

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Activity Calendar

9:00 Women's Billiards (GR) ¹
 10:30 Catholic Communion (L)
 2:00 Music/ Satin Dollz (Don't Miss This) (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 3:30 Mah-Jongg (GR)

9:30 Women's Coffee (SS) ²
 3:00 Trivia: Sibley & Patty (MR)

9:00 Women's Billiards (GR) ³
 1:00 Patriotic Sing A Long with Betty Mullens (A)
 2:00 Bible Study (GR)
 4:30 Shabbat Service

7:30 Ping Pong (MR) ⁴
 8:00 Men's Billiards (GR)
 11:15 July 4th Celebration Lunch/ Music by: Bill Sleeter (DR)
 4:00 Bocce Ball & BYOB
 7:30 Watch Fireworks (GR)

⁵ 9:00 Women's Billiards (GR)
 10:15 Dance/ Vickie Oates (MR)
 2:00 Ping Pong/ Cornhole (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 4:45 Cocktails & Conversations (A)

⁶ 9:00 Audiology Associates (L) ⁷
 9:00 Men's Coffee (SS)
 10:00 Grocery Trip/ Kroger
 1:30 Movie / A River Runs Through It (GR)
 3:00 Knit Time (A)
 3:00 Whist Card Games (GR)

⁸ 9:00 Women's Billiards (GR)
 10:30 Catholic Communion (L)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 3:30 Mah-Jongg (GR)

⁹ 9:30 Women's Coffee (SS)
 5:00 Cruise Day Party/ Music by Gabe Lemong & Debbie Wilson band

¹⁰ 9:00 Election Comm. / Voting (MR)
 9:00 Women's Billiards (GR)
 2:00 Bible Study (GR)

¹¹ 7:30 Ping Pong (MR)
 8:00 Men's Billiards (GR)
 4:00 Bocce Ball & BYOB

¹² 9:00 Women's Billiards (GR) ¹³
 10:15 Dance/ Vickie Oates (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 4:45 Cocktails & Conversations (A)

¹⁴ 9:00 Men's Coffee (SS)
 10:00 Grocery Trip/ Publix
 2:00 FBI/ Scams/ Heather Stachnik (MR)
 3:00 Knit Time (A)
 3:00 Whist Card Games (GR)

¹⁵ 9:00 Women's Billiards (GR)
 10:30 Catholic Communion (L)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 3:30 Mah-Jongg (GR)
 3:30 St. George's Communion (L)

¹⁶ 9:30 Women's Coffee (SS)
 10:15 Dolly Threads/ Nashville Symphony
 3:00 Trivia: Lavonne & Cindy (MR)

¹⁷ 9:00 Women's Billiards (GR)
 2:00 Bible Study (GR)

¹⁸ 7:30 Ping Pong (MR)
 8:00 Men's Billiards (GR)
 4:00 Bocce Ball & BYOB

¹⁹ 9:00 Women's Billiards (GR) ²⁰
 10:15 Dance/ Vickie Oates (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 4:45 Cocktails & Conversations (A)

²¹ 9:00 Men's Coffee (SS)
 10:00 Grocery Trip/ Kroger
 2:00 Lecture/ Mackenzie Miller PT (MR)
 3:00 Knit Time (A)
 3:00 Whist Card Games (GR)

²² 9:00 Women's Billiards (GR)
 10:00 Goo Goo Cluster Outing
 10:30 Catholic Communion (L)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 3:30 Mah-Jongg (GR)

²³ 9:30 Women's Coffee (SS)
 2:00 Tech Talk with Sara (MR)

²⁴ 9:00 Women's Billiards (GR)
 2:00 Bible Study (GR)

²⁵ 7:30 Ping Pong (MR)
 8:00 Men's Billiards (GR)
 4:00 Bocce Ball & BYOB

²⁶ 9:00 Women's Billiards (GR) ²⁷
 10:15 Dance/ Vickie Oates (MR)
 2:00 Resident Council (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 4:45 Cocktails & Conversations (A)

²⁸ 9:00 Men's Coffee (SS)
 10:00 Grocery Trip/ Publix
 3:00 Knit Time (A)
 3:00 Whist Card Games (GR)
 5:30 Birthday Dinner (MR)

²⁹ 9:00 Women's Billiards (GR)
 10:30 Catholic Communion (L)
 1:30 New Resident Orientation (MR)
 3:00 Bingo (GR)
 3:30 Board Games (GR)
 3:30 Mah-Jongg (GR)

