


July 2023 Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
						1 4:00p Water Walking	
2 10:30a Protestant Service	9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:00p - 4th of July Kickoff	4 No Activities Holiday 	5 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Germany, Benelux, & More 1:00a - Hand & Foot 3:00p - Ladies Bible Study	6 9:30a - Low Impact Cardio w/ KLove 2:30p - 3:30p - Book Mobile 4:00p - Water Walking	7 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 11:00a - Lunch Bunch: The Cooking Diva 2:30p - Darts 4:00p - Happy Hour	8 4:00p Water Walking	
9 10:30a Protestant Service	10 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Activity Committee Meeting 1:00p - Movie Matinee: A Walk to Remember	11 8:30a - Yoga w/Lee 9:30a - Low Impact Cardio DVD 10:00a - Tai Chi DVD 10:00a - 11:00a - BP Checks 1:00p - Happy Stickers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking 5:00p - Dinner Out: Twisted Turnip	12 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour: Germany, Benelux, & More 11:00a - 1:00p - Honey for Sale 1:00p - Hand & Foot 3:00p - Ladies Bible Study	13 9:30a - Low Impact Cardio 1:00p - Trunk Show: J. McLaughlin 4:00p - Water Walking	14 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Osteostrong Presentation 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	15 4:00p Water Walking	
16 10:30a Protestant Service	17 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - UMMC Educational Presentation	18 8:30a - Yoga w/Lee 9:30a - Low Impact Cardio 10:00a - Yoga DVD 10:00a - 11:00a - BP Checks 1:00p - Happy Stickers 1:30p - Wii Bowling 2:30p - Wii Bowling 3:30p - Men's Bible Study 4:00p - Water Walking	19 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Germany, Benelux, & More 1:00p - Hand & Foot 3:00p - Ladies Bible Study	20 9:30a - Low Impact Cardio 10:30a - Skip MacDonald Plays the Guitar 1:00p - History Club 2:30 - Ladder Ball 2:30p - 3:30p - Book Mobile 4:00p - Water Walking	21 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - \$1 Bridge Game 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	22 4:00p Water Walking	
23 10:30a Protestant Service	24 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: Unbranded	25 8:30a - Yoga w/Lee 9:30a - Low Impact Cardio 10:00a - Tai Chi DVD 10:00a - 11:00a - BP Checks 1:00p - Happy Stickers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	26 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour: Germany, Benelux, & More 1:00p - Hand & Foot 3:00p - Ladies Bible Study	27 9:30a - Low Impact Cardio 1:00p - Varicosity Vein Center Screening 2:30p - Popsicle Treat 4:00p - Water Walking	28 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Arts and Crafts 2:30p - Darts 4:00p - Happy Hour 6:30p - Bingo	29 4:00p Water Walking	
30 10:30a Protestant Service	31 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:00p - Root beer & Coke Floats Social	Catholic Service: Monday - Friday @ 8:30am / Sunday @ 9:00am (Chapel)					
United Methodist Service: Tuesdays @ 4:00pm (Chapel)							
Episcopal Service: Every Wednesday @ 4:00pm (Chapel)							
Protestant Service: Every Sunday 10:30am (Activity Room)							