

SUN	MON	TUE	WED	THUR	FRI	SAT
			8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:30 MONTHLY BIRTHDAY/ ANNIVERSARY PARTY (THE BISTRO) 1:30 NATIONAL GINGERSNAP DAY (THE BISTRO) 2:00 BALANCE/YOGA CLASS (Exercise Room)	8:00 WALKING CLUB 9:00 JAMESTOWN FERRY & SETTLEMENT TRIP (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	Independence Day 12:00 4th of JULY BUFFET (THE BISTRO)
12:00 BRUNCH (THE BISTRO) 2:00 IN GOD WE TRUST CONCERT (MEET IN THE LOBBY @ 1:15 P.M.) 3:00 Bingo! (THE BISTRO) 4:00 AFTERNOON THEATER - HOPE FLOATS (SIGN UP REQUIRED) (THEATER)	HAPPY BIRTHDAY GRACE RESCH 8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 11:00 COFFEE & KITCHEN (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 2:25 YOUNG WASHINGTON AT REGAL COMMONWEALTH CINEMAS (SIGN UP REQUIRED) (MEET IN THE LOBBY) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE- THE NOTEBOOK (SIGN UP REQUIRED) (THEATER ROOM) 1:30 WORLD CHOCOLATE DAY - CHOCOLATE FOUNTAIN (THE BISTRO) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 SPRINGDALE WELCOMES STEVE NEAL (Private Dining Room) 3:30 LADIES SOCIAL (THE PUB) 7:00 BINGO	HAPPY BIRTHDAY GEORGIA HARVEY 8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:30 LET'S TALK - DR. RODNEY KIBLER, Ph.D., L.S.P., L.P.C. (Private Dining Room) 12:00 BOOK TALK - "VIRGINIA'S FORGOTTEN FOUNDER: THE WORLD OF ROBERT CARTER NICHOLAS" (SIGN UP REQUIRED) (MEET IN THE LOBBY) 2:00 BALANCE/YOGA CLASS (Exercise Room)	HAPPY BIRTHDAY ED HUGHES 8:00 WALKING CLUB 10:00 PAINT THE TOWN PAINTING CLASS (ARTS AND CRAFTS ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 2:30 SPRINGDALE WELCOMES OUT OF TIME (THE BISTRO) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	HAPPY BIRTHDAY MAGGI TWILLEY 8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 1:00 FOREFRONT DINING MENU PLANNING COMMITTEE (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	9:00 NATIONAL BLUEBERRY MUFFIN DAY (THE BISTRO) 1:30 AFTERNOON MOVIE- THELMA & LOUISE (SIGN UP REQUIRED) (THEATER)
12:00 BUFFET (THE BISTRO) 3:00 Bingo! (THE BISTRO) 4:00 AFTERNOON THEATER - 28 DAYS (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:00 HANDIWORK GROUP (THE PUB) 1:30 RESIDENT COUNCIL MEETING (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 6:00 MEXICAN TRAIN (COFFEE NOOK)	RECYCLE DAY FOR COTTAGES 8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE- CITIZEN KANE (SIGN UP REQUIRED) (THEATER ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 SPRINGDALE WELCOMES MARK MILLS (THE BISTRO) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 WINE & CHEESE (THE PUB)	8:00 WALKING CLUB 10:00 LUNCH BUNCH- BRICK HOUSE DINER (SIGN UP REQUIRED) (MEET IN THE LOBBY) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE- INSTANT FAMILY (SIGN UP REQUIRED) (THEATER)
12:00 BRUNCH (THE BISTRO) 3:00 Bingo! (THE BISTRO) 4:00 CADENCE YOUTH CABARET (THE BISTRO) 4:00 AFTERNOON THEATER - THE WEDDING PLANNER (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:30 TRIP TO THE DONUT SCOOP (SIGN UP REQUIRED) (MEET IN THE LOBBY) 2:00 BALANCE/YOGA CLASS (Exercise Room) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 OLDIE BUT A GOODIE MOVIE- REBEL WITHOUT A CAUSE (SIGN UP REQUIRED) (THEATER ROOM) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 IT TOUCH TOWN TRAINING WITH JERRY & ADAM (THE PUB) 7:00 BINGO	HAPPY BIRTHDAY BECKY BLACKNER 8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 8:40 EARNEST FOOT & ANKLE PODIATRY (SIGN UP REQUIRED) (MEET IN THE LOBBY) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 NATIONAL MANGO DAY (THE BISTRO)	HAPPY ANNIVERSARY MAX & KAYDEE PUFFER 8:00 WALKING CLUB 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 COFFEE AND CHAT WITH REHAB - LESLEY JOHNSON (Private Dining Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (COFFEE NOOK)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	1:30 AFTERNOON MOVIE - PRESSURE (SIGN UP REQUIRED) (THEATER)
12:00 BRUNCH (THE BISTRO) 3:00 Bingo! (THE BISTRO) 4:00 AFTERNOON THEATER - I CAN ONLY IMAGINE (SIGN UP REQUIRED) (THEATER)	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 1:00 HANDIWORK GROUP (THE PUB) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room) 3:30 SKIPBO GROUP (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM) 6:00 MEXICAN TRAIN (COFFEE NOOK)	8:00 WALKING CLUB 10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room) 1:00 FITNESS WITH SUE (Exercise Room) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:00 NATIONAL MILK CHOCOLATE DAY (THE BISTRO) 3:00 TOWN HALL MEETING (THE BISTRO) 7:00 BINGO	8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY) 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:00 NATIONAL CHICKEN WING DAY (THE BISTRO)	8:00 WALKING CLUB 1:00 FITNESS WITH SUE (Exercise Room) 1:30 NATIONAL CHEESECAKE DAY (THE BISTRO) 2:00 FITT EXERCISE CLASS (Exercise Room) 3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)	8:00 WALKING CLUB 8:00 CONTINENTAL BREAKFAST (COFFEE NOOK) 10:00 WEEKLY SHOPPING TRIP 1:00 CONNER PARRISH BLOOMISTRY (Private Dining Room) 2:00 BALANCE/YOGA CLASS (Exercise Room) 3:30 SOCIAL HOUR (THE PUB) 6:00 MEXICAN TRAIN (COFFEE NOOK)	

July 2026

