





JULY

Activities and Event Calendar (1724 Milestone Ridge.)

Shelby York
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<p>1. Coffee and Conversation: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Exercises for Seniors. (2:00-3:00pm)</p>	<p>2. Sunday <i>Shows</i> Youtube Tv- 'America's Got Talent.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-3:00pm)</p>
<p>3. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>Baking Club:</i> Red, White and Blue Cookie Bars. (10:30-11:30am)</p> <p><i>Music Group</i> 'The Beach Boys.' (2:00-3:00pm)</p>	<p>4. Trivia <i>Tuesday</i> 'Famous Composers' Facts & Trivia. (10:00-11:00am)</p> <p>Dominoes. (2:00-3:00pm)</p> <p><i>Independence Day</i></p>	<p>5. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>Arts & Crafts:</i> Clothespin Birds. (10:30-11:30am)</p> <p><i>Bible Study</i> Women's Group. (2:00-3:00pm)</p>	<p>6. Matching Card Game. (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>	<p>7. <i>Bingo</i> 12:00-1:00pm</p> 	<p>8. Morning <i>Meditation</i> (10:00-11:00am)</p> <p><i>Book Club:</i> 'In a Spin.' (2:00-3:00pm)</p>	<p>9. Virtual Church Services: Youtube- Life.Church. (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p>
<p>10. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>Armchair Travel:</i> Spain. (10:30-11:30am)</p> <p><i>Music Group</i> 'Elton John.' (2:00-3:00pm)</p>	<p>11. Puzzle. (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p>12. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>Arts & Crafts:</i> Rock Garden. (10:30-11:30am)</p> <p><i>Word Game</i> <i>Wednesday</i> 'Tea Time' Word Search.</p>	<p>13. Go Fish! (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p>	<p>14. <i>Movie Night</i> Youtube Tv- 'The Very Thought of You' 2:00pm</p> 	<p>15. Coffee and Conversation: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Relaxing Chair Exercises for Upper Body.</p>	<p>16. Sunday <i>Shows</i> Youtube Tv- 'Wheel of Fortune.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-3:00pm)</p>

		(2:00-3:00pm)			(2:00-3:00pm)	
<p>17. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>DIY Bird Bath.</i> (10:30-11:30am)</p> <p><i>Music Group</i> 'David Bowie.' (2:00-3:00pm)</p>	<p>18. Trivia <i>Tuesday</i> 'Gone with the Wind' Trivia. (10:00-11:00am)</p> <p>Tetris. (2:00-3:00pm)</p>	<p>19. <i>Bible Study</i> Women's Group. (10:00-11:00am)</p> <p>Wellness Wednesday Youtube Tv- 'Sit and be Fit' (2:00-3:00pm)</p>	<p>20. Red or Black: Card Game. (10:00-11:00am)</p> <p>Color by Number. (2:00-3:00pm)</p>	<p>21. <i>Spa Day</i> Manicures 2:00pm</p> 	<p>22. Morning Meditation (10:00-11:00am)</p> <p><i>Book Club:</i> 'Waltzing Matilda.' (2:00-3:00pm)</p>	<p>23. Virtual Church Services: Youtube- Life.Church. (10:00-11:00am)</p> <p>Gentle Stretches. (2:00-3:00pm)</p>
<p>24. <i>Monday</i> Meditation Yoga. (10:00-11:00am)</p> <p><i>Music Group</i> 'Bee Gees.' (2:00-3:00pm)</p>	<p>25. Jigsaw Puzzle. (10:00-11:00am)</p> <p>Baking Club. (2:00-3:00pm)</p>	<p>26. <i>Exercise Group.</i> (10:00-10:30am)</p> <p><i>Arts & Crafts:</i> Paper Mache Lanterns. (10:30-11:30am)</p> <p><i>Word Game</i> <i>Wednesday</i> 'Gone with the Wind' Word Search. (2:00-3:00pm)</p>	<p>27. Uno. (10:00-11:00am)</p> <p>Adult Coloring Club. (2:00-3:00pm)</p>	<p>28. <i>Game Night</i> The Game of Life 2:00pm</p> 	<p>29. Coffee and Conversation: Table Talk. (10:00-11:00am)</p> <p>Sit and Fit <i>Saturday</i> Tai Chi. (2:00-3:00pm)</p>	<p>30. Sunday <i>Shows</i> Youtube Tv- 'The Today Show.' (10:00-11:00am)</p> <p>Ice Cream Sunday Social. (2:00-3:00pm)</p>
<p>31. <i>Iced Tea & Cookie Pairing</i> 1:00pm</p> 						