

July 2025

The Sheridan at Eastside | Independent Living

Monthly Activities

<div><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><div><div>HELLO JULY</div><div></div></div><div><div>Happy 4th of JULY</div><div></div></div></div></div>	<div><div><div>1</div><div>National Creative Flavors Ice Cream Social Day!</div><div>9:30 ● Workout with Ninal! [FC]</div><div>10:15 ● Yogi's Choice Yoga with Sandra [FC]</div><div>10:45 ● Decorate an Ice Cream Cone For the Ice Cream Social! [CS]</div><div>12:00 ● Poolside Melodies - Swimming & Music! (Weather Permitting) [PL]</div><div>1:00 ● Creative Flavors Ice Cream Social! [GR]</div><div>2:00 ● Bridge Club [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL & IL [DR]</div><div>2:30 ● Caregiver Support Group [ER]</div><div>3:15 ● DIY Crafting: Patriotic Suncatcher [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>2</div><div>Creative Studio Reserved 8am-5:30pm</div><div>9:30 ● Podiatry Clinic: 9:30 - 12:30PM [WO]</div><div>9:30 ● Weightless Workout with Ninal! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● Be Fit with Bradford [ER]</div><div>11:00 ● Waffle Wednesday Waffle Bar! [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 & IL [DR]</div><div>3:15 ● Vines & Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Mix 'N Mingle: Know Your Neighbor - Speed Friendship Game [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div></div>	<div><div><div>3</div><div>Independence Day</div><div>10:15 ● Zumba with Lenae! [FC]</div><div>11:30 ● 4th of July Cook-In! [DR]</div><div>11:45 ● Midday Matinee: Born on the Fourth of July [ER]</div><div>1-5:30 ● Creative Studio Reserved 1-5:30PM [CS]</div><div>1:00 ● Live Music with Boardwalk Baby! [GR]</div><div>2:00 ● Bridge Club [LR]</div><div>2 - 3 ● Mexican Train: Dominoes Game [GR]</div><div>2:30 ● Join The 4th of July Parade with Us Coke Floats & Trivia After! [LR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:30 ● Dominos Club [GR]</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>	<div><div><div>4</div><div>National Hawaii Day: Wear Your Lei!</div><div>9:30 ● Workout with Ninal! [FC]</div><div>10:11 ● Nifty Knitters Crocheting & 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 ● Lets Make: No Cook Freezer Jam! [CS]</div><div>1 - 3 ● Guys Corner: Nickle Poker [ER]</div><div>1:00 ● Tiki Bar: Hawaiian Punch Mocktails! [GR]</div><div>2 - 4 ● Rummikub with Friends! [CS]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>3:30 ● Live Piano Music with Brett [GR]</div><div>4:30 ● Easy Acrylic painting for beginners Hawaii Beach [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div></div>			
	<div><div><div>6</div><div>Church Shuttle #1 (Zion & Lawrence) - RSVP [LBV]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● Church Shuttle #2 (Main & Oliver) - RSVP [LBV]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● Sweet Treat Sunday! Lets Make: Peanut Butter Cheerios [CS]</div><div>2:00 ● Live Music with Christian Entertainer Charles E. Delk [GR]</div><div>3:30 ● IN PERSON: Church Service with Pastor John Hadley [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>5:00 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>7</div><div>National Strawberry Sundae Day!</div><div>9:30 ● Workout with Ninal! [FC]</div><div>10:15 ● Workout with Ninal! [FC]</div><div>11:30 ● Trip to Kroger - RSVP [LBV]</div><div>1:30 ● Strawberry Sundae Day Pop-Up Bar! [LBV]</div><div>2 - 4 ● Card & Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc.</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>4:00 ● Hey I Know That Song! Episode 1 Eversound [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div></div>	<div><div><div>8</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 ● Poolside Melodies - Swimming & Music! (Weather Permitting) [PL]</div><div>2:00 ● Active Minds Zoom Seminar: Mississippi River [ER]</div><div>2:00 ● Bridge Club [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL & IL [DR]</div><div>3:15 ● DIY Crafting: Mosaic Flower Pots [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>9</div><div>National Sugar Cookie Day!