

# July 2026

## Cogir at South Bay Cogir at South Bay IL Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	<b>1</b> Today <b>9:30am</b> Exercise with Mary Shammass ● <b>10:30am</b> Exercise with Mary Shammass ● <b>Afternoon</b> Ping Pong <b>1:30pm</b> Book Club: Dead Money by Jakob Kerr <b>1:30pm</b> Staff Pick Movie Matinee: Erin Brockovich (2000) <b>3:15pm</b> Bridge Class with Roy <b>4:00pm</b> Happy Hour: Featuring Live Music and Lite Bites <b>6:45pm</b> Pub Trivia Night <b>8:00pm</b> Erin Brockovich (2000) Second Showing	2 <b>9:00am</b> Group Walk at the Redondo Esplanade <b>10:30am</b> Exercise with Carrie ● <b>11:00am</b> JCI Bingo Outing <b>11:30am</b> Exercise with Carrie ● <b>1:30pm</b> Music Film Screening: Carole King & James Taylor: Live at the Troubadour (2010) <b>1:30pm</b> Tai Chi with Fabienne ● <b>2:00pm</b> ¡Lotería! (Applied Spanish Game) ● <b>3:15pm</b> Blackjack <b>6:45pm</b> Karaoke Night <b>8:00pm</b> Carole King & James Taylor: Live at The Troubadour (2010) Second Showing	3 <b>Independence Day (substitute)</b> <b>9:30am</b> Exercise with EmpowerMe ● <b>10:00am</b> Costco Trip <b>10:15am</b> Exercise with EmpowerMe ● <b>11:00am</b> Meditative Watercolor Painting <b>1:30pm</b> American Mahjong <b>1:30pm</b> Seated Dancing Video Class with Matt ● <b>2:00pm</b> Zumba Dance Exercise ● <b>2:45pm</b> This Is Jeopardy with your host Matt Zarro <b>3:30pm</b> Activities for the Curious Mind <b>4:00pm</b> Television Docuseries Screening: Edge of the Earth <b>6:15pm</b> Film Series Night: Mamma Mia! Here We Go Again (2018) <b>8:00pm</b> Mamma Mia! Here We Go Again (2018) Second Showing	4 <b>Independence Day</b> <b>8:45am</b> Outing to Wilson Park Zumba and Farmers Market <b>10:45am</b> Bible Study <b>11:30am</b> 4th of July Celebration <b>1:30pm</b> Pool Walk with Matt ● <b>2:00pm</b> Mahjong <b>2:30pm</b> Blackjack Overflow ☀️ <b>3:00pm</b> Balance and Strength with Matt ● <b>Evening</b> Ping Pong <b>7:00pm</b> Special 4th of July Showing: Hamilton (2020)
5 <b>8:00am</b> Ping Pong <b>10:15am</b> Live Streaming Catholic Mass <b>11:00am</b> Chair Yoga with Guna ● <b>11:00am</b> Rummikub <b>1:30pm</b> Scenic Drive <b>1:30pm</b> Uno! <b>2:45pm</b> Sunday Hymns	6 <b>9:30am</b> Exercise with EmpowerMe ● <b>10:15am</b> Exercise with EmpowerMe ● <b>11:00am</b> Tai Chi with Fabienne ● <b>1:00pm</b> Conversational Spanish Class with Jackson ●	7 <b>11:30am</b> Lunch and a Movie <b>1:30pm</b> Beginning Spanish Class with Jackson ● <b>2:30pm</b> Battle of the Songs <b>3:30pm</b> Poker Club: Texas Holdem	8 <b>9:30am</b> Exercise with Mary Shammass ● <b>10:30am</b> Exercise with Mary Shammass ● <b>Afternoon</b> Ping Pong <b>1:30pm</b> Lawn Games: Lawn Bowls and Mini-Golf	9 <b>9:00am</b> Group Walk at the Del Amo Crossing Court Yard <b>1:00pm</b> Music Film Screening <b>1:30pm</b> Tai Chi with Fabienne ● <b>2:00pm</b> ¡Adivina Quién! (Applied Spanish	10 <b>9:30am</b> Exercise with EmpowerMe ● <b>10:00am</b> TARGET TRIP <b>10:15am</b> Exercise with EmpowerMe ● <b>11:00am</b> Meditative Watercolor Painting	11 <b>8:45am</b> Outing to Wilson Park Zumba and Farmers Market <b>10:00am</b> Hammer and Stain Craft Project <b>10:45am</b> Bible Study <b>1:30pm</b> Pool Walk with Matt ● <b>2:00pm</b> Mahjong

