




July 2025

Monthly Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
<div><div></div><div>EXPLORE</div><div>BY SENIOR LIFESTYLE</div></div> <div><div>THE SHERIDAN</div><div>AT EASTSIDE</div><div>a Senior Lifestyle community</div></div>		<div></div> <div>6</div>		<div></div> <div>7</div>		<div><div>National Creative Ice Cream Flavors Day!</div><div>9:30 ● Workout with Nina! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● <b>Yogi's Choice Yoga with Sandra</b> [FC]</div><div>10:45 ● <b>Decorate an Ice Cream Cone For the Ice Cream Social!</b> [CS]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>12:00 ● Poolside Melodies - Swimming &amp; Music! (Weather Permitting) [PL]</div><div>1:00 ● Creative Flavors Ice Cream Social! [GR]</div><div>1:00 ● Music Therapy: Sing-a-long Session [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL &amp; IL [DR]</div><div>2:30 ● <b>Caregiver Support Group</b> [ER]</div><div>3:00 ● Card Crafting: Flower Pot Cards [CS]</div><div>3:15 ● <b>DIY Crafting: Patriotic Suncatcher</b> [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>1</div>		<div><div>Creative Studio Reserved 8am-5:30pm</div><div>9:30 ● <b>Podiatry Clinic: 9:30 - 12:30PM</b> [WO]</div><div>9:30 ● Weightless Workout with Nina! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● <b>Be Fit with Bradford</b> [ER]</div><div>11:00 ● <b>Waffle Wednesday Waffle Bar!</b> [GR]</div><div>1:00 ● Tunnel of Love   Secrets of the Zoo [ER]</div><div>1:30 ● Games on the Lawn!</div><div>2:00 ● Hearts in Action: A Journey of Spirit and Service [GR]</div><div>2:15 ● Candy Bingo: AL &amp; IL [DR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Vines &amp; Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Mix 'N Mingle: Know Your Neighbor - Speed Friendship Game [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The</div></div> <div>2</div>		<div><div>9:30 ● Workout with Nina! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Video Workout! [FC]</div><div>11:00 ● "This or That" Icebreaker &amp; Smoothies [LR]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Growing in Faith Bible Study: Psalm 1 – Like a tree planted [LR]</div><div>1:30 ● Canada (North-America) Vacation Travel Video Guide [ER]</div><div>1:30 ● <b>Garden Club Meeting</b> [ER]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Patriotic Music Chair Dance + Trivia [LR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>3</div>		<div><div>10:15 ● <b>Zumba with Lenae!</b> [FC]</div><div>11:30 ● 4th of July Cook-In! [DR]</div><div>11:45 ● <b>Midday Matinee: Born on the Fourth of July</b> [ER]</div><div><div>Creative Studio Reserved 1-5:30PM [CS]</div><div>1:00 ● <b>Live Music with Boardwalk Baby!</b> [GR]</div><div>2-3 ● Mexican Train: Dominoes Game [GR]</div><div>2:30 ● Join The 4th of July Parade with Us   Coke Floats &amp; Trivia After! [LR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div><div>8:00 ● Stream The Macy's 4th of July Fireworks! [ER]</div></div><div>4</div></div>		<div><div>National Hawaii Day: Wear Your Lei!</div><div>National Jam Day Day!</div><div>9:30 ● Workout with Nina! [FC]</div><div>10:11: ● Nifty Knitters Crocheting &amp; Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>11:00 ● How to Speak Hawaiian [11 Important Phrases] [ER]</div><div>11:30 ● <b>Lets Make: No Cook Freezer Jam!</b> [CS]</div><div>1-3 ● Guys Corner: Nickle Poker [ER]</div><div>1:00 ● Tiki Bar: Hawaiian Punch Mocktails! [GR]</div><div>1:30 ● Midday Movie Matinee [LR]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-4 ● Rummikub with Friends! [CS]</div><div>3:30 ● <b>Live Piano Music with Brett</b> [GR]</div><div>4:30 ● Easy Acrylic painting for beginners   Hawaii Beach [CS]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div> <div>5</div>
