6:00 PBS NEWSHOUR	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 SODOKU 2:00 VISITS W/MARGE 4:00 REMINISCING W/SANDY 6:00 NETFLIX SERIES THE BOROUGHs	9:30 ROSARY W/MARJORIE & LIZ 10:00 COMMUNION W/TOM 10:00 DAILY CHRONICLE 10:00 EXPLORERS SALEM STATE LLI- SALEM'S HISTORY 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 NEWS CURRENT W/MALLORY 4:00 LOCAL NEWS	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 Pictionary W/SANDY 1:30 FOOD FORUM W/DUNCAN 3:00 HAPPY HOUR	9:30 DAILY CHRONICLE 10:15 EXERCISE W/PATRICE 11:00 TRAVELOQUE W/CAROL 2:00 TRIVIA W/ KELLY 4:00 LOCAL NEWS 6:00 FRIDAY NIGHT MOVIE- MONEY TALKS	10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 BIOGRAPHY YOUTUBE-DAVID HOCKNEY- THE ART OF SEEING 4:30 LOCAL NEWS 6:00 SATURDAY MOVIE NIGHT- DVD- CHICAGO
9:30 DAILY CHRONICLE 10:00 RELIGIOUS SERVICE 11:00 MORNING STRETCH 1:30 NOODLE & BALL FUN W/LEE IN SUNROOM 6:00 EVENING NEWS 7:00 60 MINUTES	10:30 OUTING- SALEM PUBLIC LIBRARY 11:00 DOG VISIT W/HEATHER & OLIVER 11:30 POETRY W/MARTIN 2:00 FRAPPE MAKING 3:00 CATHOLIC MASS W/FATHER MURRAY 6:00 PBS NEWSHOUR	JOHN'S B-DAY 10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 SODOKU 2:00 VISITS W/MARGE 4:00 MUSIC APPRECIATION W/SANDY 6:00 NETFLIX SERIES THE BOROUGHs	9:30 ROSARY W/MARJORIE & LIZ 10:00 COMMUNION W/TOM 10:30 EXERCISE CLASS 11:00 DOG VISIT W/HEATHER & OLIVER 1:30 OUTING- ICE CREAM 4:00 LOCAL NEWS 6:00 MOVIE-RTS. CHOICE	10:00 DAILY CHRONICLE 10:00 OUTING-PEM 10:30 AM STRETCH 11:00 CREATIVE TIME 2:00 EXOTIC FRUIT TASTING 3:00 HAPPY HOUR	NORENE'S B-DAY 9:30 DAILY CHRONICLE 10:15 EXERCISE W/PATRICE 2:00 HANGMAN W/ KELLY 4:00 LOCAL NEWS 6:00 FRIDAY NIGHT MOVIE-FUNDAMENTALS OF CARING	10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 HAND MASSAGES & MANICURES 4:30 LOCAL NEWS 6:00 SATURDAY CLASSIC MOVIE NIGHT- THE DIRTY DOZEN- NETFLIX
9:30 DAILY CHRONICLE 10:00 RELIGIOUS SERVICE 11:00 MORNING STRETCH 1:30 BALL TOSS W/LEE 6:00 EVENING NEWS 7:00 60 MINUTES	10:30 GROUP EXERCISE 11:00 DOG VISIT W/HEATHER & OLIVER 11:00 CURRENT EVENTS 2:00 HOLLYWOOD STAR SPOTLIGHT 3:15 TEA & COOKIE TIME 6:00 PBS NEWSHOUR	HAIRDRESSER SANDY'S B-DAY 10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 SODOKU 2:00 SCENIC DRIVE 4:00 JOKES W/SANDY 6:00 NETFLIX SERIES THE BOROUGHs	9:30 ROSARY W/MARJORIE & LIZ 10:00 COMMUNION W/TOM 10:30 AM STRETCH 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 NEWS CURRENT W/MALLORY 4:00 ENTERTAINMENT W/ "DAVE O" & PIZZA ON DECK	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 OUTING- TBD 2:00 DAN TREMBLAY W/HERITAGE FILMS 3:00 HAPPY HOUR	9:30 DAILY CHRONICLE 10:15 EXERCISE W/PATRICE 11:00 TRAVELOQUE W/CAROL 2:00 WORDGAMES W/ KELLY 4:00 LOCAL NEWS 6:00 FRIDAY NIGHT MOVIE- THE IRISHMAN	LEE'S B-DAY 10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 ART GROUP 4:30 LOCAL NEWS 6:00 MYSTERY MOVIE- NETFLIX- THURSDAY NIGHT MURDER CLUB
9:30 DAILY CHRONICLE 10:00 RELIGIOUS SERVICE 11:00 MORNING STRETCH 1:30 RING TOSS W/LEE 6:00 EVENING NEWS 7:00 60 MINUTES	10:30 GROUP EXERCISE 11:00 DOG VISIT W/HEATHER & OLIVER 11:00 CURRENT EVENTS 2:00 SCENIC DRIVE 3:15 TEA & COOKIE TIME 6:00 PBS NEWSHOUR	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:30 RC MEETING 2:00 VISITS W/MARGE 4:00 FAVORITE PODCASTS 6:00 NETFLIX SERIES THE BOROUGHs	9:30 ROSARY W/MARJORIE & LIZ 10:00 COMMUNION W/TOM 10:00 EXPLORERS SALEM STATE LLI-VISIT TO CHINA 10:30 AM STRETCH 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 NEWS CURRENT W/MALLORY	10:00 DAILY CHRONICLE 10:30 AM STRETCH 11:00 HOROSCOPES W/SANDY 2:00 HEALTH PROGRAM FROM MACKENZI SHANAHAN & ALL CARE 3:30 HAPPY HOUR	9:30 DAILY CHRONICLE 10:15 EXERCISE W/PATRICE 11:00 TRAVELOQUE W/CAROL 2:00 TRIVIA W/KELLY 4:00 LOCAL NEWS 6:00 FRIDAY NIGHT MOVIE JURASSIC WORLD	10:00 DAILY CHRONICLE 10:30 EXERCISE GROUP 11:00 DOG VISIT W/HEATHER & OLIVER 2:00 HAND MASSAGES & MANICURES 4:30 LOCAL NEWS 6:00 AWARD WINNING MOVIE- NETFLIX- MY OCTOPUS TEACHER