

July 2021

FL Front Lobby
DR Dining Room
B Bistro
TR Theater Room
ER Exercise Room

C Card Room
FC Fountain Courtyard
PP Pool Patio

By Discovery Senior Liv	ing				Exercise nooiii	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Celebrate America Month		BAD WEATHER All outdoor activities will be in the Bistro "IF" it's bad weather outside.	Travel to Ireland This Month	International Joke Day 9:00 FL Transportation to Doctors 10:00 B Group Word Games, Brain Teasers 10:30 B Daily Devotional 11:00 ER Weights Workout 1:00 TR Movie & Popcorn 2:00 FL Silver Sneakers Light Walk, walker & wheelchairs welcome 3:30 B Games and Social	Wear Your Red, White and Blue 2 Today! 9:00 1:1 Visits with Activities Team. Let us know if we can nelp you with anything. 10:50 DOUBLE Confee & History Of the 4th of July 10:30 DOUBLE Confee With Carolyn Hill 11:00 DB Feeling it Friday workout 1:00 DB Bingo 2:00 DS Silver Sneakers Stairs & Strides, done independently 3:00 CC 4th of July Celebration	10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling
10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling	10:00 B Coffee & Chronicles 10:30 B Daily Devotional 11:00 ER Monday Stretches 1:00 C Bingo 1:30 FL Walmart, must sign up prior 2:00 FL Silver Sneakers Stairs & Strides, done independently 3:30 PP Share a 4th of July Memory with us & enjoy some fun Specialty drinks	9:00 FL Transportation to Doctors 10:00 FC Finish the Phrase Stress Relief 10:30 B Chaplain Joe Smith 11:00 FR Ball Mania 1:00 TR Movie & Popcorn 2:00 C Card games 3:30 B Trivia Tuesday	National Strawberry Sundae Day 9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:30 B Daily Devotional 11:00 ER Exercise 1:00 Singo 1:30 FL Kroger, must sign up prior 2:00 FL Silver Sneakers Stairs & Strides, done independently 3:30 TR, Resident Council Meeting	9:00 FL Transportation to Doctors 10:00 B/ Group Word Games, Brain Teasers 10:30 B Daily Devotional 11:00 ER Weights Workout 1:00 TR Movie & Popcorn 2:00 FL Silver Sneakers Light Walk, walker & wheelchairs welcome 3:30 B Games and Social	3:00 TR Armchair travel to Ireland 3:30 TR Happy Hour Ireland style	10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling
National Blueberry Muffins Day 11 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling	Pecan Pie Day 10:00 B Coffee & Chronicles 10:30 B Daily Devotional 11:00 ER Monday Stretches 11:30 B Tech class 1:00 Bingo 1:30 FL Walmart, must sign up prior 2:00 FL Silver Sneakers Stairs & Strides, done independently 3:30 B Grass Head Happy Hour	9:00 FL Transportation to Doctors 10:00 FC Coping with Anxiety & Coffee 10:30 B Daily Devotional 11:00 FR Ball Mania 1:00 TR Movie & Popcorn 2:00 C Card games 3:30 B Trivia Tuesday	Flower of the Day: Forsythia 14 9:00 1: Visits with Activities Team. Let us know if we can help you with anything. 10:30 B Daily Devotional 11:00 ER Exercise 1:00 Bingo 1:30 Publix, must sign up 2:00 E Silver Sneakers Stairs & Strides, done independently 3:30 B "What America means to me" Social and Craft	9:00 FL Transportation to Doctors 10:00 B Group Word Games, Brain Teasers 10:30 B Daily Devotional 11:00 ER Weights Workout 1:00 TR Movie & Popcorn 2:00 FL Silver Sneakers Light Walk,	9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:00 B Current events, coffee & treats 10:30 B Daily Devotional with Carolyn Hill 11:00 ER Feeling it Friday workout 1:00 C Bingo 2:00 F Silver Sneakers Stairs & Strides,	Peach Ice Cream Day 17 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling
18 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling		National Lollipop Day 9.00 FL Transportation to Dectors 10:00 E Activity Planning Committee 10:30 E Chaplain Joe Smith 11:00 ER Ball Mania 1:00 TR Movie & Popcorn 2:00 Card games 3:30 E Trivia Tuesday	National Be Someone Day 9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:30 B Daily Devotional 11:00 ER Exercise 12:00 FL Kroger, must sign up prior 1:00 Bingo 2:00 TR Food Forum 3:30 B Creative Wednesday Social, Gratitude letters to Veterans	9:00 FL Transportation to Doctors 10:00 B Group Word Games, Brain Teaser 10:30 B Daily Devotional 11:00 ER Weights Workout 12:00 DR Monthly Birthday Celebration, A are welcome 1:00 TR Movie & Popcorn 2:00 FL Silver Sneakers Light Walk, walker & wheelchairs welcome 3:30 B Games and Social	Ceremony 9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:00 B Current events, coffee & treats 10:30 B Daily Devotional with Carolyn Hill 11:00 ER Feeling it Friday workout 1:00 Bingo	Amelia Earhart Day 10:30 B Daily Devotional 11:00 ER Exercise 1:00 Bingo. Please take turns calling
National Chili Dog Day 25 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling	10:00 B Coffee & Chronicles 10:30 B Daily Devotional 11:00 ER Monday Stretches 1:00 C Bingo 1:30 FL Walmart, must sign up prior 2:00 FL Silver Sneakers Stairs & Strides, done independently 3:30 B Buttons, Bead & Skittles Happy Hour	9:00 FL Transportation to Doctors 10:00 FC Uncommon Therapy Conversation 10:30 B Daily Devotional 11:00 ER Ball Mania 1:00 TR Movie & Popcorn 2:00 Card games 3:30 B Trivia Tuesday	National Milk Chocolate Day 28 9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo 1:30 FL Publix, must sign up 2:00 FL Silver Sneakers Stairs & Strides, done independently 3:30 B Creative Wednesday Social	9:00 FL Transportation to Doctors 10:00 B Group Word Games, Brain Teasers 10:30 B Daily Devotional 11:00 ER Weights Workout 1:00 TR Movie & Popcorn 2:00 FL Silver Sneakers Light Walk, walker & wheelchairs welcome 3:30 B Games and Social	9:00 1:1 Visits with Activities Team. Let us know if we can help you with anything. 10:00 B Current events, coffee & treats 10:30 B Daily Devotional with Carolyn Hill 11:00 ER Feeling it Friday workout 1:00 Bingo 2:00 F Silver Sneakers Stairs & Strides,	National Watermelon Day 31 10:30 B Daily Devotional 11:00 ER Exercise 1:00 C Bingo. Please take turns calling