SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Joyful Movement Energy Burst WU: Person of Interest Hand Massages & Music **1**	Stretch & Strength Energy Burst Balloon Toss **2**
Sole to Sole Walking Club Energy Burst Relax and Unwind **3**	Joyful Movement WU: Writers Collective WU: Person of Interest Energy Burst Color the Summer **4**	Tai Chi Brain Games 11:30 Lunch Outing 2:30 Ambler Jazz Quartet WU: Artistry Unleashed Energy Burst **5**	Strength & Balance Gratitude & Reflections Energy Burst Dance to the Music Meditation & Hand Massages **6**	Slow Flow Yoga Brain Games Virtual Adventure 3:00 Horticulture Energy Burst Happy Hour **7**	Joyful Movement Community Live Committee Meeting Energy Burst Kickball **8**	Stretch & Strength Energy Burst Corn Hole Listening to Our Favorites **9**
Sole to Sole Walking Club Energy Burst Relax and Unwind **10**	Joyful Movement WU: Culinary Creations Energy Burst Puzzle Corner **11**	Tai Chi Brain Games WU: An Eye for Art Energy Burst Corn Hole **12**	Strength & Balance Guided Imagery Energy Burst Adult Coloring **13**	Slow Flow Yoga Brain Games Virtual Trip Down Memory Lane 2:30 Minnie Kalan - Singer - 2T Energy Burst Happy Hour **14**	Joyful Movement Service Circles Energy Burst Hand Massages & Music **15**	Stretch & Strength Energy Burst Word Mining **16**
Sole to Sole Walking Club Energy Burst Relax and Unwind **17**	Joyful Movement WU: Culinary Creations Energy Burst Word Mining **18**	Tai Chi Brain Games WU: Artistry Unleashed 2:30 Bill Long - Singer/Guitar - 2T Energy Burst **19**	Strength & Balance Gratitude & Reflections Energy Burst Afternoon Stretch **20**	Slow Flow Yoga Brain Games Virtual Roadtrippers Energy Burst Happy Hour **21**	Joyful Movement WU: Lives Well Lived Energy Burst Basketball Time! **22**	Stretch & Strength Energy Burst Corn Hole Listening to Our Favorites **23**
Sole to Sole Walking Club Energy Burst Relax and Unwind **24**	Joyful Movement WU: Culinary Creations Energy Burst Word Mining **25**	Tai Chi Brain Games WU: An Eye for Art Energy Burst **6:00 Alan Lurty - Piano** **26**	Strength & Balance Guided Imagery 2:00 Trip to Merrymead Farm 2:00 Craig Satchel - Piano Energy Burst Meditation & Hand Massages **27**	**ITALIAN DAY** **WEAR YOUR RED OR GREEN** Slow Flow Yoga Brain Games Energy Burst Happy Hour **28**	Joyful Movement Service Circles Energy Burst Balloon Toss **29**	Stretch & Strength Energy Burst Word Mining **30**
Sole to Sole Walking Club Energy Burst Relax and Unwind **31**						

August 2025
Pathways

BLUE BELL PLACE
A WATERMARK RETIREMENT COMMUNITY℠

ACTIVITY LOCATOR KEY

- Body
- Community
- Mind
- Spirit

Calendar is Subject to Change
All Activities Will Take Place in Common Areas
Unless Otherwise Indicated

Manicures Done Weekly