



July 2021

Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	- NATIONAL HOT DOG MONTH - NATIONAL WATERMELON MONTH - NATIONAL CELL PHONE COURTESY MONTH - NATIONAL SOCIAL WELLNESS MONTH * Happy Hour is subject to change in lieu of any changes in COVID-19 status.			1 10:00 - Coffee with Lisa 4:00 - Water Walking * Low Impact Cardio w/KLove (CANCELLED)	2 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Wii Bowling 2:30 - 4th of July Kickoff 4:00 - Happy Hour 6:30 - BINGO	3 4:00 Water Walking
4 10:30 Bible Study	9:00 - Water Aerobics 5 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "Collateral Beauty" Submit Scavenger Hunt Pictures	8:30 - Yoga DVD 6 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	7 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - "Gift of Years"	8 9:30 - Low Impact Cardio w/ KLove 1:00 - History Club 2:30 - Ladder Ball 4:00 - Water Walking "Scavenger Hunt Display"	9 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Wii Bowling 2:30 - Line Dance Review Class 4:00 - Happy Hour 6:30 - BINGO	10 4:00 Water Walking
11 10:30 Bible Study	12 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Activity Committee Meeting 1:00 - Movie Matinee: "God Bless the Broken Road"	13 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	14 9:00 - Water Aerobics 10:00 - Water Aerobics 11:00 - 1:00 - Honey for Sale CLOSET SALE SET - UP (No Activities in Activity Room) * Morning Stretch (CANCELLED)	15 4:00 - Water Walking CLOSET SALE SET - UP (No Activities in Activity Room) * Low Impact Cardio w/KLove (CANCELLED)	16 CLOSET SALE 8:00am - 12:00pm 9:00 - Water Aerobics 10:00 - Water Aerobics 2:30 - Wii Bowling 4:00 - Happy Hour 6:30 - BINGO * Morning Stretch (CANCELLED)	17 4:00 Water Walking
18 10:30 Bible Study	19 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "Greater"	20 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:30 - Line Dance Review Class 4:00 - Water Walking	21 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - "Gift of Years" "National Junk Food Day"	22 9:30 - Low Impact Cardio w/ KLove 1:00 - \$1 Bridge Game 4:00 - Water Walking	23 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Wii Bowling 2:30 - Ping Pong 4:00 - Happy Hour 6:30 - BINGO	24 4:00 Water Walking
25 10:30 Bible Study	26 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Movie Matinee: "Yours, Mine, and Ours"	27 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:00 - Arts and Craft 4:00 - Water Walking	28 9:00 - Water Aerobics 9:30 - Walk Around the Lake 10:00 - Water Aerobics 1:30 - Line Dance Class 3:00 - Healthy Aging Presentation	29 9:30 - Low Impact Cardio w/ KLove 1:00 - Opera 4:00 - Water Walking	30 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 1:00 - Wii Bowling 3:00 - Social Wellness Program 4:00 - Happy Hour 6:30 - BINGO	31