

July



LifeWorks #1
and Administration
744 E. 13th Ave.
Anchorage, Alaska 99501

LifeWorks Lodge
500 W. Int'l Airport Rd.
Anchorage, Alaska 99518



2026

Monday	Tuesday	Wednesday	Thursday	Friday
 w/=At LifeWorks Expense @=At Members Expense *=Sack Lunch Dispatch: 907-644-0480x1 Activities: 907-644-0480x4		XL Maze 1 International Joke Day American Flag Painting Value Village	Chair Yoga 2 National Disco Day Star-Spangled Headband Forger-Me-Not Nursery River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	
Seated Race 6 National Fried Chicken Day Paper Maché Chickens Day 1 Carrs Day 1 River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Cupid Shuffle 7 National Day of Rock 'n' Roll Paper Maché Chickens Day 2 Carrs Day 2	Ring Toss 8 National Love Your Skin Day Coconut Oil Sugar Scrub Dollar Zone	Bucket Ball 9 National Sugar Cookie Day Flower Coaster Decoupage Kaladi w/small drink River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Ring on Hook 10 National Pina Colada Day Tiki Time Painting Vee Haircuts 744-AM Lodge-PM Lake Hood
Ladder Ball 13 National Rock Day Painted Rocks @Wendy's River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Roll the Balls 14 National Mac and Cheese Day Star Yarn Craft Cabella's	Corn Hole 15 National Be A Dork Day Butterfly Garden Collage Refuge Coffeehouse w/small drink	Shuffle Board 16 World Snake Day Snake Puppet Paper Craft Eagle River Nature Center* River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Chair Boxing 17 National Tattoo Day Temporary Tattoos Cuddy Park Bowling-pm
Toss Across 20 National Lollipop Day Pipe Cleaner Ninja Circle K House of Hobbies-PM River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Indoor Basket ball 21 Take A Monkey To Lunch Day "Science Tuesday" Elephant Toothpaste Dimond Mall	XL Maze 22 World Brain Day Pistachio Shell Fish Aquarium Natural Pantry	Chair Yoga 23 National Refreshment Day Cocktail Umbrella Wreath Bass Pro Shop River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Choose the Pattern 24 Amelia Earhart Day Air-Dry Clay Air Diffuser Sonic w/ small slushie
Parachute Ball 27 National Love is Kind Day Heart Painting Walgreens River Song Music Therapy: LifeWorks #1 9:45a-10:45a Lodge 12:00p-1:00p	Catch the Hanger 28 National Soccer Day 3D Button Flowers Taku Lake*	Shake the Balls Out 29 National Lipstick Day DIY Kool-Aid Lip Gloss Chevron Bowling-PM	Fly Swatter Balloon Ball 30 World Snorkeling Day Trucker Hat Day 1 Drive Thru w/small drink River Song Music Therapy: Lodge 9:45a-10:45a LifeWorks #1 12:00p-1:00p	Dance Party 31 National Avocado Day Trucker Hat Day 2 Campbell Creek Stroll