



# THE VILLAGE AT SUMMERVILLE

## Independent Living Weekly Events July 31st to August 06th

### Sunday, July 31st

10:30AM	Worship Service	Chapel/Channel 1390
2:00PM	Memorial Service	Chapel

### Monday, August 01st

10:30AM	Water Aerobics	Wellness Center
11:00AM	Yoga/ Tai- Chi Pool Flow	Wellness Center
1:30AM	Balance & Stretch	Wellness Center
1:30PM	Seated Strength	Wellness Center
2:00PM	Bible Study with Stephen	Creative Arts Center
3:00PM	Bingo	Tapp Dining Room
4:00PM	Happy Hour	The Village Café'

### Tuesday, August 02nd

9:30AM	Yoga with a Mat	Wellness Center
9:45 AM	The Devotions	Health & Rehab Center
10:00 AM	Chair Yoga	Wellness Center
10:00AM	Christmas Crafts-(Beaded Bracelet)	Studio
10:30AM	Mindful Meditation Retreat	Socrates Place
1:30PM	Cardio Ball Drumming	Wellness Center
2:00PM	Needlers Club	Studio
2:00PM	Corn Hole-Postpone until September	Wellness Center Patio
2:00PM	Standing Balance	Wellness Center
<b>2:15PM</b>	<b>Mobile Library</b>	<b>Portico</b>
<b>3:00PM</b>	<b>Piano Music by Michael Murray</b>	<b>Front Lobby</b>
6:00pm	Spanish Club	Creative Arts Center

### Wednesday- August 03rd

<b>10:00AM</b>	<b>Resident Council Meeting-</b>	<b>Creative Arts Center</b>
10:30AM	Water Aerobics	Wellness Center
1:00PM	Artist Guild	Studio
1:30PM	Balance & Stretch	Wellness Center
2:00PM	Seated Strength	Wellness Center
<b>3:00PM</b>	<b>St. Paul's Anglican Church</b>	<b>Chapel</b>
<b>5:00PM</b>	<b>Grill Night</b>	<b>Tapp Dining Room</b>

Last day to sign up for the Walmart Shopping on Friday -August 05th.

## Thursday– August 05th

9:30AM	Yoga with a Mat	Wellness Center
10:00AM	Chair Yoga -Cancelled	Wellness Center
10:00AM	James Webb Space Telescope	Creative Arts Center
	<b>A new window to the Cosmos –One Day University</b>	
10:30AM	Line Dancing	Wellness Center
11:00AM	The Chapel Choir	Chapel
1:30PM	Cardio Ball Drumming	Wellness Center
2:00PM	Seated Balance	Wellness Center
2:30PM	Banana Split Social	Creative Arts Center

## Friday– August 05th—Walmart Shopping

9:00AM	Walmart Shopping	Community Outings
9:30AM	Coffee, Tea & Conversation	The Village Café'
2:00PM	Glazing Ceramics	Frampton Studio
6:00PM	Game Night	Creative Arts Center

## Saturday - August 06th– Sunrise Bistro

9:00AM	Sunrise Bistro	Community Outing
1:00PM	Movie-	Socrates Place
3:00pm	Challenge Bingo	Creative Arts Center

**New Programs to discover  
In August.**

**One Day University**

**Voice Roundtable**

**Saturday Outings**

**Crafts Classes**

**Learning Sign Language**

**Wooden Projects**

**Contact Life Enrichment**

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**Happy Birthday**

MaryAnn Sanders

8-02

Shirley Gossett

8-05

**May your day be  
filled with  
Special moments.**