<div><div>9:15 ● Church Shuttle #1 (Zion &amp; Lawrence) - <b>RSVP</b> [LBY]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● <b>Church Shuttle #2 (Main &amp; Oliver) - RSVP</b> [LBY]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● <b>Sweet Treat Sunday! Lets Make: Peanut Butter Cheerios</b> [CS]</div><div>2:00 ● <b>Live Music with Christian Entertainer Charles E. Delk</b> [GR]</div><div>3:30 ● <b>IN PERSON: Church Service with Pastor John Hadley</b> [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>6</div>		<div><div>National Strawberry Sundae Day!</div><div>9:30 ● Workout with Nina! [FC]</div><div>10:15 ● Workout with Nina! [FC]</div><div>11:30 ● <b>Trip to Kroger - RSVP</b> [LBY]</div><div>1:30 ● <b>Strawberry Sundae Day Pop-Up Bar!</b> [LBY]</div><div>2-4 ● Card &amp; Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>3:00 ● Lets Play: Hot Seat Game (Home) [ER]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>4:00 ● Hey I Know That Song! Episode 1   Eversound [ER]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div> <div>7</div>		<div><div>National Blueberry Day</div><div>9:30 ● Workout with Amina! [FC]</div><div>10:15 ● Video Workout! [FC]</div><div>11:00 ● Natural Medicine: Amazing BLUEBERRY Health Benefits (Better Memory, Arteries) [ER]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Music Therapy: Sing-a-long Session [LR]</div><div>2:00 ● <b>Active Minds Zoom Seminar: Mississippi River</b> [ER]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL &amp; IL [DR]</div><div>3:15 ● <b>DIY Crafting: Mosaic Flower Pots</b> [CS]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>8</div>		<div><div>National Sugar Cookie Day!</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● <b>Be Fit with Bradford</b> [ER]</div><div>11:00 ● <b>First Responders Cook-Out: Mingle with Our First Responders! Live Music with Mike Smith!</b></div><div>1:00 ● Art for the Heart: Easy Summer Lake for Beginners [CS]</div><div>2:00 ● Hearts in Action: A Journey of Spirit and Service [GR]</div><div>2:15 ● Candy Bingo: AL &amp; IL [DR]</div><div>3:00 ● Lets Make: Sugar Cookie Sandwiches [CS]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Vines &amp; Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Italy: True or False Game [ER]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div> <div>9</div>		<div><div>9:30 ● Workout with Nina! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Workout with Nina! [FC]</div><div>10:30 ● <b>Parkinson's Support Group</b> [ER]</div><div>11:00 ● Travel Memories Show &amp; Tell [LR]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Growing in Faith Bible Study: Psalm 16 – Beautiful inheritance [LR]</div><div>1:30 ● Keoladeo Ghana Vacation Travel Video Guide [ER]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● <b>Resident Council Meeting</b> [DR]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Virtual Tour: Italy + Gelato Tasting [LR]</div></div> <div>10</div>		<div><div>National Mojito Day!</div><div>9:30 ● Workout with Nina! [FC]</div><div>10:15 ● <b>Zumba Gold with Lenae</b> [FC]</div><div>11:30 ● <b>Trip for Lunch at Mahjong - \$\$</b> [LBY]</div><div>12:00 ● <b>Water Aerobics with Kathy! (Weather Permitting)</b> [PL]</div><div>1-3 ● Guys Corner: Nickle Poker [CS]</div><div>1:00 ● Mocktail Mojito-Making Station [B]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div> <div>11</div>		<div><div>9:30 ● Workout with Nina! [FC]</div><div>10:11: ● Nifty Knitters Crocheting &amp; Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Board Games with Nina: Scrabble/ Scattagories/Uno [GR]</div><div>1-3 ● Guys Corner: Nickle Poker [ER]</div><div>1:00 ● <b>Trip to Target &amp; TJ Maxx - RSVP \$\$</b> [LBY]</div><div>1:30 ● Midday Movie Matinee [LR]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-4 ● Rummikub with Friends! [CS]</div><div>4:00 ● Self-check Saturday: Stress Management [CS]</div><div>4:30 ● Mix 'N Mingle: Soft Drinks &amp; Socializing [GR]</div><div>5:00 ● <b>Trip to The Jury Experience: An Immersive Courtroom Case - RSVP by 7/1 \$48+</b> [LBY]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div> <div>12</div>		
