

# ACTIVITY CALENDAR - JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Note:</b>  <b>Schedule of activities/programs may change without notice.</b>  <b>Thank you!</b></p>	<p><b>1</b>            9:00 a.m. Walk a Block            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:30 p.m. Canada Day Celebration – Lorraine Smith            4:00 p.m. Happy Half</p>	<p><b>2 Picnic Lunch 3</b>            9:00 a.m. Walk a Block            11:00 a.m. Picnic Lunch            2:00 p.m. Parkinson’s Fitness with Sophia            2:00 p.m. Sing Along - 3            2:00 p.m. Domino - 4            3:00 p.m. Sing Along - 4            4:00 p.m. Happy Half</p>	<p><b>3</b>            9:00 a.m. Walk a Block            11:00 a.m. Chair Yoga - 3            11:40 a.m. Chair Yoga -4            2:30 p.m. Birthday Party Luna Rossa            4:00 p.m. Happy Half            6:45 p.m. Lemonade Social on Patio</p>	<p><b>4</b>            9:00 a.m. Walk a Block            11:00 a.m. Fitness Class            2:30 p.m. United States Independence Day -Robert Sproviero            4:00 p.m. Happy Half            5:00 p.m. A Good Read            6:45 p.m. Evening Walks</p>	<p><b>5</b>            9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Fitness with Sophia            11:00 a.m. Fitness - 3            12:00 p.m. Fitness - 4            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>6</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            2:00 p.m. Flower Arranging            4:00 p.m. Happy Half            6:45 p.m. Board Games on Patio</p>
<p><b>7</b>            9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Ice Cream Social “National Strawberry Sundae Day”            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>8</b>            9:00 a.m. Walk a Block            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:00 p.m. Lawn Dart on Patio            4:00 p.m. Happy Half</p>	<p><b>9 Picnic Lunch 4</b>            9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Fitness with Sophia            11:00 a.m. Picnic Lunch            2:00 p.m. Sing Along – 3            2:00 a.m. Parkinson’s Fitness with Sophia            2:00 p.m. Domino - 4            3:00 p.m. Sing Along - 4            4:00 p.m. Happy Half</p>	<p><b>10</b>            9:00 a.m. Walk a Block            11:00 a.m. Mindfulness Meditation -3            12:00 p.m. Mindfulness Meditation - 4            2:30 p.m. Bob Collins Great Canadian Theme            4:00 p.m. Happy Half            6:45 p.m. Pina Colada Social on Patio</p>	<p><b>11</b>            9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Tea &amp; Toast on Patio            4:00 p.m. Happy Half            6:45 p.m. Evening Walks</p>	<p><b>12</b>            9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s Fitness with Sophia            11:00 a.m. Fitness - 3            12:00 p.m. Fitness - 4            2:30 p.m. Anna de Pansacola “Broadway Hits”            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>13</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            11:00 a.m. Fitness – 3            12:00 pm. Fitness – 4            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Domino on Patio</p>

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<p><b>14</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Pictionary            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>15</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:00 p.m. Golf on Patio            4:00 p.m. Happy Half</p>	<p><b>16 Picnic Lunch 2</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Picnic Lunch            2:00 p.m. Sing Along – 3            2:00 p.m. Parkinson’s            Fitness with Sophia            2:00 p.m. Domino - 4            3:00 p.m. Sing Along - 4            4:00 p.m. Happy Half</p>	<p><b>17</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Mindfulness            Meditation -3            12:00 p.m. Mindfulness            Meditation -4            2:30 p.m. Music with            Yuliya            4:00 p.m. Happy Half            6:45 p.m. Margarita Social            on Patio</p>	<p><b>18</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Karaoke            4:00 p.m. Happy Half            6:45 p.m. Evening            Walks</p>	<p><b>19</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s            Fitness with Sophia            11:00 a.m. Fitness - 3            12:00 p.m. Fitness - 4            2:30 p.m. Classical Music            – Patrick Ray            4:00 p.m. Happy Half            6:45 p.m. Movie night</p>	<p><b>20</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Flower            Arranging            4:00 p.m. Happy Half            6:45 p.m. 1969 Moon            Landing Documentary</p>
<p><b>21</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Ice Cream Social            – National Ice Cream Day            4:00 p.m. Happy Half            6:45 p.m. Bingo</p>	<p><b>22</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:00 p.m. Golf on Patio            4:00 p.m. Happy Half</p>	<p><b>23 Picnic Lunch 3</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Picnic Lunch            2:00 p.m. Sing Along – 3            2:00 p.m. Parkinson’s            Fitness with Sophia            2:00 p.m. Domino - 4            3:00 p.m. Sing along - 4            4:00 p.m. Happy Half</p>	<p><b>24</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Mindfulness            Meditation - 3            12:00 p.m. Mindfulness            Meditation - 4            2:30 p.m. Sports Day            4:00 p.m. Happy Half            5:00 p.m. A Good Read            6:45 p.m. Amelia Earheart            Day - Documentary</p>	<p><b>25</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Breathing            Class 3 - Harsha Sosa            11:40 a.m. Breathing            Class 4 - Harsha Sosa            2:00 p.m. Arts &amp; Crafts            “Summer Theme”            3:30 p.m. Resident Led            Council Meeting            4:00 p.m. Happy Half            6:45 p.m. Evening Walks</p>	<p><b>26</b></p> <p>9:00 a.m. Walk a Block            10:30 a.m. Parkinson’s            Fitness with Sophia            11:00 a.m. Fitness - 3            12:00 p.m. Fitness - 4            2:30 p.m. Celebration of            Life – Rebecca Blair            3:30 p.m. Resident Led            Council Meeting            4:00 p.m. Happy Half            6:45 p.m. Movie Night</p>	<p><b>27</b></p> <p>9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Hangman Game            Summer Theme            4:00 p.m. Happy Half            6:45 p.m. Crosswords</p>

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<p><b>28</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:00 p.m. Bingo on Patio            4:00 p.m. Happy Half            6:45 p.m. Word Timer</p>	<p><b>29</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Weight Class – 3            12:00 p.m. Weight Class – 4            2:00 p.m. Basketball            Shooting on Patio            4:00 p.m. Happy Half</p>	<p><b>30 Picnic Lunch 4</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Picnic Lunch            2:00 p.m. Sing Along – 3            2:00 p.m. Parkinson’s            Fitness with Sophia            2:00 p.m. Domino - 4            3:00 p.m. Sing along - 4            4:00 p.m. Happy Half</p>	<p><b>31</b></p> <p>9:00 a.m. Walk a Block            11:00 a.m. Mindfulness            Meditation – 3            12:00 p.m. Mindfulness            Meditation - 3            2:30 p.m. Welcome New            Residents – Hand Over            Heart            4:00 p.m. Happy Half            6:45 p.m. Word Timer</p>			