



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			AD International Joke Day (LB) 9:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Silver Singers Rehearsal (PCMR) 10:00am Stock Market Discussion Group (LC) 10:00am Stretch & Flexibility Class (CR) 11:00am Men's Fitness (CR) 11:15am LifeLoop Help Desk (LC) 11:15am Rosary Prayer Group (RCR) 12:00pm Daily Check in 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm American Mahjong (PMVR) 1:00pm Chair Yoga (CR) 1:00pm Medici TV: Andrea Bocelli - Concerto-One Night in Central Park (RC) 1:00pm Pool Fitness (CR) 1:30pm Outing: Botanic Gardens (LB) 2:00pm Bible Study (PCMR) 2:00pm Pilates Sit & Stand Fitness Class (CR) 2:00pm Resistance River Training (CR) 4:00pm TV Series: The West Wing (S4, E5) (RC) 6:30pm Live Music: Mark Hooper (RCR) 8:00pm TV Series: Landman (S2, E4) (RC)	10:00am Pool Core & Balance (CR) 10:00am Silver Singers Sopranos Practice (PCMR) 11:00am Men's Book Club (PV) 11:00am Resistance River Training (CR) 12:00pm Daily Check in 1:00pm Band Fitness Class (CR) 1:00pm Documentary: Our Planet (S1, E1) (RC) 1:00pm Sound Bath: Wellness-Focus (PC) 2:00pm Balance Fitness Class (CR) 2:30pm Bingo (LC) 3:00pm Resident Council Meeting (RCR) 3:00pm The Stitchers (TPB) 4:00pm Ping Pong Open Table (CR) 5:50pm Poker Club (PGR) 7:00pm TV Series: Shrinking (S1, E5) (RC)	9:00am Pickleball Open Court (CY) 10:00am Catholic Apologetics Group (LC) 10:00am Resistance River Training (CR) 10:00am Women's Group Bocce Ball (CY) 11:00am Outing: P. F. Changs (LB) 11:00am Pool Fitness (CR) 12:00pm Daily Check in 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm Cardio w/ Weights (CR) 1:00pm Cribbage (AGB) 3:00pm Men's Fitness (CR) 3:00pm Movie: Yankee Doodle Dandy (RC) 3:00pm Paloma Happy Hour (AGB) 3:30pm Live Music: Howard Fisher (G&GB) 7:00pm Movie: Yankee Doodle Dandy (RC)	9:00am Pickleball Open Court (CY) 10:00am Pool Core & Balance (CR) 10:30am Outing: King Soopers (LB) 11:00am Resistance River Training (CR) 11:30am Independence Day BBQ Party (CY) 11:45am Live Music: The Hoagies Quartet (CY) 12:00pm Daily Check in 12:30pm American Mahjong (RCR) 12:30pm Open Art Studio (RAS) 1:00pm Ball & Band Fitness (CR) 2:00pm Mexican Train (RGR) 3:00pm Movie: Driving Miss Daisy (RC) 3:00pm Stretch & Flexibility Class (CR) 7:00pm Movie: Driving Miss Daisy (RC)

HAPPY BIRTHDAY

Doug D. - 1st
Ann C. - 2nd
Betty F. - 2nd
Cherie F. - 3rd
Mel K. - 4th
Paul A. - 4th
Ann B. - 5th
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ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

