

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wish a Happy Birthday to our July born Members Dave Kenyon 07/06 Bill Reinking 07/09 Jo Ann Sapp 07/14 Barbara Clemens 07/17 Edwin Goode 07/19 Rob R. - 25th Francis "Frank" S. - 28th		9:00 Chair Sit-to-Fit w/ Cassidy (BS) 9:30 Coffee, Tea and Conversation (GP) 10:00 Aqua Stretch and Balance w/ Cassidy (P) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Boxing fitness w/ Cassidy (BS) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 4:45 Dinner @ Lola's Italian (R)	9:00 Morning Stretch w/ Cassidy (BS) 10:00 Fitness Center Orientation w/ Cassidy (V) 11:00 Lunch @ Texas Road House 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 WU: Quilting with Beverly: Making Lap Blankets (CS2F) 3:00 Veteran's Cocktails and Comraderie (PD) 3:30 15 min Chair Cardio Blast w/ Cassidy (B) 3:30 Music in the Gallery (GC) 4:00 Happy Hour (BA)	8:30 Body Balance and Core w/ Cassidy (V) 9:00 Beach Walk 11:00 Sequence Game (BR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 1:30 Chair Interval Training (B) 2:00 Regular Dominoes (VL) 2:30 Red, White and Blue Parfait Party (H) 3:00 WU: World's Greatest Geological Wonders (H) 3:30 Matinee Movie "Straw " (T) 4:00 Bingo (CS)	9:00 Self-Guided Senior Circuit (BS) 11:30 4 th of July BBQ with Music by Tall Cotton (PD) 1:00 Bridge (GC) 2:00 Regular Dominoes (VL) 4:00 Happy Hour (BA)	10:00 Bible Study w/ Terry and Charmane (TH) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:30 Rummikub (BR)
10:00 Livestream Haynes Barton, North Carolina Service (T) 11:00 Flowers with Melissa (H) 1:00 Bingo (CS) 2:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR)	Hydration Challenge Week (WF) 9:00 Gentle Yoga w/ Cassidy (V) 10:00 Publix Run 11:30 Golf Simulator Challenge (SR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Line Dance with Denise (FS) 2:00 Rummikub (BR) 2:00 Step and Tone w/ Cassidy (V) 3:00 Book Club Meeting (L) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour (TB)	Hydration Challenge Week (WF) 9:00 Nature Walk in Watercolor 10:00 Chair Sit-to-Fit w/ Cassidy (BS) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Boxing fitness w/ Cassidy (BS) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 4:00 At the Piano with Kim Cannon (PI)	Hydration Challenge Week (WF) 9:00 Morning Stretch w/ Cassidy (BS) 10:30 WU: Hydration and Sun Safety (H) 11:15 Lunch @Village Market Watersound 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 Matinee "A Widow's Game " (T) 2:30 WU: Quilting with Beverly (CS) 4:00 Happy Hour (BA) 6:30 Dancing with AJ (Salsa Instructor)	Hydration Challenge Week (WF) 9:00 Body Balance and Core w/ Cassidy (V) 10:00 Grief Counseling (H) 10:30 Shopping at Carousel Market 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Interval Training (B) 2:00 Regular Dominoes (VL) 3:00 WU: World's Greatest Geological Wonders (H) 3:30 15 min Chair Cardio Blast w/ Cassidy (B) 4:15 Cuvée 30A Happy Hour	Hydration Challenge Week (WF) 8:30 Resident Bike Ride in Origins 10:00 Senior Circuit w/ Cassidy (BS) 10:30 Mexican Train Dominoes (BR) 10:30 Water Aerobics w/ Cassidy (P) 11:15 Lunch outing at La Crema and Tapas 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Chair Beach Ball Volleyball w/ Cassidy (B) 3:30 Trivia in the Cafe (GC) 4:00 Happy Hour (BA)	Hydration Challenge Week (WF) 11:15 Bible Study w/ Terry and Charmane (TH) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:30 Rummikub (BR)
Hydration Challenge Week (WF) 10:00 Livestream Haynes Barton, North Carolina Service (T) 1:00 Bingo (CS) 2:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR)	8:00 Neighborhood Nature Walk w/ Cassidy (LR) 9:00 Gentle Yoga w/ Cassidy (V) 10:00 Little Walmart Run 11:00 Bookmobile (OFOB) 11:30 Golf Simulator Challenge (SR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 Step and Tone w/ Cassidy (V) 3:00 WU: Rob Roys Tour of Turkey and Greece (H) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour with Music by Mike (TB) 5:00 Pirates Voyage Show	9:00 Chair Sit-to-Fit w/ Cassidy (BS) 9:30 Coffee, Tea and Conversation (GP) 10:00 Pool Stride and Strength w/ Cassidy (P) 11:00 ROMEO'S At Shunk Gulley (R) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Boxing fitness