<div><div>9:15 ● Church Shuttle #1 (Zion &amp; Lawrence) - <b>RSVP</b> [LBY]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● <b>Church Shuttle #2 (Main &amp; Oliver) - RSVP</b> [LBY]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● <b>Kooking with Karlie! Cinnamon Marshmallow Puffs</b> [CS]</div><div>3:30 ● <b>IN PERSON: Church Service with Pastor John Hadley</b> [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>13</div>		<div><div>National Mac &amp; Cheese Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:00 ● <b>Lets Make: Pineapple Angel Food Cake!</b> [CS]</div><div>11:30 ● <b>Trip to Publix- RSVP</b> [LBY]</div><div>2-4 ● Card &amp; Board Games! [CS]</div><div>2:00 ● <b>Enjoy Dining: Mac &amp; Cheese Bar</b> [B]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:15 ● <b>Dining Committee Meeting</b> [PD]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>4:00 ● Hey I know That Song: Episode 2 [ER]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div> <div>14</div>		<div><div>9:30 ● Workout with Karlie! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● <b>Yogi's Choice Yoga with Sandra</b> [FC]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>12:00 ● Poolside Melodies - Swimming &amp; Music! (Weather Permitting) [PL]</div><div>1-4prr ● <b>Free Ear &amp; Hearing Aid Cleaning w/ Alpha Hearing - RSVP at the Front Desk</b> [WO]</div><div>1:00 ● Kindness Rocks Painting + Garden Walk [LR]</div><div>2:00 ● <b>Bible Study with Pastor Chris George</b> [ER]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL &amp; IL [DR]</div><div>3:00 ● Flower Pressing &amp; Notecard Craft [CS]</div><div>3:15 ● <b>DIY Crafting: Straw Hat Scarecrow</b> [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>15</div>		<div><div>National Cherry Day!</div><div>9:30 ● Weightless Workout with Karlie! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● <b>Be Fit with Bradford</b> [ER]</div><div>11:00 ● Lets Make: Cherry Dump Cake! [CS]</div><div>1:00 ● Art for the Heart: Tropical Hibiscus &amp; Palm [CS]</div><div>1:30 ● Games on the Lawn!</div><div>2:00 ● Hearts in Action: A Journey of Spirit and Service [GR]</div><div>2:15 ● Candy Bingo: AL &amp; IL [DR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Vines &amp; Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Name That National Park   Eversound [ER]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div> <div>16</div>		<div><div>9:30 ● Workout with Karlie! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:00 ● "Name That Tune": Summer Hits Edition [LR]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Growing in Faith Bible Study: Psalm 23 – The Lord is my shepherd [LR]</div><div>1:30 ● Hong Kong (China) Vacation Travel Video Guide [ER]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Summer Carnival Games [LR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>17</div>		<div><div>DINING ROOM RESERVED - ALL STAFF MEETING 2-3PM</div><div>National Daiquiri Day!</div><div>9:30 ● Workout Video! [FC]</div><div>10:15 ● <b>Zumba with Lenae!</b> [FC]</div><div>11:30 ● <b>Trip to Gwinnett Historic Courthouse - RSVP</b> [LBY]</div><div>12:00 ● <b>Chair Yoga with Kathy Cyran!</b> [FC]</div><div>1-5:30 ● <b>Creative Studio Reserved 1-5:30PM</b> [CS]</div><div>1:00 ● Strawberry Daiquiri Pop Up Bar! [GR]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div> <div>18</div>		<div><div>9:30 ● Workout with Amina! [FC]</div><div>10:11: ● Nifty Knitters Crocheting &amp; Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Board Games with Amina: Scrabble/ Scattagories/Uno [GR]</div><div>1-3 ● Guys Corner: Nickle Poker [ER]</div><div>1:30 ● Midday Movie Matinee [LR]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-4 ● Rummikub with Friends! [CS]</div><div>4:00 ● <b>Live Music with Rhythm n' Rouge</b> [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div> <div>19</div>		
