

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>9:30 Sunday Service <b>4</b>                  10:15 Full Body Fitness                  11:00 Brain Fitness                  12:00 4<sup>th</sup> of July BBQ                  1:00 Backyard Games                  2:00 Quarter Bingo                  6:00 Documentary: Origin of Fireworks  <small>Independence Day (US)</small></p>	<p>10:15 Sit &amp; Be Fit <b>5</b>                  11:00 Brain Boosters                  1:00 Swimming Exercise with Cathy                  2:30 Affirmations &amp; Meditation                  3:30 Happy Hour &amp; Welcome New Residents                  4:00 Connect 4 Challenge                  6:00 Action Move Monday</p>	<p>10:15 Total Body Fitness <b>6</b>                  10:30 Water Aerobics                  11:00 Brain Fitness                  1:00 Cooking: Cookies                  2:30 Game "Price is Right"                  3:30 Quarter BINGO                  4:30 Book Review: J. Austen                  6:00 Documentary: History of America</p>	<p>8:45 Walking Club <b>7</b>                  10:15 Sit &amp; Be Fit                  11:00 Brain Games                  11:30 Welcome Committee                  1:00 Publix Outing                  2:30 Discussion: What America means to me?                  3:30 Happy Hour &amp; Trivia Challenge</p>	<p>10:15 Full Body Fitness <b>8</b>                  10:30 Water Aerobics                  11:00 Brain Boosters                  1:00 Ladies High Tea                  2:30 Beginners Rummy 500                  3:30 Quarter BINGO                  4:30 News &amp; Conversations                  6:00 Movie Mystery  <small>Canada Day</small></p>	<p>10:15 Sit &amp; Be Fit <b>2</b>                  11:00 Brain Train                  1:00 4<sup>th</sup> of July Craft                  2:00 Discussion: History of Independence Day                  3:30 Happy 4<sup>th</sup> of July Red, White, &amp; Blue Happy Hour</p>	<p>10:15 Chair Exercise <b>3</b>                  11:00 Brain Games with Lynn                  1:00 Sequence                  2:00 Quarter BINGO                  6:00 Documentary: History of Star-Spangled Banner</p>
<p>9:30 Sunday Service <b>11</b>                  10:15 Full Body Fitness                  11:00 Brain Fitness with Cathy                  1:00 USA Trivia                  2:00 Quarter Bingo                  4:00 Prayer Meet up</p>	<p>8:45 Walking Club <b>12</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  1:00 Water Aerobics with Cathy                  2:30 Essential Oils Basics                  3:30 Ladies Drink Free Happy Hour                  4:00 Golf Tournament</p>	<p>10:15 Total Body Fitness <b>13</b>                  10:30 Water Aerobics                  11:00 Brain Fitness                  1:00 Decorating Cupcakes                  2:00 Pokeno Game                  2:30 Beginners Dominos                  3:30 Quarter BINGO                  5:00 Patriotic Birthday Bash &amp; Dinner Party</p>	<p>8:45 Walking Club <b>14</b>                  10:15 Sit &amp; Be Fit                  10:45 Town Hall Meeting                  11:30 Brain Games                  1:00 Walgreens                  2:00 Trivia Tournament with Prizes                  3:30 Happy Hour Cowboy Hats &amp; Boots</p>	<p>10:15 Full Body Fitness <b>15</b>                  10:30 Water Aerobics                  11:00 Brain Boosters                  1:00 Making Cards for Veterans                  2:30 Rummikub                  3:30 Quarter BINGO                  4:30 Golf Game                  6:00 Hallmark Movie</p>	<p>8:45 Walking Club <b>16</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  11:30 Discussion: History of the Star-Spangled Banner                  1:00 Beach Walk Outing                  2:30 Dog Visits                  3:30 Happy Hour &amp; Connect 4 Competition</p>	<p>10:15 Chair Exercise <b>17</b>                  11:00 Brain Games with Lynn                  1:00 Bob Ross Art Class                  2:00 Quarter BINGO                  4:00 Billiards Meet Up                  6:00 Romance Movie</p>
