

Monday	Tuesday	Wednesday	Thursday	Friday
ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD  501 Main St. Watsonville, CA 95076 (831) 458-3481	JULY 2026	10:00-Morning PERK-UP! 11:00-TAI CHI with IRO 11:00-Dance Class: Caballo Dorado 1:00-Puzzle Projects @RR 1:00- LOTERIA 1:45-\$hop 'til You Drop	10:00-The Daily Drip 11:00-PRAYER CIRCLE with ELENA 11:00-Catch-Up with Larisa 12:45-Parade Prep & Decorating 1:00- Spirit of 4th of July Parade 1:00-Men's Group with Juan Carlos 1:30-Post Parade Games & Refreshments	CLOSED for INDEPENDENCE DAY
10:00-The Coffee Klatch 11:00-TAI CHI with IRO 11:00-Women's Group with Alondra 1:00-Fireworks Shows for All @RR 1:00-It's A Great Day For... BINGO! 1:15-Hand Spa at the Gym	10:00-Morning Mingle 11:00-WORDS & WATERCOLORS 11:00-Cardio Drumming 1:00-"Let's Get Away Together": Guided Travel Paintings & Locations 1:00-Grupo de Hombres 1:15-Ballet Folklorico	 Community Dental 10:00-Enchanted Teapot 11:00-TAI CHI with IRO 11:00-Rueda de Fortuna 1:00-Table Games @RR 1:00- LOTERIA 1:45-BINGO Boutique \$shopping	10:00-Café Mañanero 11:00-PRAYER CIRCLE with ELENA 11:00-Good News Group 1:00-Reminiscing in the Rose Room Packing For a Camping Trip 1:00-Wheel-of-Fortune 1:15-BINGO \$tore Bargain\$	 Senior Summer Campout 10:00-¡Un Excelen- TÉ Día! 11:00-Catch-Up with Larisa 11:00- Fish'n Hole Fun 1:00-Gentle Guitar with Will @RR 1:00- Campfire Ghost Stories 1:30- S'mores & More
10:00- TEA -rific Day! 11:00-TAI CHI with IRO 11:00-Tin Punch Décor Craft 1:00-Famous Couples Trivia @RR 1:00-Did Someone Say... BINGO? 1:45-BINGO \$hopper's Corner	10:00-Morning BREW -ha ha! 11:00-WORDS & WATERCOLORS 11:00-Tin Punch Décor Craft 1:00-"Let's Get Away Together": Scouting Remote Alaska 1:00-Grupo de Mujeres 1:15- Putting Practice	10:00-Sip & Socialize 11:00-TAI CHI with IRO 11:00-Tin Punch Décor Craft 1:00-Puzzle Projects @RR 1:00- LOTERIA 1:45-BINGO \$ale, \$ale, \$ale	 Elderday's Rhinestone Rodeo 10:00-Coffee Roasters & Rustlers 11:00-Grupo de Hombres 11:00- Country Line Dance Class 1:00-Cowboy Trivia @RR 1:00- Steer Rope'n & Photo Roundup 1:30- Sarsaparillas at the Saloon	10:00-Tea and Table Talk 11:00- Catholic Mass with Fr. Robert 11:00-Travel Talk: Williamsburg, VA 1:00-Gentle Guitar with Will @RR 1:00-Relaxation Station 1:15-BINGO \$hop \$ale
10:00-CAWfee Talk 11:00-TAI CHI with IRO 11:00-Experiments in Watercolor 1:00-Planning a Picnic @RR 1:00- What-the-Heck, Let's Play... BINGO! 1:15-Hand Spa at the Gym	10:00- TÉ -rapia Social 11:00-WORDS & WATERCOLORS 11:00-Dance Class: Electric Slide 1:00-"Let's Get Away Together": 1:00-Catch-Up with Larisa 1:15-Rueda de Fortuna	10:00-The CUPPA Club 11:00-TAI CHI with IRO 11:00-Experiments in Watercolor 1:00-Table Games @RR 1:00- White Hawk Dancers Live Performance	10:00-¡Excelen- TÉ Día! 11:00-PRAYER CIRCLE with ELENA 11:00-Women's Group 1:00-Patio Views with Rose Room 1:00- LOTERIA 1:45- BINGO \$hoppers Unite!	10:00-Mugs in the Morning 11:00-Men's Group 11:00-Experiments in Watercolor 1:00-Gentle Guitar with Will @RR 1:00- Christine's Inner Glow Group 1:15- TRIVIA en Espanol: Caras Famosas
10:00-Sip Happens 11:00-TAI CHI with IRO 11:00-Decoupage Shadow Box 1:00-Reminiscing @RR: <i>Baking</i> 1:00- BINGO! Is Always a Good Idea 1:45-BINGO BAG\$ and BARGAIN\$	10:00-News & Coffee Brews 11:00-WORDS & WATERCOLORS 11:00-Buenas Noticias del Dia 1:00-"Let's Get Away Together": 1:00-Relaxation Station with Liliana 1:15- Musical Memories Live Music with Juan Carlos	10:00-Morning Roast 11:00-TAI CHI with IRO 11:00-Decoupage Shadow Box Craft 1:00-Puzzle Projects @RR 1:00- LOTERIA	10:00-Café y Convivencia 11:00-PRAYER CIRCLE with ELENA 11:00-Newsletter Circle w/Liliana 1:00-Sunshine Steppers @RR 1:00- Muscle Cars & More 1: 15- Cardio Drumming to the 80's	10:00-Brewed Bliss 11:00- ♪ Name ♪ That ♪ Tune ♪ 11:00-Grupo de Mujeres con Alondra 1:00-Gentle Guitar with Will @RR 1:00-Knit Happens with Rosa 1: 45- BIRTHDAY CELEBRATION