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3:00pm</b> Mexican Train Open Table</p> <p><b>3:45pm</b> Dominoes</p> <p><b>6:15pm</b> Classic Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>2:15pm</b> Bingo!</p> <p><b>4:30pm</b> Guided Meditation</p> <p><b>6:15pm</b> And The Oscar Goes To... The Two Popes (2019)</p> <p><b>6:30pm</b> Rummikub Open Table</p> <p><b>8:30pm</b> The Two Popes (2019) Second Showing</p>	<p><b>7:15pm</b> Classical Symphony Hour</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>1:30pm</b> Staff Pick Movie Matinee</p> <p><b>3:45pm</b> Monthly Game Raffle</p> <p><b>4:00pm</b> Happy Hour: Featuring Live Music and Lite Bites</p> <p><b>6:45pm</b> Pub Trivia Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>Game) ●</p> <p><b>3:15pm</b> Blackjack</p> <p><b>6:45pm</b> Karaoke Night</p> <p><b>8:00pm</b> Concert Film Second Showing</p>	<p><b>1:30pm</b> American Mahjong</p> <p><b>1:30pm</b> Seated Dancing Video Class with Matt ●</p> <p><b>2:00pm</b> Zumba Dance Exercise ●</p> <p><b>2:45pm</b> This Is Jeopardy with your host Matt Zarro</p> <p><b>4:00pm</b> Television Docuseries Screening: Edge of the Earth</p> <p><b>6:15pm</b> Film Series Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>2:30pm</b> Blackjack Overflow ☀</p> <p><b>3:00pm</b> Balance and Strength with Matt ●</p> <p><b>Evening</b> Ping Pong</p> <p><b>6:15pm</b> Certified Fresh Movie Night: The Sheep Detectives (2026)</p> <p><b>8:00pm</b> The Sheep Detectives (2026) Second Showing</p>
<p>12</p> <p><b>8:00am</b> Ping Pong</p> <p><b>10:15am</b> Live Streaming Catholic Mass</p> <p><b>11:00am</b> Rummikub</p> <p><b>1:30pm</b> Outing to Rainforest Flora, Inc.</p> <p><b>1:30pm</b> Uno!</p> <p><b>2:45pm</b> Sunday Hymns</p> <p><b>3:00pm</b> Mexican Train Open Table</p> <p><b>3:45pm</b> Dominoes</p> <p><b>6:15pm</b> Classic Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>13</p> <p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Tai Chi with Fabienne ●</p> <p><b>12:10pm</b> Outing to: Bartlett Center Bridge Class</p> <p><b>1:00pm</b> Conversational Spanish Class with Jackson ●</p> <p><b>2:15pm</b> Bingo!</p> <p><b>4:30pm</b> Guided Meditation</p> <p><b>6:15pm</b> And The Oscar Goes To...</p> <p><b>6:30pm</b> Rummikub Open Table</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>14</p> <p><b>10:45am</b> Exercise with Fit Group USA ●</p> <p><b>11:30am</b> Exercise with Fit Group USA ●</p> <p><b>11:30am</b> Lunch and a Movie</p> <p><b>1:30pm</b> Beginning Spanish Class with Jackson ●</p> <p><b>2:30pm</b> Battle of the Songs</p> <p><b>3:30pm</b> Poker Club: Texas Holdem</p> <p><b>7:15pm</b> Classical Symphony Hour</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>15</p> <p><b>9:30am</b> Exercise with Mary Shammas ●</p> <p><b>10:30am</b> Exercise with Mary Shammas ●</p> <p><b>Afternoon</b> Ping Pong</p> <p><b>1:30pm</b> Staff Pick Movie Matinee</p> <p><b>2:00pm</b> Cogir Speaker Committee Presents: Kathy Fiscus: A Tragedy That Transfixed the Nation</p> <p><b>2:00pm</b> Cogir Speaker Committee Presents: The Birth of Reality TV</p> <p><b>3:15pm</b> Bridge Class with Roy</p> <p><b>4:00pm</b> Special Bastille Day Happy Hour</p> <p><b>6:45pm</b> Pub Trivia Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>16</p> <p><b>9:00am</b> Group Walk at the Del Amo Crossing Court Yard</p> <p><b>10:45am</b> Exercise with Fit Group USA ●</p> <p><b>11:00am</b> JCI Bingo Outing</p> <p><b>11:30am</b> Exercise with Fit Group USA ●</p> <p><b>1:00pm</b> Music Film Screening</p> <p><b>1:30pm</b> AL Resident Council</p> <p><b>1:30pm</b> Tai Chi with Fabienne ●</p> <p><b>2:00pm</b> ¡Lotería! (Applied Spanish Game) ●</p> <p><b>3:15pm</b> Blackjack</p> <p><b>6:45pm</b> Karaoke Night</p> <p><b>8:00pm</b> Concert Film Second Showing</p>	<p>17</p> <p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:00am</b> TRADER Joes Trip</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Meditative Watercolor Painting</p> <p><b>1:30pm</b> American Mahjong</p> <p><b>1:30pm</b> Seated Dancing Video Class with Matt ●</p> <p><b>2:00pm</b> Zumba Dance Exercise ●</p> <p><b>2:45pm</b> This Is Jeopardy with your host Matt Zarro</p> <p><b>4:00pm</b> Television Docuseries Screening: Edge of the Earth</p> <p><b>6:15pm</b> Film Series Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>18</p> <p><b>8:45am</b> Outing to Wilson Park Zumba and Farmers Market</p> <p><b>10:45am</b> Bible Study</p> <p><b>1:30pm</b> Pool Walk with Matt ●</p> <p><b>2:00pm</b> Mahjong</p> <p><b>2:30pm</b> Blackjack Overflow ☀</p> <p><b>3:00pm</b> Balance and Strength with Matt ●</p> <p><b>Evening</b> Ping Pong</p> <p><b>6:15pm</b> Certified Fresh Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>
19	20	21	22	23	24	25

