

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>9:30am Shopping Outing— Target</b> <sup>1</sup> 11:00am Yoga with Dana <b>1:30pm Activities Meeting with Kristine and Michelle</b> 2:00pm Afternoon Documentary 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Energize Fitness <sup>2</sup> 10:30am Painting with Kristine 1:30pm Walk with Activities Team 1:30pm Afternoon Documentary 2:30pm Cooking Demo with Chef Daniel 3:00pm Uno Game in the Cafe 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>3</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:30pm Root Beer Floats 4:00pm Happy Hour & Live Music 6:30pm Evening Film
<b>9:30am Virtual Sunday Service with Cathedral of Saint Thomas More</b> <sup>4</sup> <b>10:30am Virtual Sunday Service with Peace Lutheran Church in Alexandria</b> 11:00am Zumba with Hildi 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Bingo in the Café 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Tabletop Bowling <sup>5</sup> 11:00am Seated Aerobics 11:45am Walk with Activities Team 2:00pm Afternoon Documentary <b>3:00pm Parkinson's Communication Club</b> 3:30pm Bananagrams Game 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>6</sup> 11:00am Yoga with Shelby 1:30pm Scenic Ride 2:00pm Afternoon Documentary 3:00pm Bridge Game in the Café 3:00pm Nail Painting 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Spirituality Learning <sup>7</sup> 11:00am Strength Training with Bands 11:45am Walk with Activities Team 2:00pm Afternoon Documentary <b>3:00pm Ice Cream Sundae Party - National Sundae Day</b> 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Scrabble Game in the Café <sup>8</sup> <b>10:30am Restaurant Outing</b> 11:00am Yoga with Dana 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 2:30pm Pool Game with Peter 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Energize Fitness <sup>9</sup> 10:30am Painting with Kristine 1:30pm Walk with Activities Team 1:30pm Afternoon Documentary 2:30pm Cooking Demo with Chef Daniel 3:00pm Uno Game in the Cafe 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>10</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team <b>2:00pm Natalie Neviasky's Presentation: Summer in Paris</b> 3:30pm Root Beer Floats 4:00pm Happy Hour & Live Music
<b>9:30am Virtual Sunday Service with Cathedral of Saint Thomas More</b> <sup>11</sup> <b>10:30am Virtual Sunday Service with Peace Lutheran Church in Alexandria</b> 11:00am Zumba with Hildi 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Bingo in the Café 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Tabletop Bowling <sup>12</sup> 11:00am Seated Aerobics 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 2:30pm Scrabble Game <b>3:00pm Parkinson's Communication Club</b> 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>13</sup> 11:00am Yoga with Shelby 1:30pm Scenic Ride 2:00pm Afternoon Documentary 3:00pm Bridge Game in the Café 3:00pm Nail Painting 4:00pm Happy Hour & Live Music 6:30pm Evening Film	<b>8:00am Bagels and Lox Breakfast</b> <sup>14</sup> 10:00am Spirituality Learning 11:00am Strength Training with Bands 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Crafts 4:00pm Happy Hour & Live Music 6:30pm Evening Film	<b>9:30am Shopping Outing— Harris Teeter</b> <sup>15</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team <b>2:00pm Dr. Earley's News from Science</b> 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Energize Fitness <sup>16</sup> 10:30am Painting with Kristine 1:30pm Walk with Activities Team 1:30pm Afternoon Documentary 2:30pm Cooking Demo with Chef Daniel 3:00pm Uno Game in the Cafe 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>17</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team <b>2:00pm Falls Church Art Gallery Tour</b> 3:30pm Root Beer Floats 4:00pm Happy Hour & Live Music
<b>9:30am Virtual Sunday Service with Cathedral of Saint Thomas More</b> <sup>18</sup> <b>10:30am Virtual Sunday Service with Peace Lutheran Church in Alexandria</b> 11:00am Zumba with Hildi 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Bingo in the Café 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Tabletop Bowling <sup>19</sup> 11:00am Seated Aerobics 11:45am Walk with Activities Team 2:00pm Afternoon Documentary <b>3:00pm Parkinson's Communication Club</b> 3:30pm Bananagrams Game 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>20</sup> 11:00am Yoga with Shelby 1:30pm Scenic Ride 2:00pm Afternoon Documentary 3:00pm Bridge Game in the Café 3:00pm Nail Painting 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Spirituality Learning <sup>21</sup> 11:00am Strength Training with Bands 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Crafts 4:00pm Happy Hour & Live Music 6:30pm Evening Film <b>7:00pm Karaoke Party</b>	10:00am Yoga with Dana <sup>22</sup> <b>11:00am Resident Council Meeting</b> <b>12:00pm Pizza and Beer Party</b> 1:30pm Walk with Activities Team 2:00pm Afternoon Documentary 2:30pm Pool Game with Peter 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Energize Fitness <sup>23</sup> 10:30am Painting with Kristine 1:30pm Walk with Activities Team 1:30pm Afternoon Documentary 2:30pm Cooking Demo with Chef Daniel 3:00pm Uno Game in the Cafe 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>24</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:30pm Root Beer Floats 4:00pm Happy Hour & Live Music 6:30pm Evening Film
<b>9:30am Virtual Sunday Service with Cathedral of Saint Thomas More</b> <sup>25</sup> <b>10:30am Virtual Sunday Service with Peace Lutheran Church in Alexandria</b> 11:00am Zumba with Hildi 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:00pm Bingo in the Café 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Seated Aerobics <sup>26</sup> <b>11:00am Book Club</b> 11:45am Walk with Activities Team 2:00pm Afternoon Documentary <b>3:00pm Parkinson's Communication Club</b> 3:30pm Bananagrams Game 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>27</sup> 11:00am Yoga with Shelby 1:30pm Scenic Ride 2:00pm Afternoon Documentary 3:00pm Bridge Game in the Café 3:00pm Nail Painting 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Spirituality Learning <sup>28</sup> 11:00am Strength Training with Bands 11:45am Walk with Activities Team <b>1:30pm Flower Arranging</b> 2:00pm Afternoon Documentary <b>4:00pm Happy Hour and Birthday Celebration for June Celebrants</b> 6:30pm Evening Film	10:00am Scrabble Game in the Café <sup>29</sup> <b>10:30am Restaurant Outing</b> 11:00am Yoga with Dana 11:45am Walk with Activities Team 2:00pm Afternoon Documentary <b>3:00pm Community Olympics</b> 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Energize Fitness <sup>30</sup> 10:30am Painting with Kristine 1:30pm Walk with Activities Team 1:30pm Afternoon Documentary 2:30pm Cooking Demo with Chef Daniel 3:00pm Uno Game in the Cafe 4:00pm Happy Hour & Live Music 6:30pm Evening Film	10:00am Brain Exercise <sup>31</sup> 11:00am Yoga with Dana 11:45am Walk with Activities Team 2:00pm Afternoon Documentary 3:30pm Root Beer Floats 4:00pm Happy Hour & Live Music 6:30pm Evening Film

