

Pool Exercise

Every Tuesday and Thursday

9:30 a.m.-10:00a.m.

July 2nd @ 2:00 p.m. (BR)

Discovery at Home will

have a lecture on:

Healthy Brain/Alzheimers

JULY 2018

Putting for Points League

2nd and 4th Wednesday

of each month @ 10:30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Transportation to Church 10:30 Aston Worship Service BR 2:00 Card Game of Choice AR 2:00 Bingo in the Ballroom BR 4:00 Rosary Group C 4:30 Movie Matinee BR	2 9:30 Exercise W/ Crystal BR 10:30 Card Making W/Karen AR 10:30 Discovery University BR 12:30 Party Bridge C 12:00 Mahjong Group AR 1:00 Rummikub Group BAR 6:00 Nickel-Dime Poker BC	3 7:00 Blood Draws AR 9:15 Exercise W/Jeff BR 9:30 Bank and Shop O 1:00 Pinochle Group BC 1:00 Rumimkub Group BAR 1:30 Art Lecture BR 6:30 Dominoes Group AR	4 9:30 Exercise W/Diane BR 10:15 Spanish Class AR 1:00 Mahjong Group AR 1:00 Rummikub Group BAR 1:00 Pinochle Group BC 6:00 Fireworks Trip O 7:00 Bingo in the Ballroom BR	5 9:30 & 1:00 Bank and Shop O 10:00 Exercise W/Jeff BR 1:00 Pinochle Group BC 1:00 Rummikub Group BAR 1:00 Mahjong Group AR 1:00 Newcomers I.D. Badge Trip O 4:30 Dinner Night Out-Billy's StoneO	6 Wear Red for the Troops 9:30 Exercise W/Diane BR 10:30 Bocce Ball For Fun PARK 10:30 Brandon Mall O 12:30 Sitting Tai Chi BR 1:30 Afternoon Sequence C	7 9:30 New Yoga For Seniors (DVD) BR 12:30 Dominoes Group AR 1:00 Kniffy Knitters C 715 Movie "Just Friends" BR Have you practiced your Dakim today ?	
8 Transportation to Church 10:30 Aston Worship Service BR 2:00 Card Game of Choice AR 2:00 Bingo in the Ballroom BR 4:00 Rosary Group C 4:30 Movie Matinee BR	9 9:30 Exercise W/Crystal BR 12:30 Party Bridge C 12:00 Mahjong Group AR 1:00 Rummikub Group BAR 1:00 Beall's and Marshalls trip O 6:30 Nickel-Dime Poker BC	10 7:00 Blood Draws AR 9:15 Exercise W/Jeff BR 11:00 Red Hat Luncheon O 1:00 Pinochle Group BC 1:00 Rummikub Group BAR 1:30 Art Lecture BR 6:30 Dominoes Club AR	11 8:00 MacDill Trip O 9:30 Exercise W/Daine BR 10:15 Spanish Class AR 10:30 Adventures in Antiquing O 1:00 Mahjong Group & Pinochle BC 1:00 Rummikub Group BAR 7:00 Bingo in the Ballroom BR	12 9:30 and 1:00 Bank and Shop O 10:00 Exercise W/ Jeff BR 1:00 Pinochle Group BC 1:00 Mahjong Group AR 1:00 Rummikub Group BAR 7:00 Bunko for Fun BR	13 Wear Red for the Troops 9:30 Exercise W/Diane BR 11:00 Mystery Trip O 12:30 Sitting Tai Chi BR 1:00 Rummikub Group BAR 1:30 Afternoon Sequence C	14 9:15 Line Dancing Class BR 1:30 Craft W/Ronni C 7:15 Movie "World Trade Center" Have you practiced your Dakim today?	