w/ Cassidy (BS) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 4:30 Music with Chuck (GC)	8:30 Morrison Springs Nature Walk 11:00 Scattegories (BR) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:00 Tai Chi (T) 2:30 WU: Quilting with Beverly (CS) 4:00 Happy Hour (BA) 5:00 July Birthday Dinner (PDR)	9:00 Exercise Class (V) 10:00 Grief Counseling (H) 11:00 Lunch at Thai Chiang Rai 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Strength Video (H) 2:00 Regular Dominoes (VL) 3:00 Matinee " The Heart Knows" (T) 3:30 WU: World's Greatest Geological Wonders (H)	8:30 Nature Walk @ Ponce De Leon Springs 10:30 Mexican Train Dominoes 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Chair Cardio Video (H) 3:30 Trivia in the Gallery (GC) 4:00 Happy Hour (BA)	10:00 Bible Study w/ Terry and Charmane (TH) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:30 Hammock Bay Farmers Market 3:30 Rummikub (BR)
10:00 Livestream Haynes Barton, North Carolina Service (T) 10:45 Lunch @ Red Robin 1:00 Bingo (CS) 2:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR)	8:30 Resident Bike Ride in Origins 9:30 Gentle Yoga w/ Cassidy (V) 10:00 Super Target Run (PC) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 Step and Tone w/ Cassidy (V) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour (TB)	9:00 Turkey Creek Nature Walk and Lunch following (N) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Sit-to-Fit w/ Cassidy (BS) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 4:00 At the Piano with Kim Cannon (PI)	9:00 Breakfast at Summer Kitchen (R) 9:00 Morning Stretch w/ Cassidy (BS) 11:00 Scattegories (GC) 11:00 WU: Hydration, Nutrition + You (H) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 WU: Quilting with Beverly (CS) 3:00 Food Committee Meeting(members only) (H) 4:00 Happy Hour (BA) 6:45 Bonfire on Inlet Beach	9:00 Body Balance and Core w/ Cassidy (V) 10:00 Grief Counseling (H) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 1:00 Man in the Sea Museum Tour 2:00 Chair interval training (B) 2:00 Regular Dominoes (VL) 3:00 WU: World's Greatest Geological Wonders (H) 3:30 15 min Chair Cardio Blast w/ Cassidy (B) 4:30 Dinner at Seagar	8:30 Senior Circuit w/ Cassidy (BS) 9:45 Airboat Ride and Lunch @ Boondocks 10:30 Mexican Train Dominoes (BR) 10:30 Water Aerobics w/ Cassidy (P) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Mah-Jang (BR) 2:00 Matinee " Audrey's Children" (T) 2:00 Tai Chi w/ Cassidy (B) 3:30 Trivia in the Cafe (GC) 4:00 Happy Hour (BA)	10:00 Bible Study w/ Terry and Charmane (TH) 11:00 Kings in the Corner Card Game (BR) 1:00 Bridge (GC) 1:00 Hand and Foot Card Game (BR) 3:30 Rummikub (BR)
10:00 Livestream Haynes Barton, North Carolina Service (T) 1:00 Bingo (CS) 2:00 Bridge (GC) 3:00 Mexican Train Dominoes (BR)	8:00 Neighborhood Nature Walk w/ Cassidy (LR) 9:00 Gentle Yoga w/ Cassidy (V) 10:00 Little Walmart Run 11:30 Simulator Golf Challenge (SR) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Rummikub (BR) 2:00 Step and Tone w/ Cassidy (V) 3:00 Book Club (L) 3:45 15 min Chair Abs w/ Cassidy (B) 4:00 Mix it up Monday Happy Hour (TB)	9:00 Chair Sit-to-Fit w/ Cassidy (BS) 10:00 Aqua Stretch and Balance w/ Cassidy (P) 11:00 Lunch @ Gallions (R) 12:00 Guided Fitness (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair Boxing fitness w/ Cassidy (BS) 2:00 Regular Dominoes (VL) 3:00 WU: Seaglass and Shell Creations with Thalia (CS) 3:30 Qigong for beginners w/ Cassidy (B) 5:00 Disco Fever Party with Sales	8:30 Morning Stretch w/ Cassidy (BS) 9:00 Beach Walk 10:00 Fitness Center Orientation w/ Cassidy (V) 11:00 360Well Principle of the Month: Insight (H) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Duplin Winery Tour and Music 1:00 Hand and Foot Card Game (BR) 2:00 Mat Stretch and Posture Align w/ Cassidy (V) 2:30 WU: Quilting with Beverly (CS) 4:00 Happy Hour (BA) 6:30 Dancing with AJ (Salsa Instructor) (FR)	9:00 Body Balance and Core w/ Cassidy (V) 10:00 Grief Counseling (H) 11:00 Lunch at Down Island (SA) 12:00 Guided Fitness Center Hour (V) 1:00 Bridge (GC) 1:00 Canasta (BR) 2:00 Chair interval training (B) 2:00 Regular Dominoes (VL) 3:00 Member Chat with Team (H)		Body Community Entertainment Mind Outing Spirit