

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# July 2022

		<h1>July 2022</h1>				<div>1</div> <div>9:00am-Weights Workout-PA 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</div> <div>Canada Day</div>	<div>2</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>
<div>3</div> <div>Independence Day BBQ 10:30am-12:30pm  6:00pm-Bridge-MR 7:00pm-Firework Show (Front entrance parking lot)  STAFF HOLIDAY Independence Day (US)</div>	<div>4</div> <div>9:00am-Full Body Workout-PA 9:45pm-Alpha One Blood Pressure-L 2:30pm-Corn Hole-ER 4:00pm-Avalon Hearing Aid Services-MR 7:00pm-Bingo w/Fred-MR</div>	<div>5</div> <div>9:00am-Weights Workout-PA 11:00am-Resident Birthday Brunch Celebration-DR 1:00pm-Poker Walk-MR 3:00pm-Happy Hour w/Mike Ely 7:00pm-Trivia w/Kay-MR</div>	<div>6</div> <div>9:00am-Full Body Exercise-PA 10:00am-Wii Bowling-MR 2:00pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</div>	<div>7</div> <div>9:00am-Weights Workout-PA 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</div>	<div>8</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR 3:30pm-Board Games-MR (Monopoly, Cards, Yahtzee, Mexican Train)</div>		
<div>10</div> <div>9:00am-Tai Chi w/Pati-PA 1:00pm-Word Makers-ER 2:30pm-Volleyball-ER 6:00pm-Bridge-MR</div>	<div>11</div> <div>9:00am-Full Body Workout-PA 1:00pm-Highway 49 Presentation w/Dwight Davis-MR 2:30pm-Indoor Golf-ER 7:00pm-Bingo w/Fred-MR</div>	<div>12</div> <div>9:00am-Weights Workout-PA 9:00am-Chair Massage Therapist-LIB (2nd floor) 3:00pm-Happy Hour w/Alincia Vela 7:00pm-Trivia w/Kay-MR</div>	<div>13</div> <div>9:00am-Full Body Exercise-PA 10:00am-Wii Bowling-MR 1:00pm-Bingo w/Zhanna 2:00pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</div>	<div>14</div> <div>9:00am-Weights Workout-PA 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</div>	<div>15</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>		
<div>17</div> <div>9:00am-Tai Chi w/Pati-PA 1:00pm-Word Makers-ER 2:30pm-Ice Cream Sundae Social-MR 6:00pm-Bridge-MR</div>	<div>18</div> <div>9:00am-Full Body Workout-PA 9:45pm-Alpha One Blood Pressure-L 1:00pm-Book Club-LIB (Upstairs 2nd floor) 2:30pm-Corn Hole-ER 7:00pm-Bingo w/Fred-MR</div>	<div>19</div> <div>9:00am-Weights Workout-PA 1:00pm-Poker Walk-MR 3:00pm-Happy Hour w/Jerry Lopes 7:00pm-Trivia w/Kay-MR</div>	<div>20</div> <div>9:00am-Full Body Exercise-PA 10:00am-Wii Bowling-MR 1:30pm-Craft Class w/Zhanna-PR 2:00pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</div>	<div>21</div> <div>9:00am-Weights Workout-PA 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</div>	<div>22</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR 3:30pm-Board Games-MR (Monopoly, Cards, Yahtzee, Mexican Train)</div>		
<div>24</div> <div>9:00am-Tai Chi w/Pati-PA 1:00pm-Word Makers-ER 2:30pm-Beanbag Baseball-ER 6:00pm-Bridge-MR</div>	<div>25</div> <div>9:00am-Full Body Workout-PA 1:00pm-Bookmobile (Side entrance parking lot) 2:30pm-Indoor Golf-ER 7:00pm-Bingo w/Fred-MR</div>	<div>26</div> <div>9:00am-Weights Workout-PA 9:00am-Chair Massage Therapist-LIB (2nd floor) 1:30pm-Mocktails &amp; Hydration Presentation w/Zhanna &amp; Hilary-MR 3:00pm-Happy Hour w/Evening Star Band 7:00pm-Trivia w/Kay-MR</div>	<div>27</div> <div>9:00am-Full Body Exercise-PA 10:00am-Wii Bowling-MR 1:00pm-Bingo w/Deanna 2:00pm-Blackjack w/Cliff-GR 3:00pm-A Stitch in Time-MR</div>	<div>28</div> <div>9:00am-Weights Workout-PA 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Fred-MR</div>	<div>29</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>		
<div>31</div>	<div>Look for these fun activities on your calendar!</div> <div><div>Book Club:</div> Everyone is invited to come and share about their current reads! You don't have to read the same book as everyone else, this club focuses on sharing your current reads to entice others into reading that book. All bookworms are welcome! Every 3rd Tuesday of the month at 1:00 in the upstairs library.</div> <div><div>Word Makers:</div> Is a wonderful opportunity to give your brain a "workout". This game consists of a large 13-14 letter word, you use the letters in the large word to come up with smaller words. No competition, just fun! Every Monday at 1:00 in the Exercise Room.</div> <div><div>Trivia:</div> Hosted by Kay, Trivia is an interactive and brainy game! The Trivia ranges from modern, jeopardy to random. Shout out your answer with the rest of the group, learn new facts and expand your knowledge. Every Wednesday at 7:00 in the Media Room.</div>						

ER=Exercise Room, MR=Media Room, PA=Pond Area, LIB=Library, L=Lobby, DR=Dining Room, PR=Puzzle Room, GR=Game Room, S=Salon

*\*All activities are subject to change\**