LOCATION KEY

AlpenGlow Bar = AGB
Board Room (IL) = BR
Club Ridge = CR
Courtyard = CY
Garage = G
Learning Center (IL) = LC
Lobby = LB
PanoVista (IL) = PV
Peaks (AL) Community Room = PCMR
Peaks (AL) Creative Art Studio = PAS
Peaks (AL) Mountain View Room = PMVR
Peaks (AL) Private Dining Room = PPDR
Peaks (AL) Sunrise Room = PSR
Ridge Cinema = RC
Ridge Community Room = RCR
Ridge Creative Art Studio = RAS
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Skywood (IL) = SW
The Point Bistro (IL) = TPB
Wine Room = (WR)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am Sunday Worship at First Pres. Live Stream (PC) 9:30am Outing: Catholic Service (LB) 10:00am Our Father Lutheran Church Live Stream (RC) 10:00am Pool Fitness (CR) 12:00pm Daily Check in 1:00pm Cardio w/ Weights (CR) 1:00pm Outing: King Soopers (LB) 1:00pm Root Beer Float Social (G&GB) 1:30pm SCRABBLE! (AGB) 2:00pm Non-Denominational Church Service (RC R) 3:00pm Balance Class (CR) 3:00pm Movie: The Life List (RC) 7:00pm Movie: The Life List (RC) 5	9:00am Chair Yoga (CR) 9:00am Cinnamon Roll Summit Social (TPB) 10:00am Men's Group Bocce Ball (CY) 10:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Silver Singers Baritone Practice (PCMR) 10:00am Tai Chi on Land & Water (CR) 11:00am Pilates Sit & Stand Fitness Class (CR) 12:00pm Daily Check in 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm American Mahjong - Siamese Style (PMVR) 1:00pm Strength & Fitness (CR) 2:00pm Step & Balance (CR) 2:30pm Humongous Words (RGR) 3:00pm Silver Singers Alto Practice (PCMR) 3:30pm Live Music: Howard Fisher (G&GB) 4:00pm Ping Pong Open Table (CR) 4:00pm TV Series: When Calls the Heart (S7, E4) (RC) 7:00pm TV Series: The Pitt (S1, E14) (RC) 6	9:00am Chairs, Bands & Balls (CR) 10:00am Co-Ed Bocce Ball (CY) 10:00am Pool Fitness (CR) 10:00am TED Talk Tuesday: Don't Regret Regret (RC) 11:00am Cardio w/ Weights (CR) 11:15am Mobile Watch Company (LB) 12:00pm Daily Check in 12:30pm Chess (RGR) 1:00pm Cribbage (AGB) 1:00pm Step & Balance (CR) 2:00pm Live Speaker: ARTiculating Art w/ Wendy Alder - My Country "Tis of Thee" (RCR) 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) 2:30pm World Chocolate Day – Chocolate Fondue Social (AGB) 3:00pm Catholic Communion Service w/ Deacon Don (RCR) 3:00pm Documentary: Our Planet (S1, E2) (RC) 8:00pm TV Series: Monk (S4, E11) (RC) 7	9:00am POWER Over Parkinson's Fitness Class (CR) 10:00am Silver Singers Rehearsal (PCMR) 10:00am Stretch & Flexibility Class (CR) 11:00am Men's Fitness (CR) 11:15am LifeLoop Help Desk (LC) 11:15am Rosary Prayer Group (RCR) 12:00pm Daily Check in 12:45pm Duplicate Bridge (LC) 12:45pm Party Bridge (LC) 1:00pm American Mahjong (PMVR) 1:00pm Chair Yoga (CR) 1:00pm Pool Fitness (CR) 2:00pm Bible Study (PCMR) 2:00pm Great Decisions: Ukraine and the Future of European Security (RCR) 2:00pm Pilates Sit & Stand Fitness Class (CR) 2:00pm Resistance River Training (CR) 4:00pm TV Series: The West Wing (S4, E6) (RC) 6:30pm Live Music: Joyce Karchere (RCR) 8:00pm TV Series: Landman (S2, E5) (RC) 8	10:00am Pool Core & Balance (CR) 10:00am Silver Singers Sopranos Practice (PCMR) 11:00am Resistance River Training (CR) 12:00pm Daily Check in 1:00pm Band Fitness Class (CR) 1:00pm Sound Bath: Wellness-Focus (PC) 1:30pm Bingo (LC) 2:00pm Balance Fitness Class (CR) 3:00pm Documentary: Our Planet (S1, E3) (RC) 3:00pm The Stitches (TPB) 4:00pm Ping Pong Open Table (CR) 7:00pm Bonfires & Beers (CY) 7:00pm TV Series: Shrinking (S1, E6) (RC) 9	9:00am Pickleball Open Court (CY) 10:00am Catholic Apologetics Group (LC) 10:00am Resistance River Training (CR) 10:00am Women's Group Bocce Ball (CY) 11:00am Pool Fitness (CR) 12:00pm Daily Check in 12:45pm Duplicate Bridge (RCR) 12:45pm Party Bridge (RCR) 1:00pm Cardio w/ Weights (CR) 1:00pm Cribbage (AGB) 3:00pm Men's Fitness (CR) 3:00pm Mojito Happy Hour (AGB) 3:00pm Movie: Murder on the Orient Express (RC) 3:30pm Live Music: Howard Fisher (G&GB) 7:00pm Movie: Murder on the Orient Express (RC) 10	9:00am Pickleball Open Court (CY) 10:00am Pool Core & Balance (CR) 10:30am Outing: Trader Joe's (LB) 11:00am Resistance River Training (CR) 12:00pm Daily Check in 12:30pm American Mahjong (RCR) 12:30pm Open Art Studio (RAS) 1:00pm Ball & Band Fitness (CR) 2:00pm Mexican Train (RGR) 3:00pm Movie: The Shawshank Redemption (RC) 3:00pm Stretch & Flexibility Class (CR) 7:00pm Movie: The Shawshank Redemption (RC) 11

