

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 <i>Independence Day</i>	5	6	7
9:30 A Stitch in Time (FL) 10:00 SS CIRCUIT Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 2:00 Silver Sneakers Yoga w/ Nourma (FC) 2:30 Train Dominoes (L2) 2:30 Happy Music by Marie (T) 3:15-4:15 Wine and Cheese (L) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)	9:15 Post Office 10:30 Bingo (T) 11:30-3:00 Cary Town Center 12:30 Line Dancing (FC) 1:00 Poker Club (GR) 1:00 Great Courses: Smithsonian (T) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Culinary Services Meeting (T) 3:30 Teens and Technology (L2) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T)	9:00-1:00 Shopping Shuttle 11:00 Lunch at Chili's 1:00 Rummikub (FL) 1:00 Preston Bridge Club (GR) 1:00 Zumba Gold Chair Dance (FC) 2:00 Flower Arranging (DR) 2:30 Train Dominoes (L2) 3:00 Seniors Sing!-Choir Practice (T) 3:15-4:15 Wine and Cheese (L) 4:00-5:00 Catholic Communion (T) 6:30 Music with Teresa (L)	Wear red, white, and blue! 10:00 Chair Yoga with Leslie (FC) 11:30 and 1:00 Happy July 4th Cookout Lunch! (DR) 1:00 Beginner Canasta (GR) 8:00-9:30 A Capitol Fourth (Concert and Fire-works from Washington-PBS) (T)	9:00 Banks 10:00 SS Stability and Balance w/ Nourma (FC) 11:00 Jewelry Making (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour with Ed Lyons (T)	10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Spanish Club with MJ (FL) 4:00-5:00 Games with the Guys (GR) 7:30 Movie (T)	8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch (11:30 and 1:00) Please make a reservation. 2:30 Protestant Communion w/ Corner-stone Presbyterian (FL) 7:30 Movie (T)
8	9 <i>Podiatrist</i>	10	11	12	13	14
9:30 A Stitch in Time (FL) 10:00 SS CIRCUIT Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Silver Sneakers Yoga w/ Nourma (FC) 2:30 Train Dominoes (L2) 3:15-4:15 Wine and Cheese (L) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)	9:15 Post Office 10:30 Bingo (T) 10:30-2:30 Lunch at Sutton's Drugstore and UNC-CH Campus Joy Ride 12:30 Line Dancing (FC) 1:00 Great Courses: Smithsonian (T) 1:00 Poker Club (GR) 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Town Hall and Cash Prize Drawing (T) 3:15-4:15 Terrific Tunes w/ Tom Neuhauser (L) 6:00 Parkinson's Support Group (T and BR)	9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Preston Bridge Club (GR) 1:00 Zumba Gold Chair Dance Exercise (FC) 2:30 Train Dominoes (L2) 3:00 Seniors Sing!-Choir Practice (T) 3:15-4:15 Wine and Cheese (L) 7:00 Music with Barbara (L)	9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 10:00 Chair Yoga with Leslie (FC) 11:00 Lemon Squares and Hot Tea (C) 12:30-2:30 Shopping at DORCAS 1:00 Great Courses: Churches of the World (T) 1:00 Beginner Canasta (GR) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks 10:00 SS Stability and Balance Exercise w/ Nourma (FC) 10:30 Brunch at IHOP of Apex 11:00 Jewelry Making (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ the Smith Jazz Duo (T)	10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Spanish Club with MJ (FL) 4:00-5:00 Games with the Guys (GR) 7:30 Movie (T)	8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)
15	16	17	18	19 <i>Audiologist</i>	20	21
9:30 A Stitch in Time (FL) 10:00 SS CIRCUIT Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 1:30-3:00 Trader Joe's 2:00 Silver Sneakers Yoga w/ Nourma (FC) 2:30 Train Dominoes (L2) 3:15-4:15 Wine and Cheese (L) 6:00 Rummikub (FL) 6:00-9:30 Glen Miller Orchestra (\$60) 7:30 Monday Night Bridge (GR)	9:00-10:30 Talk to the Pharmacist (WC) 9:15 Post Office 10:30 Bingo (T) 12:30 Line Dancing (FC) 1:00 Poker Club (GR) 1:30-2:30 Old Fashioned Ice Cream Social w/ Music by the Bloomsbury Boys (DR) 1:15 Living Well Exercise w/Legacy (FC) 4:00 Hymns & Scriptures w/ Jordan Lutheran (T)	9:00-1:00 Shopping Shuttle 11:00 Lunch at Hickory Tavern (NEW!) 1:00 Rummikub (FL) 1:00 Preston Bridge Club (GR) 1:00 Zumba Gold Chair Dance Exercise (FC) 2:00 Art