

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 data-bbox="520 310 1346 493">July 2011</h1>					1 6:45 Zumba 10:00 Stretch & Flex 2:00 Ceramics	2 11:00 Strength & Conditioning 7:30 Bingo
3 5:00 Vespers	4 6:45 Zumba 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor & drawing Sessions	5 6:45 Zumba 9:30 Wii Bowling 10:30 Gathering with the Youth from Smoke Rise 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Shane's Rib Shack	6 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:15 Veggie Man 1:00 Sit & Get Fit	7 6:45 Zumba 10:00 Publix 1:00 Activities committee meeting 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	8 6:45 Zumba 10:00 Stretch & Flex 10:00 Breakfast Out: Old Hickory House 1:00 Gardening committee meeting 2:00 Ceramics 3:30 Community Volunteer Mtg.	9 9:00 Breakfast Buffet 10:00 Pet Therapy 11:00 Strength & Conditioning 7:30 Bingo
10 5:00 Vespers	11 6:45 Zumba 10:00 Cartersville Trip with Jim Howe 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 Memoir group meeting 1:00 Supper out committee meeting 1:30 Watercolor and drawing Sessions 3:00 Cheer Up The Lonely Day 5:30 Line Dancing	12 6:45 Zumba 9:30 Wii Bowling 10:30 Gathering with the Youth from Smoke Rise 1:00 Bingo 2:30 Pilates 3:30 The Formation of Holy Scripture w/ Chaplain Joe 4:45 Supper Out: Golden Corral	13 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit 1:30 Dept. of Driver Services	14 6:45 Zumba 10:00 Publix 11:30 Fourth floor luncheon 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	15 6:45 Zumba 10:00 Stretch & Flex 11:30 Clairmont Oaks Cook out 1:30 Art Appreciation 7:00 "Writing the mind alive" w/ Irene	16 11:00 Strength & Conditioning 7:30 Bingo

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 1:00 Lunch Buffet 5:00 Vespers	18 6:45 Zumba 10:00 Morning Out: Walmart 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:00 New resident orientation 1:30 Watercolor and drawing sessions	19 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Red Lobster	20 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 10:00 Mobile Nails 11:00 Senate Meeting 11:15 Veggie Man 1:00 Sit & Get Fit	21 6:45 Zumba 10:00 Publix 12:00 "Young At Heart" Covered Dish w/First Baptist Church 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning	22 6:45 Zumba 10:00 Stretch & Flex 10:30 Newcomer committee meeting 11:30 Birthday Lunch: Petite Auberge 2:00 Ceramics	23 11:00 Strength & Conditioning 11:00 Shop & Lunch: Stonecrest Mall 7:30 Bingo
24 5:00 Vespers	25 6:45 Zumba 10:00 Morning Out: Multi-Stop Decatur 10:00 Stretch & Flex 11:15 Circuit Training 12:00 Sit & Get Fit 1:30 Watercolor and drawing Sessions 5:30 Line Dancing	26 6:45 Zumba 9:30 Wii Bowling 1:00 Bingo 2:30 Pilates 4:45 Supper Out: Colonnade 7:00 Spiritual Friendship Group	27 6:45 Zumba 8:30 Men's fitness class 10:00 Kroger 10:00 Stretch & Flex 11:15 Veggie Man 1:00 Sit & Get Fit	28 6:45 Zumba 10:00 Publix 1:30 Community Volunteer Project 2:30 Tai-Chi 3:45 Vespers Choir 6:00 Strength & Conditioning 7:00 New resident reception	29 6:45 Zumba 10:00 Stretch & Flex 10:00 Community Outing Connecting With Our Friends 2:00 Ceramics	30 11:00 Strength & Conditioning 7:30 Bingo
31 2:00 DSO 5:00 Vespers						