



INDEPENDENT ACTIVITY CALENDAR

July



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<p>1</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Water Aerobics 10:30- Bridging Pope Francis and Pope Leo XIV 1:00-Hand and Foot 3:00-Wednesday Bible Study</p> <p>No Virtual Tour</p>	<p>2</p> <p>8:00-Morning Coffee 9:00-Low Impact Cardio 11:30- Hot Diggity Dog Lunch (Sign-up) 9:30-Tai Chi 4:00-Water Walking</p>	<p>3</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 11:00- Lunch Bunch: Pelican Cove 2:00- 250 Years of America's Music Sing-a-long Program 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo</p>	<p>4</p> <p>4:00 Water Walking</p>
<p>5</p> <p>10:30 Protestant Service</p>	<p>6</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 1:00- Movie Matinee:</p> <p>Activity Coordinators Off</p>	<p>7</p> <p>8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking 5:00- Dinner Out: Taste Italian Kitchen</p>	<p>8</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 11:00 - Honey for Sale 10:30-Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study</p>	<p>9</p> <p>8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 1:00- History Club with George Kirkpatrick 2:30- Watermelon Social 4:00-Water Walking</p>	<p>10</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:00- Painting with Peaches 2:30-Darts (Cyber) 4:00- Happy Hour 6:30-Bingo</p>	<p>11</p> <p>4:00 Water Walking</p>
<p>12</p> <p>10:30 Protestant Service</p>	<p>13</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 10:30- Activity Committee Meeting 1:00- Movie Matinee: Awakenings</p>	<p>14</p> <p>8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 1:00- Showing of Cindy Meehl's Film "Jimmy and the Demons" (Robbie Hughe's daughter) 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking</p>	<p>15</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00- Origin Bank 10:30- Bird Watching and Hearing Loss Presentation 11:00 - Honey for Sale 1:00-Hand and Foot 3:00-Wednesday Bible Study</p>	<p>16</p> <p>8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 10:30- Reflections Group 2:00- Book Mobile 4:00-Water Walking</p>	<p>17</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 1:00- \$1 Bridge Game 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo</p>	<p>18</p> <p>4:00 Water Walking</p>
<p>19</p> <p>10:30 Protestant Service</p>	<p>20</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 10:30-"Dishing with the Dietician" Talk with SCV Dietician Emily Blackwell</p>	<p>21</p> <p>8:00-Morning Coffee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 2:00- Left Right Center Game 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking</p>	<p>22</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Origen Bank 10:00-Water Aerobics 10:30- Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study</p>	<p>23</p> <p>8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 10:30- MS Symphony Flute Performance 2:00- Active Threat Chat with Ken Gill 4:00-Water Walking</p>	<p>24</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo</p>	<p>25</p> <p>4:00 Water Walking</p>
<p>26</p> <p>10:30 Protestant Service</p>	<p>27</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 1:00- Movie Matinee: Amadeus</p>	<p>28</p> <p>8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitchers 2:00-Trivia 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking</p>	<p>29</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Origen Bank 10:00-Water Aerobics 1:00-Hand and Foot 3:00-Wednesday Bible Study</p>	<p>30</p> <p>8:00-Morning Coffee 9:00-Low Impact Cardio 9:30-Tai Chi 2:00- Popcorn Treat 4:00-Water Walking 4:00 - Current Eventz</p>	<p>31</p> <p>8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:00-Ping Pong 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo</p>	

Church Services

Catholic Service: Monday-Friday 8:30am/Sunday 9:00am(Chapel)

United Methodist Service: Tuesday 4:00pm (Chapel)

Protestant Service: Every Sunday 10:30am (Activity Room)

Episcopal Service: Every Wednesday 4:00pm (Chapel)