<div><div>National Ice Cream Soda Day!</div><div>9:15 ● Church Shuttle #1 (Zion &amp; Lawrence) - <b>RSVP</b> [LBY]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● <b>Church Shuttle #2 (Main &amp; Oliver) - RSVP</b> [LBY]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● <b>Ice Cream Soda Social!</b> [LBY]</div><div>2:00 ● <b>Live Music with Christian Entertainer Charles E. Delk</b> [GR]</div><div>3:30 ● <b>IN PERSON: Church Service with Pastor John Hadley</b> [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>20</div>		<div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:30 ● <b>Trip to Walmart- RSVP</b> [LBY]</div><div>1:00 ● <b>Lets Make: Chocolate Chip Cake!</b> [CS]</div><div>2-4 ● Card &amp; Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>4:00 ● Hey I Know That Song: 1940's [ER]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div> <div>21</div>		<div><div>National Mango Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Workout with Nina! [FC]</div><div>11:00 ● Mango Magic for Seniors: 10 Surprising Health Benefits You Need to Know! [ER]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Lets Make: Mango Salsa! [CS]</div><div>1:00 ● Memory Box: Bring in summer keepsakes and share stories. [LR]</div><div>2:00 ● <b>Book Club Meeting</b> [ER]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL &amp; IL [DR]</div><div>3:15 ● <b>DIY Crafting: 2025 Seashell Memory Jars</b> [CS]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>22</div>		<div><div>Celebrate Christmas in July!</div><div>9:30 ● "Christmas" Morning Secret Santa Exchange [CS]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● <b>Be Fit with Bradford</b> [ER]</div><div>12:00 ● Midday Matinee: White Christmas &amp; Cocoa [ER]</div><div>1:00 ● Lets Make Beachy Ornaments! [CS]</div><div>2:00 ● Christmas Carols &amp; Rudolph's Summer Punch! [GR]</div><div>2:15 ● Candy Bingo: AL &amp; IL [DR]</div><div>2:30 ● <b>Music &amp; Memories with Dennis Goodwin</b> [ER]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Vines &amp; Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>3:30 ● Christmas Charades! [ER]</div><div>4:00 ● <b>Live Music with The Nicks Brothers!</b> [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div> <div>23</div>		<div><div>9:30 ● Workout with Karlie! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:00 ● <b>Blood Pressure Clinic with Enhabit: 10am-12pm</b> [CS]</div><div>10:15 ● Workout with Nina! [FC]</div><div>11:00 ● Gentle Chair Yoga &amp; Breathing [LR]</div><div>11:00 ● <b>Locksley Jewelry Repair: 11am-3pm</b> [LBY]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Growing in Faith Bible Study: Psalm 27 – Wait for the Lord [LR]</div><div>2:00 ● Greenland: Life on the Edge of the World Travel Documentary [ER]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● DIY Summer Scented Sachets [LR]</div></div> <div>24</div>		<div><div>Gorgeous Grandma Day!</div><div>9:30 ● Workout with Nina! [FC]</div><div>10:15 ● <b>Zumba Gold with Lenae</b> [FC]</div><div>11:30 ● <b>Trip for Lunch at Main Street Restaurant - RSVP \$\$</b> [LBY]</div><div>12:00 ● <b>Water Aerobics with Kathy! (Weather Permitting)</b> [PL]</div><div>1:00 ● Grandma's Pamper Party! RSVP for Grandchildren [CS]</div><div>1-3 ● Guys Corner: Nickle Poker [CS]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div> <div>25</div>		<div><div>9:30 ● Workout with Nina! [FC]</div><div>10:11: ● Nifty Knitters Crocheting &amp; Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>12:00 ● <b>Trip to Kohls &amp; Belk - RSVP \$\$</b> [LBY]</div><div>1:00 ● Board Games with Nina: Scrabble/ Scattagories/Uno [GR]</div><div>1-3 ● Guys Corner: Nickle Poker [ER]</div><div>1:30 ● Midday Movie Matinee [LR]</div><div>2:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>2-4 ● Rummikub with Friends! [CS]</div><div>2:00 ● <b>Trip to Stone Mountain Art Station: Daddy Long Legs - RSVP \$22-38+</b> [LBY]</div><div>4:00 ● Self-check Saturday: Stress Management [CS]</div><div>4:30 ● Mix 'N Mingle: Soft Drinks &amp; Socializing [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div> <div>26</div>		