15 Transportation to Church Services 10:30 Aston Church Service BR 2:00 Card Game of Choice AR 2:00 Bingo in the Ballroom BR 4:00 Rosary Group C 3:30 Sunday Sundaes LB 4:30 Movie Matinee BR	16 9:30 Exercise W/Crystal BR 10:30 Discovery University BR 12:30 Party Bridge C 12:00 Mahjong Group AR 1:00 Rummikub Group BAR 3:30 Resident Birthday Party BR 6:30 Nickel-Dime Poker BC	17 7:00 Blood Draws AR 9:30 Bank and Shop O 9:15 Exercise W/ Jeff BR 1:00 Pinochle Group BC 1:00 Rummikub Group BAR 1:30 Art Lecture BR	18 9:30 Exercise W/Diane BR 10:15 Spanish Class AR 1:00 Mahjong Group & Pinochle BC 1:00 Rummikub Group BAR 1:30 Resident Orientation PDR 7:00 Bingo in the Ballroom BR	19 Diane's Fun and Fancy Jewelry 9:30 and 1:00 Bank and Shop O 10:00 Exercise W/ Jeff BR 1:00 Mahjong Group AR 1:00 Pinochle Group BC 4:30 Dinner Night Out @ Bahama	20 Wear Red for the Troops 8:00 Town Hall Meeting DR 9:30 Exercise W/Diane BR 12:30 Sitting Tai Chi BR 1:00 Rummikub Group BAR 3:00 Aston Annual Luau DR	21 9:30 New Yoga for Seniors (DVD) BR 10:00 Trip to Florida College O 12:30 Dominoes Group AR 1:00 Knifty Knitters C 1:30 "Mom's Gift" Show O 7:15 Movie "Redwood Highway"	
22 Transportation to Church 10:30 Aston Church Service BR 2:00 Card Game of Choice AR 2:00 Bingo in the Ballroom BR 4:00 Rosary Group C 4:30 Movie Matinee CANCELED	23 9:30 Exercise W/Crystal BR 10:30 Card Making W/ Karen AR 12:00 Mahjong Group AR 12:30 Party Bridge BR 1:00 Rummikub Group BAR 6:30 Nickel-Dime Poker BC	24 7:00 Blood Draws AR 9:15 Exercise W/ Jeff BR 10:00 Sarasota Outlet Mall O 1:00 Pinochle Group BC 1:00 Rummikub Group BAR 1:30 Art Lecture BR 6:30 Dominoes Group AR	25 9:30 Exercise W/Diane BR 10:15 Spanish Class AR 10:45 Rays Baseball Game O 1:00 Mahjong Group &Pinochle AR 1:00 Rummikub Group BAR 7:00 Bingo in the Ballroom BR	26 9:30 and 1:00 Bank and Shop O 10:00 Exercise W/Jeff BR 1:00 Mahjong Group AR 1:00 Pinochle Group BC 1:00 Rummikub Group BAR 7:00 Aston 's Got Talent Show BR	27 Wear Red for the Troops 9:30 Exercise W/Diane BR 10:00 Caladium Festival O 10:30 Bocce Ball for Fun PARK 12:30 Sitting Tai Chi BR 1:00 Rummikub Group BAR 1:30 Afternoon Sequence C	28 9:15 Line Dancing BR 12:30 Dominoes Group AR 1:00 Knifty Knitters C 715Movie " Overboard" BR Have you practiced your Dakim today?	
29 Transportation to Church 10:30 Aston Church Service BR 2:00 Card Game of Choice AR 2:00 Bingo in the Ballroom BR 4:00 Rosary Group C 4:30 Movie Matinee BR	30 9:30 Exercise W/Crystal BR 10:00 Hard Rock Casino O 10:30 Card Making W/Karen AR 12:30 Party Bridge C 1:00 Mahjong Group AR 1:00 Rummikub Group BAR 6:30 Nickel-Dime Poker BC	31 7:00 Blood Draws AR 9:15 Exercise W/Jeff BR 10:00 Steinmart Trip O 1:00 Pinochle Group BC 1:00 Mahjong Group AR 1:30 Art Lecture BR 6:30 Dominoes Group AR	"Ask a Nurse" will be here every Monday and Wednesday from 9:00 a.m. -10:00 a.m. (AR) Alteration-2nd & 4th Wed. 9:30—11:30 a.m.		Mary Kay will be here on the first Tuesday of each month at 9:00 a.m. .Blood Pressure is every Monday and Wednesday 9:00 a.m.-10:00 a.m.	Dr. Hafeez will be here July 6th and July 20th The Eye Doctor will be here the fourth Wednesday of the month	CH...Clubhouse BR... Ballroom AR... Activities Room C... Cozy Corner BC... Billiards Room DR... Dining Room