

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 Pokeno 1:00 Puzzle Handouts 3:00 Church Service Chaplain Bob Canada Day	2 10:30 Morning Stretch 11:00 Resident Council Meeting 2:00 Shopping @ Kroger 7:00 Movie Time	3 10:00 Garden Club 10:30 Morning Stretch 11:00 Shut The Box 2:00 Bingo 3:00 Chair Zumba	4 10:30 Morning Stretch 12:00 Independence Day Cookout 2:00 Pokeno 4:00 Wine Down Wednesday 7:00 Movie Time Independence Day	5 10:00 Garden Club 10:30 Morning Stretch 1:00 Healthy Wellness Genesis Rehab 2:00 Bingo	6 10:00 Mani & Pedi Outing 10:30 Morning Stretch 1:00 Chair Exercise Bingo w/Debbie 2:00 Afternoon Bus Ride Rita's Italian Ice	7 11:00 Bingo 1:00 Manicures 7:00 Saturday Night Movie
8 11:00 Pokeno 1:00 Puzzle Handouts 3:00 Church Service Chaplain Bob	9 10:30 Morning Stretch 11:00 Activity Planning Meeting 2:00 Shopping @ Steinmart 7:00 Movie Time	10 10:00 Garden Club 10:30 Morning Stretch 11:00 Trivia 2:00 Bingo 3:00 Chair Zumba	11 10:30 Morning Stretch 11:30 Lunch Bunch Apple Bee's 3:00 Giant Crossword 4:00 Wine Down Wednesday 7:00 Movie Time	12 10:00 Garden Club 10:30 Morning Stretch 1:00 Healthy Wellness Genesis Rehab 2:00 Bingo 4:00 Symphony By The Sea Virginia Symphony Virginia Beach Ocean Front	13 10:30 Morning Stretch 1:00 Chair Exercise Bingo w/Debbie 2:00 Afternoon Bus Ride Tropical Smoothie	14 11:00 Bingo 1:00 Manicures 7:00 Saturday Night Movie
15 11:00 Pokeno 1:00 Puzzle Handouts 3:00 Church Service Chaplain Bob	16 10:30 Morning Stretch 11:00 Garden Club Meeting 2:00 Shopping @ Target 7:00 Movie Time	17 10:00 Garden Club 10:30 Morning Stretch 11:00 Chinese Checkers 2:00 Billy Mitchell 3:00 Chair Zumba	18 10:30 Morning Stretch 10:30 Mariner's Museum Lunch Outing 3:00 Matinee Movie 4:00 Wine Down Wednesday 7:00 Movie Time	19 10:00 Garden Club 10:30 Morning Stretch 1:00 Healthy Wellness Genesis Rehab 2:00 Life Size Jenga Game Bryan/ Hospice Community Care	20 10:30 Morning Stretch 1:00 Chair Exercise Bingo w/Debbie 2:00 Afternoon Bus Ride 7-11 Slurpee's	21 11:00 Bingo 1:00 Manicures 7:00 Saturday Night Movie
22 11:00 Pokeno 1:00 Puzzle Handouts 3:00 Church Service Chaplain Bob	23 10:30 Morning Stretch 11:00 Calendar Committee 2:00 Shopping @ TJMax 7:00 Movie Time	24 10:00 Garden Club 10:30 Morning Stretch 11:00 Penny Ante 2:00 Bingo 3:45 Play It Again Pat Wade	25 10:30 Morning Stretch 11:30 Lunch Bunch Cheddars 4:00 Wine Down Wednesday 7:00 Movie Time	26 10:30 Morning Stretch 1:00 Healthy Wellness Genesis Rehab 2:00 Dehydration Watermelon Social (Enncompass) 4:00 Symphony By The Sea Virginia Symphony Virginia Beach Ocean Front	27 10:30 Morning Stretch 1:00 Chair Exercise Bingo w/Debbie 2:00 Birthday Party Entertainment: Lyle & Linda	28 11:00 Bingo 1:00 Manicures 7:00 Saturday Night Movie
29 11:00 Pokeno 11:00 Puzzle Handouts 3:00 Church Service Chaplain Bob	30 10:30 Morning Stretch 11:00 Fold & Stuff Calendar & Newsletters 2:00 Shopping Walmart 7:00 Movie Time	31 10:00 Garden Club 10:30 Morning Stretch 11:00 Giant Crossword 2:00 Bingo	 <h1>July 2018</h1> <h2>The Crossings on The Peninsula Assisted Living</h2>			