</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● Be Fit with Bradford [ER]</div><div>11:00 ● First Responders Cook-Out: Mingle with Our First Responders! Live Music with Mike Smith! [CS]</div><div>12:00 ● Art for the Heart: Easy Summer Lake for Beginners [CS]</div><div>1:00 ● Hearts in Action: A Journey of Spirit and Service [GR]</div><div>2:15 ● Candy Bingo: AL & IL [DR]</div><div>3:00 ● Lets Make: Sugar Cookie Sandwiches [CS]</div><div>3:15 ● Vines & Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Italy: True or False Game [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div></div>	<div><div><div>10</div><div>Ted Talk & Discussion: Finding Your Strength by Helping Others Andy Shirliff [ER]</div><div>1:30 ● Keoladeo Ghana 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.</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Stickers by Number & Diamond Art Coasters [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>11</div><div>National Mojito Day!</div><div>9:30 ● Workout with Ninal! [FC]</div><div>10:15 ● Zumba Gold with Lenae [FC]</div><div>11:30 ● Trip for Lunch at Mahjong - \$\$ [LBV]</div><div>12:00 ● Water Aerobics with Kathy! (Weather Permitting) [PL]</div><div>1 - 3 ● Guys Corner: Nickle Poker [CS]</div><div>1:00 ● Mocktail Mojito-Making Station [B]</div><div>2:00 ● Bridge Club [LR]</div><div>2 - 3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div></div>	<div><div><div>12</div><div>Board Games with Nina: Scrabble/Scattergories/Uno [GR]</div><div>1:00 ● Guys Corner: Nickle Poker [ER]</div><div>1:00 ● Trip to Target & TJ Maxx - RSVP \$\$ [LBV]</div><div>2 - 4 ● Rummikub with Friends! [CS]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>4:00 ● Self-check Saturday: Stress Management [CS]</div><div>4:30 ● Mix 'N Mingle: Soft Drinks & Socializing [GR]</div><div>5:00 ● Trip to The Jury Experience: An Immersive Courtroom Case - RSVP by 7/1 \$48+ [LBV]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div></div>	
	<div><div><div>*Diversity Event</div><div>*Enjoy- Dining Partnership Event</div><div>● Explore - Leadership & Volunteerism</div><div>● Explore - Lectures & Learning</div><div>● Explore - Recreation & Entertainment</div><div>● Explore - Self Expression & the Arts</div><div>● Explore - Spiritual Health & Religion</div><div>● Explore - Strength & Vitality</div><div>● Explore - Travels & Treks</div></div></div>	<div><div><div>13</div><div>Church Shuttle #1 (Zion & Lawrence) - RSVP [LBV]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● Church Shuttle #2 (Main & Oliver) - RSVP [LBV]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● Kooking with Karlie! Cinnamon Marshmallow Puffs [CS]</div><div>3:30 ● IN PERSON: Church Service with Pastor John Hadley [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>5:00 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>14</div><div>National Mac & Cheese Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:00 ● Lets Make: Pineapple Angel Food Cake! [CS]</div><div>11:30 ● Trip to Publix- RSVP [LBV]</div><div>2 - 4 ● Card & Board Games! [CS]</div><div>2:00 ● Enjoy Dining: Mac & Cheese Bar [B]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc.</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>3:30 ● Resident Ambassador Program Meeting [GR]</div><div>4:00 ● Hey I know That Song: Episode 2 [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div></div>	<div><div><div>15</div><div>Free Ear & Hearing Aid Cleaning w/ Alpha Hearing - RSVP at the Front Desk [WO]</div><div>2:00 ● Bible Study with Pastor Chris George [ER]</div><div>2:00 ● Bridge Club [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL & IL [DR]</div><div>3:15 ● DIY Crafting: Straw Hat Scarecrow [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>16</div><div>Weightless Workout with Karlie! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● Be Fit with Bradford [ER]</div><div>11:00 ● Lets Make: Cherry Dump Cake! [CS]</div><div>1:00 ● Art for the Heart: Tropical Hibiscus & 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 & IL [DR]</div><div>3:15 ● Vines & Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Name That National Park Eversound [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div></div>	<div><div><div>17</div><div>Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:00 ● Ted Talk & Discussion: How Acts of Kindness Sparked a Global Movement Asha Curran [ER]</div><div>1:30 ● Hong Kong (China) Vacation Travel Video Guide [ER]</div><div>1:45 ● Sheridan Shares Resident Council Meeting: Villas [DR]</div><div>2-4 ● Lets Play Rummikub! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc.</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Sheridan Shares Resident Council Meeting: Independent Living Apartments [DR]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Stickers by Number & Diamond Art Coasters [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div></div>	<div><div><div>18</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 ● Zumba with Lenae! [FC]</div><div>11:30 ● Trip to Gwinnett Historic Courthouse - RSVP [LBV]</div><div>12:00 ● Chair Yoga with Kathy Cyran! [FC]</div><div>1-5:30 ● Creative Studio Reserved 1-5:30PM [CS]</div><div>1:00 ● Strawberry Daiquiri Pop Up Bar! [GR]</div><div>2:00 ● Bridge Club [LR]</div><div>2 - 3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div></div>	<div><div><div>19</div><div>Workout with Amina! [FC]</div><div>10:11 ● Nifty Knitters Crocheting & Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>1:00 ● Board Games with Amina: Scrabble/Scattergories/Uno [GR]</div><div>1 - 3 ● Guys Corner: Nickle Poker [ER]</div><div>2 - 4 ● Rummikub with Friends! [CS]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>4:00 ● Live Music with Rhythm n' Rouge [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div></div>
	<div><div><div>Location Keys</div><div>Bistro</div><div>Creative Studio</div><div>Dining Room</div><div>Entertainment Room</div><div>Fitness Center</div><div>Great Room</div><div>Living Room</div><div>Lobby</div><div>Pool</div><div>Private Dining Room</div><div>Wellness Office</div><div>B</div><div>CS</div><div>DR</div><div>ER</div><div>FC</div><div>GR</div><div>LR</div><div>LBV</div><div>PL</div><div>PD</div><div>WO</div></div></div>	<div><div><div>20</div><div>Church Shuttle #1 (Zion & Lawrence) - RSVP [LBV]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● Church Shuttle #2 (Main & Oliver) - RSVP [LBV]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● Ice Cream Soda Social! [LBV]</div><div>2:00 ● Live Music with Christian Entertainer Charles E. Delk [GR]</div><div>3:30 ● IN PERSON: Church Service with Pastor John Hadley [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>5:00 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>21</div><div>Workout with Karlie! [FC]</div><div>10:15 ● Workout with Karlie! [FC]</div><div>11:30 ● Trip to Walmart- RSVP [LBV]</div><div>1:00 ● Lets Make: Chocolate Chip Cake! [CS]</div><div>2 - 4 ● Card & Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc.</div><div>2:15 ● Dining Committee Meeting [PD]</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Be Fit with Bradford Video Workout! [FC]</div><div>4:00 ● Hey I Know That Song: 1940's [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div></div>	<div><div><div>22</div><div>National Mango Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Ninal! [FC]</div><div>11:00 ● Mango Magic for Seniors: 10 Surprising Health Benefits You Need to Know! [ER]</div><div>12:00 ● Poolside Melodies - Swimming & Music! (Weather Permitting) [PL]</div><div>1:00 ● Lets Make: Mango Salsa! [CS]</div><div>2:00 ● Book Club Meeting [ER]</div><div>2:00 ● Bridge Club [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Bingo Blitz: AL & IL [DR]</div><div>3:15 ● DIY Crafting: 2025 Seashell Memory Jars [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>23</div><div>"Christmas" Morning Secret Santa Exchange [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● Be Fit with Bradford [ER]</div><div>12:00 ● Midday Matinee: White Christmas & Cocoa [ER]</div><div>1:00 ● Lets Make Beachy Ornaments! [CS]</div><div>2:00 ● Christmas Carols & Rudolph's Summer Punch! [GR]</div><div>2:15 ● Candy Bingo: AL & IL [DR]</div><div>2:30 ● Music & Memories with Dennis Goodwin [ER]</div><div>3:15 ● Vines & Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>3:30 ● Christmas Charades! [ER]</div><div>4:00 ● Live Music with The Nicks Brothers! [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div></div>	<div><div><div>24</div><div>Workout with Karlie! [FC]</div><div>10:00 ● Blood Pressure Clinic with Enhabit: 10am-12pm [CS]</div><div>10:15 ● Workout with Ninal! [FC]</div><div>11:00 ● Locksley Jewelry Repair: 11am-3pm [LBV]</div><div>11:00 ● Ted Talk & Discussion: Reciprocal Service: The Gift of Serving Others Miguel Aldrete [ER]</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.