



# JULY 2024



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10 AM: CHAIR YOGA **HH** 1  
10:30 AM: BINGO **PCC**  
7 PM: PHASE 10 **GR**

10 AM: STANDING AEROBICS **HH** 2  
11 AM: WATER AEROBICS [POOLSIDE]  
11:30 AM: STANDING TAI CHI **HH**  
1 PM: MANIPULATION **AZ**  
1:30 PM: RUMMIKUB **GR**  
6:30 PM: VESPERS **HH**

9 AM: TRADER JOES & CVS **DEPOT** 3  
10 AM: CHAIR YOGA **HH**  
10:45 AM: ALDI **DEPOT**  
11 AM: ZUMBA **HH**  
1:30 PM: KROGER & BANKS **DEPOT**  
1:30 PM: BINGO **CASH ONLY GR**  
3 PM: PUBLIX **DEPOT**  
3:30 PM: PATRIOTIC CONCERT **SP**  
7 PM: CANASTA HAND & FOOT **GR**



**NO BUS SERVICE**  
**DINING ROOM HOURS**  
**11:30 AM-1:15 PM**

4 9 AM: PUBLIX **DEPOT** 4  
10 AM: CARDIO EXERCISE **HH**  
10:45 AM WALMART **DEPOT**  
11 AM: WATER AEROBICS [POOLSIDE]  
1:30 PM: KROGER & DRY CLEANERS **DEPOT**  
3 PM: COSTCO **DEPOT**

5 10 AM: STRENGTH & BALANCE **HH** 6  
1:30 PM: BIBLE STUDY **MR**  
4 PM: VIGIL MASS **SP**  
7 PM: POKER **GR**

2PM: CHRISTIAN FELLOWSHIP **SP**

7 10 AM: CHAIR YOGA **HH** 8  
10:30 AM: BINGO **PCC**  
1:30 PM: HIGH-RISE LIVING SERIES: HEARING SEMINAR **SP**  
2 PM: BIBLE STUDY **MR**  
3 PM: CURRENT EVENTS **SP**  
7 PM: PHASE 10 **GR**

10 AM: STANDING AEROBICS **HH** 8  
11 AM: WATER AEROBICS [POOLSIDE]  
11 AM: GYM EQUIPMENT LESSON-FITNESS **GYM**  
11:30 AM: STANDING TAI CHI **HH**  
1 PM: MANIPULATION **AZ**  
1:30 PM: SHREDDING EVENT - EMPLOYEE PARKING LOT  
1:30 PM: RUMMIKUB **GR**  
2 PM: AWARE CUSTOM WEARABLES SEE FLYER ON ACTIVITY WALL FOR MORE INFO **SP**  
2:30 PM: SHOW N TELL **HH**  
6:30 PM: VESPERS **HH**

9 9 AM: TRADER JOES & CVS **DEPOT** 9  
10 AM: CHAIR YOGA **HH**  
10:30 AM: JIM HOWE VIRTUAL BUS TOUR W/REFRESHMENTS **SP**  
10:45 AM: ALDI **DEPOT**  
11 AM: ZUMBA **HH**  
1:30 PM: KROGER & BANKS **DEPOT**  
1:30 PM: BINGO **CASH ONLY GR**  
3 PM: PUBLIX **DEPOT**  
3:30 PM: SHARP AFFAIR BAND **SP**  
7 PM: CANASTA HAND & FOOT **GR**

10 10 AM: CHAIR AEROBICS **HH** 10  
12 PM: STATE CAPITOL TOUR W/LUNCH AT HEARTH PIZZA **DEPOT**  
1:30 PM: TAI CHI **HH**  
4:45 PM: 5<sup>TH</sup> FLOOR DINNER PARTY **DR**  
7 PM: DOMINOES **GR**

11 9 AM: PUBLIX **DEPOT** 11  
10 AM: CARDIO EXERCISE **HH**  
10:45 AM WALMART **DEPOT**  
11 AM: WATER AEROBICS [POOLSIDE]  
1:30 PM: KROGER & DRY CLEANERS **DEPOT**  
3 PM: TARGET **DEPOT**

10 AM: STRENGTH & BALANCE **HH** 13  
1:30 PM: BIBLE STUDY **MR**  
4 PM: VIGIL MASS **SP**  
7 PM: POKER **GR**

## HAPPY BIRTHDAY

LORRAINE HORNER B709 7/4  
BARBARA HUGHES B610 7/5  
NANCY STYLES B206 7/5  
ANN MCCALLUM B515 7/7  
KATHRYN BREY B301 7/7  
ETHEL PORTER B306 7/8

## HAPPY BIRTHDAY

DENISE JORDAN A209 7/10  
DORIS HUCKABY A1008 7/11  
CELIA PARKS A55 7/11  
SALLY WILLIAMS B814 7/12  
SHARRON FOWLER B913 7/13  
BOBBIE WRIGHT A408 7/14

## HAPPY BIRTHDAY

BARBARA TIMMERMAN A204 7/15  
ROWENA STILLWAGON A212 7/15  
KAREN BEDELL B701 7/21  
DAISY HENDON B311 7/23  
LINDA RAKOWSKI B702 7/23  
MARY LOU STRONG A615 7/23

## HAPPY BIRTHDAY

ELLYN MUSSER A815 7/25  
JEANNETTE AUSTIN A1014 7/28  
JULIE NEAL B105 7/29  
ALAN BURGESS A1003 7/30  
SYBIL BURGETT A311 7/30  
ROBERT HARNBERGER B706 7/30