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● 8:30am Sunday Worship at First Pres. Live Stream (PC) ● 9:30am Outing: Catholic Service (LB) ● 10:00am Our Father Lutheran Church Live Stream (RC) ● 10:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 12:00pm Live Speaker: Iceland w/ Dave & Carolyn Gregory (RC) ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Outing: Trader Joe's (LB) ● 1:00pm Root Beer Float Social (G&GB) ● 1:30pm SCRABBLE! (AGB) ● 2:00pm Non-Denominational Church Service (RC R) ● 3:00pm Balance Class (CR) ● 3:00pm Movie: The Magic of Belle Isle (RC) ● 4:00pm Bingo w/ Eve (LC) ● 7:00pm Movie: The Magic of Belle Isle (RC)	● 9:00am Chair Yoga (CR) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Rehearsal (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 10:30am Dining Reservation Class (Full Count) (LC) ● 11:00am Pilates Sit & Stand Fitness Class (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:00pm Strength & Fitness (CR) ● 2:00pm Step & Balance (CR) ● 2:30pm Ice Cream Sundae Day Social (LB) ● 3:00pm Humongous Words (RGR) ● 3:00pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 4:00pm Ping Pong Open Table (CR) ● 4:00pm TV Series: When Calls the Heart (S7, E5) (RC) ● 7:00pm TV Series: The Pitt (S1, E15) (RC)	● 9:00am Chairs, Bands & Balls (CR) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Pool Fitness (CR) ● 10:00am TED Talk Tuesday: A Flirtatious Aria (RC) ● 11:00am Cardio w/ Weights (CR) ● 11:15am Mobile Watch Company (LB) ● 12:00pm Daily Check in ● 12:30pm Chess (RGR) ● 1:00pm Cribbage (AGB) ● 1:00pm Step & Balance (CR) ● 1:30pm Documentary: Our Planet (S1, E4) (RC) ● 2:00pm Walking Through Grief w/ Pastor Mark (PPDR) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Live Speaker: Active Minds - Kashmir (RCR) ● 3:30pm Let's Talk Superfood of the Month: Stone Fruit (WR) ● 4:00pm Dementia Support Group (PCMR) ● 8:00pm TV Series: Monk (S4, E12) (RC)	● 9:00am Outing: Georgetown Loop Railroad (LB) ● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Golden Age Tech Support (LB) ● 10:00am Pinehurst Market (LB) ● 10:00am Stock Market Discussion Group (LC) ● 10:00am Stretch & Flexibility Class (CR) ● 11:00am Men's Fitness (CR) ● 11:15am IL Hospitality Committee (SW) ● 11:15am Rosary Prayer Group (RCR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Pool Fitness (CR) ● 2:00pm Bible Study (PCMR) ● 2:00pm Pilates Sit & Stand Fitness Class (CR) ● 2:00pm Resistance River Training (CR) ● 4:00pm TV Series: The West Wing (S4, E7) (RC) ● 6:30pm Live Music: Bobbie Bell (RCR) ● 8:00pm TV Series: Landman (S2, E6) (RC)	● 9:45am EXERA! - Fall Prevention (RCR) ● 10:00am Pool Core & Balance (CR) ● 10:00am Silver Singers Sopranos Practice (PCMR) ● 11:00am Live Speaker: FTS Presents "Assistive Devices" (RCR) ● 11:00am Resistance River Training (CR) ● 12:00pm Daily Check in ● 1:00pm Band Fitness Class (CR) ● 1:00pm Pet Portrait Event (RCR) ● 1:00pm Sound Bath: Wellness-Focus (PC) ● 1:30pm Bingo (LC) ● 2:00pm Balance Fitness Class (CR) ● 3:00pm Documentary: Our Planet (S1, E5) (RC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Ping Pong Open Table (CR) ● 5:50pm Poker Club (PGR) ● 7:00pm TV Series: Shrinking (S1, E7) (RC)	● 9:00am Pickleball Open Court (CY) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 10:00am Women's Group Bocce Ball (CY) ● 11:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Cribbage (AGB) ● 3:00pm Aperol Spritz Happy Hour (AGB) ● 3:00pm Men's Fitness (CR) ● 3:00pm Movie: The Love Bug (RC) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 7:00pm Movie: The Love Bug (RC)	● 9:00am Pickleball Open Court (CY) ● 10:00am Pool Core & Balance (CR) ● 10:30am Outing: King Soopers (LB) ● 11:00am Resistance River Training (CR) ● 12:00pm Daily Check in ● 12:30pm American Mahjong (RCR) ● 12:30pm Open Art Studio (RAS) ● 1:00pm Ball & Band Fitness (CR) ● 2:00pm Mexican Train (RGR) ● 3:00pm Movie: Lean On Me (RC) ● 3:00pm Stretch & Flexibility Class (CR) ● 7:00pm Movie: Lean On Me (RC)