³⁰ 9:30 Women's Coffee (SS)
 7:15 Music/ Richland Troubadours (MR)

³¹ 9:00 Women's Billiards (GR)
 11:30 Lunch Bunch/ A- ROI
 2:00 Bible Study (GR)
 3:00 Book Club: Cathey A. Lewis (MR)

Abbreviation Key
 GR= Game Room
 L= Lounge
 MR= Meeting Room
 DR= Dining Room
 A= Atrium
 SS= Soda Shop

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

July 2026

Exercise Calendar

1
 8:00 Weight Management (GR)
 8:30 Stretch (MR)
 9:00 Gym Time (G)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Weights & Motion (G&H)
 10:30 Weight Management
 11:00 Strength, Mobility & Balance (MR)
 11:30 Chair Yoga (MR)
 12:00 Gym Time (G)
 1:00 Meditation (MR)

2
 8:00 Open Gym (G)
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

3
 8:30 Stretch (MR)
 9:00 Watercise (P)
~~9:30 Tai Chi with Rusty (MR)~~
 10:00 Line Dance Class (MR)
 11:00 Strength, Mobility & Balance (MR)

4

5
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Chair Cardio (L)
 10:15 Dance with Vickie (MR)
 11:00 Strength, Mobility & Balance (MR)

6
 8:00 Open Gym
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

8
 8:00 Weight Management (GR)
 8:30 Stretch (MR)
 9:00 Gym Time (G)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Weights & Motion (G&H)
 10:30 Weight Management
 11:00 Strength, Mobility & Balance (MR)
 11:30 Chair Yoga (MR)
 12:00 Gym Time (G)
 1:00 Meditation (MR)

9
 8:00 Open Gym (G)
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

10
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi with Rusty (MR)
 10:00 Line Dance Class (MR)
 11:00 Strength, Mobility & Balance (MR)

11

12
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Chair Cardio (L)
 10:15 Dance with Vickie (MR)
 11:00 Strength, Mobility & Balance (MR)

13
 8:00 Open Gym
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

15
 8:00 Weight Management (GR)
 8:30 Stretch (MR)
 9:00 Gym Time (G)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Weights & Motion (G&H)
 10:30 Weight Management
 11:00 Strength, Mobility & Balance (MR)
 11:30 Chair Yoga (MR)
 12:00 Gym Time (G)
 1:00 Meditation (MR)

16
 8:00 Open Gym (G)
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

17
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi with Rusty (MR)
 10:00 Line Dance Class (MR)
 11:00 Strength, Mobility & Balance (MR)

18

19
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Chair Cardio (L)
 10:15 Dance with Vickie (MR)
 11:00 Strength, Mobility & Balance (MR)

20
 8:00 Open Gym
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

22
 8:00 Weight Management (GR)
 8:30 Stretch (MR)
 9:00 Gym Time (G)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Weights & Motion (G&H)
 10:30 Weight Management
 11:00 Strength, Mobility & Balance (MR)
 11:30 Chair Yoga (MR)
 12:00 Gym Time (G)
 1:00 Meditation (MR)

23
 8:00 Open Gym (G)
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

24
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi with Rusty (MR)
 10:00 Line Dance Class (MR)
 11:00 Strength, Mobility & Balance (MR)

25

26
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Chair Cardio (L)
 10:15 Dance with Vickie (MR)
 11:00 Strength, Mobility & Balance (MR)

27
 8:00 Open Gym
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

29
 8:00 Weight Management (GR)
 8:30 Stretch (MR)
 9:00 Gym Time (G)
 9:00 Watercise (P)
 9:30 Tai Chi (MR)
 10:00 Weights & Motion (G&H)
 10:30 Weight Management
 11:00 Strength, Mobility & Balance (MR)
 11:30 Chair Yoga (MR)
 12:00 Gym Time (G)
 1:00 Meditation (MR)

30
 8:00 Open Gym (G)
 9:00 Mat Yoga (MR)
 10:00 Sit, Be Fit (MR)
 10:35 Get Fit (MR)
 11:00 Open Gym (G)
 12:30 Standing Tall (MR)
 1:00 Standing Tall (A) (MR)

31
 8:30 Stretch (MR)
 9:00 Watercise (P)
 9:30 Tai Chi with Rusty (MR)
 10:00 Line Dance Class (MR)
 11:00 Strength, Mobility & Balance (MR)

All classes are in Meeting Room except the below.
 Chair Dance Yoga - Lounge
 Weights & Motion-Gym & back hall
 Watercise- Pool
 Weight Management- Game Room