## HAPPY BIRTHDAY

ROBERT CALDER B506 7/31  
DOLORES WATERS A709 7/31  
EVA WILSON B704 7/31



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 PM: CHRISTIAN FELLOWSHIP SP 14	10 AM: CHAIR YOGA HH 10:30 AM: BINGO PCC 1:30 PM: HIGH-RISE LIVING SERIES: MVT HEALTH & SAFETY SP 2 PM: BIBLE STUDY MR 7 PM: PHASE 10 GR 7 PM: SING-ALONG SP	15 10 AM: STANDING AEROBICS HH 11 AM WATER AEROBICS [POOLSIDE] 11:30 AM: STANDING TAI CHI HH 1 PM: MANIPULATION AZ 1:30 PM: RUMMIKUB GR 6:30 PM: VESPER HH	16 9 AM: TRADER JOES & CVS DEPOT 10 AM: CHAIR YOGA HH 10:45 AM: BUILD YOUR BRAIN AT ANY AGE W/ JOSH BATCHELDER SP 10:45AM: ALDI DEPOT 11AM: ZUMBA HH 1:30PM: KROGER & BANKS DEPOT 1:30PM: BINGO CASH ONLY GR 3 PM: PUBLIX DEPOT 3:30 PM: BETH WALLER CONCERT SP 7 PM: CANASTA HAND & FOOT GR	17 10 AM: CHAIR AEROBICS HH 11 AM: ATLANTA ZOO W/LUNCH AT DADDY D'Z BBQ JOYNT DEPOT 1:30 PM: TAI CHI HH 3:30 PM: MUSIC W/ DANNY STAGGS SP 4:45 PM: 4 <sup>TH</sup> FLOOR DINNER PARTY DR 7 PM: OPEN-AIR CINEMA NIGHT DETAILS COMING SOON CTYRD 7 PM: DOMINOES GR	18 9 AM: PUBLIX DEPOT 10 AM: CARDIO EXERCISE HH 10:45 AM WALMART DEPOT 11 AM WATER AEROBICS [POOLSIDE] 1:30 PM: KROGER & DRY CLEANERS DEPOT 2 PM: BITSYLAND BAND CONCERT SP 3 PM: WHOLE FOODS/DOLLAR TREE DEPOT 4:45 PM: 7 <sup>TH</sup> FLOOR DINNER PARTY DR	19 10 AM: STRENGTH & BALANCE HH 1:30 PM: BIBLE STUDY MR 2 PM: PCC OPEN HOUSE W/ DEB LIEB ON PIANO PCC 4 PM: VIGIL MASS HH 7 PM: POKER GR
2 PM: CHRISTIAN FELLOWSHIP HH 21	10 AM: CHAIR YOGA HH 10:30 AM: BINGO PCC 1:30 PM: HIGH-RISE LIVING SERIES MAINTENANCE Q&A SP 2 PM: BIBLE STUDY MR 3 PM: CURRENT EVENTS SP 7 PM: PHASE 10 GR	22 10 AM: STANDING AEROBICS HH 11 AM: WATER AEROBICS [POOLSIDE] 11:30 AM: STANDING TAI CHI HH 1 PM: MANIPULATION AZ 1:30 PM: RUMMIKUB GR 3 PM: GREEN THUMB HH 6:30PM: VESPER HH	23 9 AM: TRADER JOES & CVS DEPOT 10 AM: CHAIR YOGA HH 10:45 AM: ALDI DEPOT 11 AM: ZUMBA HH 1:30 PM: KROGER & BANKS DEPOT 1:30 PM: BINGO CASH ONLY GR 1:30 PM: BOARD MEETING SP 3 PM: PUBLIX DEPOT 7 PM T-TONES BAND CONCERT SP 7 PM: CANASTA HAND & FOOT GR	24 10 AM: CHAIR AEROBICS HH 11 AM: FERNBANK MUSEUM W/LUNCH AT SUN IN MY BELLY DEPOT 1:30 PM: TAI CHI HH 4:45 PM: 10 <sup>TH</sup> FLOOR DINNER PARTY SP 7 PM: STANDARDS PROJECT BAND SP 7 PM: DOMINOES GR	25 9 AM: PUBLIX DEPOT 10 AM: CARDIO EXERCISE HH 10:45AM WALMART DEPOT 11 AM: WATER AEROBICS [POOLSIDE] 1:30 PM: KROGER & DRY CLEANERS DEPOT 3 PM: FIVE BELOW DEPOT	26 10 AM: STRENGTH & BALANCE HH 10:15 AM: HAPPY TAILS PET THERAPY BL 1:30 PM: BIBLE STUDY MR 4 PM: VIGIL MASS SP 7 PM: POKER GR
2 PM: CHRISTIAN FELLOWSHIP SP 4 PM BOOK CLUB HH 28	10 AM: CHAIR YOGA HH 10:30 AM: BINGO PCC 1:30 PM: HIGH-RISE LIVING SERIES LEARNING FACEBOOK W/TRICIA SP 2 PM: BIBLE STUDY MR 7 PM: PHASE 10 GR	29 10 AM: STANDING AEROBICS HH 11 AM WATER AEROBICS [POOLSIDE] 11:30 AM: STANDING TAI CHI HH 1 PM: MANIPULATION AZ 1:30 PM: RUMMIKUB GR 6:30 PM: VESPER HH	30 9 AM: TRADER JOES & CVS DEPOT 10 AM: CHAIR YOGA HH 10:45 AM: ALDI DEPOT 11 AM: ZUMBA HH 1:30 PM: KROGER & BANKS DEPOT 1:30 PM: BINGO CASH ONLY GR 3 PM: PUBLIX DEPOT 3:30 PM LOOSE SHOES BAND SP 7 PM: CANASTA HAND & FOOT GR	31		

# HOT TIP!

PLEASE KEEP BALCONY DOOR  
CLOSED WHEN AC IS RUNNING TO  
PREVENT UNIT FROM FREEZING UP