To Cancel Transportation to Elderday Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE



ELDERDAY

ADULT DAY HEALTH CARE

COMMUNITY BRIDGES

PUENTES DE LA COMUNIDAD



JULY 2026 | ELDERDAY MEALS



COMMUNITY BRIDGES

PUENTES DE LA COMUNIDAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Clam Chowder Cucumber Slices Romaine Salad w/ Beans WW Roll/Butter Oyster Crackers 1% Milk	2 Beef Hot Dog Chili Beans Coleslaw w/ Carrots WW Bun Graham Crackers 1% Milk	3 Site Closed for 4th of July observation
6 Sopa de Albondigas Cauliflower Romaine Salad Cornbread 1% Milk	7 Vegetable Frittata Roasted Potatoes Green Salad w/ Kidney Beans Oatmeal Muffin 1% Milk	8 Chicken Pozole Zucchini Mixed Green Salad w/ Spanish Rice WW Roll/Butter 1% Milk	9 Crab Salad Minestrone Soup Romaine Salad w/ Tomatoes WW Roll/Butter WW Crackers 1% Milk	10 Turkey Divan Steamed Carrots Mixed Green Salad Brown Rice WW Roll/Butter 1% Milk
13 Salmon Patty Broccoli Spinach Salad w/ Carrots Pesto Noodles WW Roll/Butter 1% Milk	14 Turkey Soft Taco Cauliflower w/ Peppers Black Beans Mexico City Rice 1% Milk	15 Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ mandarin WW Roll/Butter 1% Milk	16 Tuna Noodle Casserole Carrot Raisin Salad WW Bread/ Butter 1% Milk	17 Green Bean Chicken Sesame Carrots Napa Cabbage Salad Chow Mein Noodles Brown Rice Chow Mein Noodles 1% Milk
20 Meatloaf w/ Gravy Mashed Potatoes Tossed Green Salad WW Bread/Butter Graham Crackers 1% Milk	21 Turkey Salad Sandwich Tomato Soup Mixed Green Salad 1% Milk	22 Pizza Three Bean Salad Caesar Salad w/ Egg 1% Milk	23 Tamale Chicken Bake Black Beans Romaine Salad w/ Carrots Graham Crackers 1% Milk	24 Chef Salad Lentil Soup Romaine Mix Salad WW Roll/Butter WW Crackers 1% Milk
27 Rigatoni Casserole Three Bean Salad Mixed Green Salad w/ Egg WW Roll/Butter 1% Milk	28 Asian Chicken Salad Roamane/ Cabbage Salad Carrots & Cucumbers Sesame Noodle Salad WW Roll/Butter 1% Milk	29 Potato Kale Enchilada Refried Beans Romaine Sald w/ Carrots Mexico City Salad 1% Milk	30 Sloppy Joes Succotash Green Salad w/ Broccoli WW Bun 1% Milk	31 Fish Sticks Broccoli Spinach Salad Brown Rice Pilaf WW Roll/Butter SF Birthday Cake 1% Milk


DAILY SEATED EXERCISES BEGIN AT 11:45


LUNCH IS SERVED AT 12pm

Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup

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★ ★ ★ ELDERDAY'S ★ ★ ★

PERFECT ATTENDANCE WINNERS for JUNE

Thank You For Your Commitment To Your Health & Well Being



Ray, Salud, Paul B, Hilda, Ernie,
Ginger, Debbie, , Roberto C,
Caroline, Jimmy D, Brijida,
Eleazer, John G, Robert G,
Reyna, Juanito, Ramona, Jessie,
Donna, Pedro M, Angelina,
Jimmy M, Gail, Juanita, Hilda Q,
Enrique R, Paul R, Lupita R,
Reyes, Rachel, Jeff, Maria V,
Chabela, Antony, Rosita

Maria Z