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>8:00am</b> Ping Pong</p> <p><b>10:15am</b> Live Streaming Catholic Mass</p> <p><b>11:00am</b> Chair Yoga with Guna ●</p> <p><b>11:00am</b> Rummikub</p> <p><b>1:30pm</b> Uno!</p> <p><b>2:45pm</b> Sunday Hymns</p> <p><b>3:00pm</b> Mexican Train Open Table</p> <p><b>3:45pm</b> Dominoes</p> <p><b>6:15pm</b> Classic Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Tai Chi with Fabienne ●</p> <p><b>2:15pm</b> Bingo!</p> <p><b>4:30pm</b> Unguided Meditation</p> <p><b>6:15pm</b> And The Oscar Goes To...</p> <p><b>6:30pm</b> Rummikub Open Table</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>10:30am</b> Exercise with Carrie ●</p> <p><b>11:30am</b> Exercise with Carrie ●</p> <p><b>11:30am</b> Lunch and a Movie</p> <p><b>12:30pm</b> New Residents Welcome Lunch</p> <p><b>2:30pm</b> Battle of the Songs</p> <p><b>3:30pm</b> Poker Club: Texas Holdem</p> <p><b>7:15pm</b> Classical Symphony Hour</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>9:30am</b> Exercise with Mary Shammass ●</p> <p><b>10:30am</b> Exercise with Mary Shammass ●</p> <p><b>Afternoon</b> Ping Pong</p> <p><b>1:30pm</b> Lawn Games: Lawn Bowls and Mini-Golf</p> <p><b>1:30pm</b> Staff Pick Movie Matinee</p> <p><b>4:00pm</b> Special Christmas in July Happy Hour</p> <p><b>6:45pm</b> Pub Trivia Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>9:00am</b> Group Walk at the Redondo Esplanade</p> <p><b>10:30am</b> Exercise with Carrie ●</p> <p><b>11:30am</b> Exercise with Carrie ●</p> <p><b>1:00pm</b> Music Film Screening</p> <p><b>1:30pm</b> Tai Chi with Fabienne ●</p> <p><b>2:00pm</b> Tabú (Applied Spanish Game) ●</p> <p><b>3:15pm</b> Blackjack</p> <p><b>8:00pm</b> Concert Film Second Showing</p>	<p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:00am</b> Mitsuwa market trip</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Meditative Watercolor Painting</p> <p><b>1:30pm</b> American Mahjong</p> <p><b>1:30pm</b> Seated Dancing Video Class with Matt ●</p> <p><b>2:00pm</b> Zumba Dance Exercise ●</p> <p><b>2:45pm</b> This Is Jeopardy with your host Matt Zarro</p> <p><b>3:30pm</b> Activities for the Curious Mind</p> <p><b>4:00pm</b> Television Docuseries Screening: Edge of the Earth</p> <p><b>6:15pm</b> Film Series Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p><b>8:45am</b> Outing to Wilson Park Zumba and Farmers Market</p> <p><b>10:45am</b> Bible Study</p> <p><b>1:30pm</b> Creative Writing with Loren</p> <p><b>1:30pm</b> Pool Walk with Matt ●</p> <p><b>2:00pm</b> Mahjong</p> <p><b>2:30pm</b> Blackjack Overflow ☀</p> <p><b>3:00pm</b> Balance and Strength with Matt ●</p> <p><b>Evening</b> Ping Pong</p> <p><b>6:15pm</b> Certified Fresh Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>