Workshop w/Tony D'Amico (FC) 2:30 Train Dominoes (L) 3:15-4:15 Wine and Cheese (L) 7:00 Music with Sara (L)	9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 10:00 Chair Yoga with Leslie (FC) 11:00 Cookies and Lemonade (C) 12:00-1:00 July Birthday Party (DR3) 1:00 Great Courses: Voyages (T) 1:00 Beginner Canasta (GR) 2:30 Wii Bowling (T) 2:30 Getting to Know Comfort Keepers (DR3) 4:00 Catholic Communion (T) 7:30 Movie (T)	8:30-10:00 Audiology Clinic (WC) 9:00 Banks 11:00 Lunch at Cracker Barrel 11:00 Jewelry Making (BR) 1:15 Living Well Exercise w/ Legacy (FC) 2:00 Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Dan Blaisdell (T)	10:00 Book Club (FL) 10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 3:00 Spanish Club with MJ (FL) 2:00 Card Games (T) 4:00-5:00 Games with the Guys (GR) 7:30 Movie (T)	8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch (11:30 and 1:00) Please make a reservation. 7:30 Movie (T)
22	23 <i>Dermatologist</i>	24	25 <i>Donate \$1 and Wear Jeans</i>	26	27	28
9:30 A Stitch in Time (FL) 10:00 SS CIRCUIT Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-3:00 Walmart 1:00 Bible Study (BR) 2:00 Silver Sneakers Yoga w/ Nourma (FC) 2:30 Train Dominoes (L2) 3:15-4:15 Wine and Cheese (L) 6:00 Rummikub (FL) 7:15 Sing-a-long with Lisa (L) 7:30 Monday Night Bridge (GR)	9:15 Post Office 10:30 Bingo (T) 1:00 Poker Club (GR) 1:00 Great Courses: Smithsonian (T) 1:00-2:00 Mobility Clinic (OFC) 1:00-2:30 Publix Market 1:15 Living Well Exercise w/ Legacy (FC) 2:30 Taboo (T) 3:15-4:15 Terrific Tunes w/ Tom Neuhauser (L)	9:00-1:00 Shopping Shuttle 1:00 Rummikub (FL) 1:00 Preston Bridge Club (GR) 1:00 Zumba Gold Chair Dance Exercise (FC) 2:00 Mock Auction with Jennifer (T) 2:30 Train Dominoes (L2) 3:00 Seniors Sing!-Choir Practice (T) 3:15-4:15 Wine and Cheese (L) 7:00 Music with the Hancock Family (L)	9:00-10:30 Blood Pressure Clinic (WC) 10:00 Flower Arranging (DR) 10:00 Chair Yoga with Leslie (FC) 11:00 Pastries and Coffee (C) 1:00 Great Courses: Historic Voyages (T) 2:30 Wii Bowling (T) 4:00 Catholic Communion (T) 7:30 Movie (T)	9:00 Banks 10:00 SS Stability and Balance w/ Nourma (FC) 11:00 Jewelry Making (BR) 11:00 Lunch at K&W Cafeteria 1:15 Living Well Exercise w/ Legacy (FC) 2:00 JACKPOT Bingo! (T) 2:30 Train Dominoes (L2) 3:15-4:15 Happy Hour w/ Caroline Gregory (T) 7:15 Shabbat Service (FL)	10:30 Bingo! (T) 1:00 Hand & Foot Card Game (L2) 1:00-2:30 Catholic Bible Study (BR) 2:00 Card Games (T) 3:00 Spanish Club with MJ (FL) 4:00-5:00 Games with the Guys (GR) 7:30 Movie (T)	8:00-10:30 Transportation to St. Michael's and Genesis UMC 10:30 St. Michael's Mass (LIVE Stream) (T) Sunday Brunch (11:30 and 1:00) Please make a reservation. 1:00-3:00 Piano with Teresa)L) 7:30 Movie (T)
29	30	31				
9:30 A Stitch in Time (FL) 10:00 SS CIRCUIT Exercise w/ Nourma (FC) 10:00-12:00 Food Lion 12:30-1:30 West Regional Library 1:00 Bible Study (BR) 2:00 Silver Sneakers Yoga w/ Nourma (FC) 2:30 Train Dominoes (L2) 3:15-4:15 Wine and Cheese (L) 6:00 Rummikub (FL) 7:30 Monday Night Bridge (GR)	9:15 Post Office 10:30 Bingo (T) 1:15-4:00 Maple View Farms Ice Cream and Dairy Farm Tour 1:00 Poker Club (GR) 1:00 Great Courses: Smithsonian (T) 1:15 Living Well Exercise w/ Legacy (FC)	9:00-1:00 Shopping Shuttle 11:00 Lunch at Zoe's Kitchen 1:00 Rummikub (FL) 1:00 Preston Bridge Club (GR) 1:00 Zumba Gold Chair Dance Exercise (FC) 2:00 Art Workshop w/ Tony D'Amico (FC) 2:30 Train Dominoes (L2) 3:00 Seniors Sing!-Choir Practice (T) 3:15-4:15 Wine and Cheese (L)		<u>Doctors Making House Calls:</u> <u>Monday, Tuesday</u> <u>Wednesday, Friday</u>	FL- Fireside Lounge (1st Floor) T- Theater (4th Floor) L- Lobby (1st Floor) FC- Fitness Center (Lower Level) C- Café (1st Floor) P- Back Patio (1st Floor)	DR- Medallion Dining (1st Floor) DR3- Magnolia Dining (3rd Floor) WC- Wellness Center (2nd Floor) GR- Game Room (1st Floor) L2- Library (2nd Floor) OFC- Outside Fitness Center (Lower Level) BR- Boardroom (Lower Level)