<p>9:30 Sunday Service <b>18</b>                  10:15 Full Body Fitness                  11:00 Brain Fitness with Cathy                  1:00 50 States Trivia                  2:00 Quarter Bingo                  4:00 Prayer Meet up</p>	<p>8:45 Walking Club <b>19</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  1:00 Swimming Exercise with Cathy                  2:30 Affirmations &amp; Meditation                  3:30 Stars &amp; Stripes Happy Hour with Merrit &amp; Moreau Entertainment</p>	<p>10:15 Total Body Fitness <b>20</b>                  10:30 Water Aerobics                  11:00 Brain Fitness                  1:00 Salsa &amp; Chips                  2:00 Discussion: Nutrition                  2:30 Rummikub                  3:30 Quarter BINGO                  4:30 Better Balance Exercise                  6:00 Comedy Movie</p>	<p>8:45 Walking Club <b>21</b>                  10:15 Chair Fitness                  11:00 Brain Games                  11:30 Resident Council                  1:00 Dollar Tree Outing                  2:30 Left, Right, Center Game                  4:00 Luau &amp; Dinner Party with Tunes by Tony</p>	<p>10:15 Full Body Fitness <b>22</b>                  10:30 Water Aerobics                  11:00 Brain Fitness                  1:00 Olympic Games                  2:30 Card Game Hearts                  3:30 Quarter BINGO                  4:30 Current Events                  6:00 Golden Girls Marathon</p>	<p>8:45 Walking Club <b>23</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  1:00 Out to lunch:                  2:30 Dog Visits                  3:30 Happy Hour &amp; Meet your Neighbors                  6:00 Documentary: Presidents of the US</p>	<p>10:15 Chair Exercise <b>24</b>                  11:00 Brain Games                  1:00 Easy Card Game                  2:00 Quarter BINGO                  4:00 Billiards Meet Up                  6:00 Hallmark Movie Marathon</p>
<p>9:30 Sunday Service <b>25</b>                  10:15 Full Body Fitness                  11:00 Brain Fitness with Cathy                  1:00 USA History Quiz                  2:00 Quarter Bingo                  4:00 Prayer Meet up</p>	<p>8:45 Walking Club <b>26</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  1:00 Dip in the Pool with Cathy                  2:30 Calendar Release Party                  3:30 Picture Perfect Happy Hour                  4:00 Checkers Challenge</p>	<p>10:15 Total Body Fitness <b>27</b>                  10:30 Water Aerobics                  11:00 Brain Fitness                  1:00 Mini Hot Dogs                  2:00 Current Events                  2:30 Card Game Hearts                  3:30 Quarter BINGO                  4:30 Music &amp; Movement                  6:00 Adventure Movie</p>	<p>8:45 Walking Club <b>28</b>                  10:15 Chair Fitness                  11:00 Brain Games                  11:30 Activity Meeting                  1:00 Publix Outing                  2:30 Jeopardy Game                  3:30 Stars &amp; Stripes Happy Hour</p>	<p>10:15 Full Body Fitness <b>29</b>                  10:30 Water Aerobics                  11:00 Brain Boosters                  1:00 Creative Colors                  2:30 Game "Rummy"                  3:30 Quarter BINGO                  4:30 Corn Hole Competition                  6:00 Billiards Meet Up</p>	<p>8:45 Walking Club <b>30</b>                  10:15 Full Body Fitness                  11:00 Brain Boosters                  1:00 Kilawin's &amp; Walk Downtown                  2:30 Dog Visits                  3:30 Happy Hour &amp; Connect 4 Competition                  6:00 Documentary: Fireworks</p>	<p>10:15 Chair Exercise <b>31</b>                  11:00 Brain Games with Lynn                  1:00 Dominos                  2:00 Quarter BINGO                  4:00 Billiards Meet Up                  6:00 Action Movie</p>