<p>26</p> <p><b>8:00am</b> Ping Pong</p> <p><b>10:15am</b> Live Streaming Catholic Mass</p> <p><b>11:00am</b> Rummikub</p> <p><b>1:30pm</b> Picnic at Point Fermin</p> <p><b>1:30pm</b> Uno!</p> <p><b>2:45pm</b> Sunday Hymns</p> <p><b>3:00pm</b> Mexican Train Open Table</p> <p><b>3:45pm</b> Dominoes</p> <p><b>6:15pm</b> Classic Movie Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>27</p> <p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Tai Chi with Fabienne ●</p> <p><b>12:10pm</b> Outing to: Bartlett Center Bridge Class</p> <p><b>1:00pm</b> Conversational Spanish Class with Jackson ●</p> <p><b>2:15pm</b> Bingo!</p> <p><b>4:30pm</b> Guided Meditation</p> <p><b>6:15pm</b> And The Oscar Goes To...</p>	<p>28</p> <p><b>10:30am</b> Exercise with Carrie ●</p> <p><b>11:30am</b> Exercise with Carrie ●</p> <p><b>11:30am</b> Lunch and a Movie</p> <p><b>1:30pm</b> Beginning Spanish Class with Jackson ●</p> <p><b>2:30pm</b> Battle of the Songs</p> <p><b>3:30pm</b> Poker Club: Texas Holdem</p> <p><b>7:15pm</b> Classical Symphony Hour</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>29</p> <p><b>9:30am</b> Exercise with Mary Shammass ●</p> <p><b>10:30am</b> Exercise with Mary Shammass ●</p> <p><b>Afternoon</b> Ping Pong</p> <p><b>1:30pm</b> Resident Town Hall</p> <p><b>1:30pm</b> Staff Pick Movie Matinee</p> <p><b>4:00pm</b> Happy Hour: Featuring Live Music and Lite Bites</p> <p><b>6:45pm</b> Pub Trivia Night</p> <p><b>8:00pm</b> Movie Second Showing</p>	<p>30</p> <p><b>9:00am</b> Group Walk at the Redondo Esplanade</p> <p><b>10:30am</b> Exercise with Carrie ●</p> <p><b>11:00am</b> JCI Bingo Outing</p> <p><b>11:30am</b> Exercise with Carrie ●</p> <p><b>1:00pm</b> Music Film Screening</p> <p><b>1:30pm</b> Tai Chi with Fabienne ●</p> <p><b>2:00pm</b> ¡Lotería! (Applied Spanish Game) ●</p> <p><b>3:15pm</b> Blackjack</p>	<p>31</p> <p><b>9:30am</b> Exercise with EmpowerMe ●</p> <p><b>10:00am</b> Tokyo Central Trip</p> <p><b>10:15am</b> Exercise with EmpowerMe ●</p> <p><b>11:00am</b> Meditative Watercolor Painting</p> <p><b>1:30pm</b> American Mahjong</p> <p><b>1:30pm</b> Seated Dancing Video Class with Matt ●</p> <p><b>2:00pm</b> Zumba Dance Exercise ●</p>	<p>1</p>

# July 2026

## Cogir at South Bay Cogir at South Bay IL Activity Calendar

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**6:30pm** Rummikub Open  
Table

**8:00pm** Movie Second  
Showing

**6:45pm** Karaoke Night

**8:00pm** Concert Film  
Second Showing

**2:45pm** This Is Jeopardy  
with your host  
Matt Zarro

**4:00pm** Television  
Docuseries  
Screening: Edge  
of the Earth

**6:15pm** Film Series Night

**8:00pm** Movie Second  
Showing