<div><div>9:15 ● Church Shuttle #1 (Zion &amp; Lawrence) - <b>RSVP</b> [LBY]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● <b>Church Shuttle #2 (Main &amp; Oliver) - RSVP</b> [LBY]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● <b>*Kooking with Karlie*: No Bake Banana Split!</b> [CS]</div><div>3:30 ● <b>IN PERSON: Church Service with Pastor John Hadley</b> [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>27</div>		<div><div>National Milk Chocolate Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:30 ● <b>Trip to Aldi - RSVP</b> [LBY]</div><div>12:00 ● Midday Matinee: Willy Wonka &amp; the Chocolate Factory [ER]</div><div>1:30 ● <b>Chocolate Fondue Station!</b> [LBY]</div><div>2-4 ● Card &amp; Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Guess the Chocolate Slogan [ER]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>4:00 ● Hey I Know That Song: Ends in Y [ER]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div> <div>28</div>		<div><div>International Day of Friendship!</div><div>9:30 ● Workout with Karlie &amp; Nina: Bring a Friend! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Workout with Karlie &amp; Nina: Bring a Friend! [FC]</div><div>11:00 ● Around The World with Friends: Explore traditions of friendship and culture [ER]</div><div>1:00 ● How Well Do you Know Your Friend Game! [ER]</div><div>1:30 ● Buddy Trivia Game! [ER]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Paired Bingo Blitz: AL &amp; IL [DR]</div><div>3:00 ● Card Crafting: Flower Pot Cards [CS]</div><div>3:15 ● <b>DIY Crafting: Beach Umbrella Wreaths!</b> [CS]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>29</div>		<div><div>National Cheesecake Day!</div><div>9:30 ● Weightless Workout with Nina! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● <b>Be Fit with Bradford</b> [ER]</div><div>1:00 ● Art for the Heart: Palm Tree Bay [CS]</div><div>1:00 ● <b>Service with St. Oliver Plunkett Catholic Church</b> [ER]</div><div>1:30 ● Games on the Lawn!</div><div>2:00 ● Hearts in Action: A Journey of Spirit and Service [GR]</div><div>2:15 ● Candy Bingo: AL &amp; IL [DR]</div><div>3:00 ● Puzzles with Friends! [LR]</div><div>3:15 ● Vines &amp; Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Mix 'N Mingle: Know Your Neighbor - Speed Friendship Game [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div> <div>30</div>		<div><div>National Cotton Candy Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>9:45 ● Coffee &amp; Current Events Chit Chat [LR]</div><div>10:15 ● Workout with Nina! [FC]</div><div>10:45 ● The Dentist Who Gave the World Cotton Candy [ER]</div><div>11:00 ● "This or That" Icebreaker &amp; Smoothies [LR]</div><div>12:00 ● Lunch Time Trivia Brain Teasers [DR]</div><div>1:00 ● Growing in Faith Bible Study: Psalm 30 – Mourning into dancing [LR]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc. [LBY]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>2:30 ● Cotton Candy Social! [GR]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>4:00 ● How Cotton Candy Art is Made [ER]</div><div>6:45 ● Night Owls: Movie [ER]</div></div> <div>31</div>		<div><div>Resident Birthdays</div><div>Joyce G. 7/1</div><div>Jean D. 7/2</div><div>Martha N. 7/2</div><div>Nancy M. 7/3</div><div>Jose L. 7/4</div><div>Marvin J. 7/5</div><div>Elizabeth L. 7/9</div><div>Francis O. 7/9</div><div>Mary H. 7/10</div><div>Joan J. 7/13</div><div>Elaine S. 7/16</div><div>Julia B. 7/17</div><div>Harry J. 7/18</div><div>Janet H. 7/18</div><div>Elizabeth P. 7/20</div><div>Harry B. 7/20</div><div>John M. 7/26</div><div>Helon G. 7/27</div><div>Barry C. 7/27</div></div>				