</div><div>2:30 ● Balance Basics: Fall Prevention Exercise [FC]</div><div>3:00 ● Tai Chi Video Workout! [FC]</div><div>3:30 ● Stickers by Number & Diamond Art Coasters [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div></div>	<div><div><div>25</div><div>Gorgeous Grandma Day!</div><div>9:30 ● Workout with Ninal! [FC]</div><div>10:15 ● Zumba Gold with Lenae [FC]</div><div>11:30 ● Trip for Lunch at Main Street Restaurant - RSVP \$\$ [LBV]</div><div>12:00 ● Water Aerobics with Kathy! (Weather Permitting) [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 ● Bridge Club [LR]</div><div>2 - 3 ● Mexican Train: Dominoes Game [GR]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>3:15 ● Happy Hour at The Bistro! \$\$ [B]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Friday - Heartland [ER]</div></div></div>	<div><div><div>26</div><div>Workout with Ninal! [FC]</div><div>10:11 ● Nifty Knitters Crocheting & Knitting Club [CS]</div><div>10:15 ● Workout with Amina! [FC]</div><div>12:00 ● Trip to Kohls & Belk - RSVP \$\$ [LBV]</div><div>1:00 ● Board Games with Nina: Scrabble/ Scattergories/Uno [GR]</div><div>1 - 3 ● Guys Corner: Nickle Poker [ER]</div><div>2 - 4 ● Rummikub with Friends! [CS]</div><div>2:00 ● Trip to Stone Mountain Art Station: Daddy Long Legs - RSVP \$22-38+ [LBV]</div><div>3:00 ● \$1 Bingo - Bring a dollar to play! [DR]</div><div>4:00 ● Self-check Saturday: Stress Management [CS]</div><div>4:30 ● Mix 'N Mingle: Soft Drinks & Socializing [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Sheridan Cinema: Movie [ER]</div></div></div>
		<div><div><div>27</div><div>Church Shuttle #1 (Zion & Lawrence) - RSVP [LBV]</div><div>9:30 ● Stretching Video Workout! [FC]</div><div>10:15 ● Church Shuttle #2 (Main & Oliver) - RSVP [LBV]</div><div>10:30 ● Zumba Video Workout! [FC]</div><div>11:00 ● Cannon United Methodist Church Service [ER]</div><div>1:30 ● Kooking with Karlie!: No Bake Banana Split! [CS]</div><div>3:30 ● IN PERSON: Church Service with Pastor John Hadley [ER]</div><div>4:00 ● Shibashi Video Workout! [FC]</div><div>5:00 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>28</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 ● Trip to Aldi - RSVP [LBV]</div><div>12:00 ● Midday Matinee: Willy Wonka & the Chocolate Factory [ER]</div><div>1:30 ● Chocolate Fondue Station! [LBV]</div><div>2 - 4 ● Card & Board Games! [CS]</div><div>2:00 ● Volunteer in the Embrace Neighborhood: 1:1 activities, painting, walking exercise etc.</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>4:00 ● Hey I Know That Song: Ends in Y [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Monday - The Crown [ER]</div></div></div>	<div><div><div>29</div><div>Workout with Karlie & Nina: Bring a Friend! [FC]</div><div>10:15 ● Workout with Karlie & Nina: Bring a Friend! [FC]</div><div>11:00 ● Around The World with Friends: Explore traditions of friendship and culture [ER]</div><div>12:00 ● Poolside Melodies - Swimming & Music! (Weather Permitting) [PL]</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 ● Bridge Club [LR]</div><div>2:00 ● Mahjong Club [LR]</div><div>2:15 ● Paired Bingo Blitz: AL & IL [DR]</div><div>3:15 ● DIY Crafting: Beach Umbrella Wreaths! [CS]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<div><div><div>30</div><div>Weightless Workout with Ninal! [ER]</div><div>10:00 ● Mahjong Club [LR]</div><div>10:15 ● Be Fit with Bradford [ER]</div><div>1:00 ● Art for the Heart: Palm Tree Bay [CS]</div><div>1:00 ● Service with St. Oliver Plunkett Catholic Church [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 & IL [DR]</div><div>3:15 ● Vines & Brews: Happy Hour at The Bistro! \$\$ [B]</div><div>4:00 ● Mix 'N Mingle: Know Your Neighbor - Speed Friendship Game [GR]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Residents Choice: Series Wednesday - The Chosen [ER]</div></div></div>	<div><div><div>31</div><div>National Cotton Candy Day!</div><div>9:30 ● Workout with Karlie! [FC]</div><div>10:15 ● Workout with Ninal! [FC]</div><div>10:45 ● The Dentist Who Gave the World Cotton Candy [ER]</div><div>11:00 ● Ted Talk & Discussion: How Great Leaders Serve Others: David Marquet [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.</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>3:30 ● Stickers by Number & Diamond Art Coasters [CS]</div><div>4:00 ● How Cotton Candy Art is Made [ER]</div><div>6:30 ● Dominos Club [GR]</div><div>6:45 ● Night Owls: Movie [ER]</div></div></div>	<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></div>	