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● 8:30am Sunday Worship at First Pres. Live Stream (PC) ● 10:00am Our Father Lutheran Church Live Stream (RC) ● 10:00am Pool Fitness (CR) ● 11:15am Outing: Rockies vs Reds (LB) ● 12:00pm Daily Check in ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Root Beer Float Social (G&GB) ● 1:30pm SCRABBLE! (AGB) ● 2:00pm Non-Denominational Church Service (RC R) ● 3:00pm Balance Class (CR) ● 3:00pm Movie: Green Book (RC) ● 7:00pm Movie: Green Book (RC)	● 9:00am Chair Yoga (CR) ● 9:00am Cinnamon Roll Summit Social (TPB) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Baritone Practice (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 11:00am Live Speaker: Three tails of Espionage and International Corruption w/ Michael Stichter (RCR) ● 11:00am Pilates Sit & Stand Fitness Class (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:00pm Strength & Fitness (CR) ● 2:00pm Step & Balance (CR) ● 2:30pm Humongous Words (RGR) ● 3:00pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 4:00pm Ping Pong Open Table (CR) ● 4:00pm TV Series: When Calls the Heart (S7, E6) (RC) ● 7:00pm TV Series: The Pitt (S2, E1) (RC)	● 9:00am Chairs, Bands & Balls (CR) ● 9:15am Outing: Men's Breakfast at Lucile's Creole Cafe (LB) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Pool Fitness (CR) ● 10:00am TED Talk Tuesday: Five Ways to Listen Better (RC) ● 10:30am Catholic Mass (PCMR) ● 11:00am Cardio w/ Weights (CR) ● 11:15am Mobile Watch Company (LB) ● 12:00pm Daily Check in ● 12:00pm Live Music: Coreen Wells (LB) ● 12:30pm Chess (RGR) ● 1:00pm Cribbage (AGB) ● 1:00pm Step & Balance (CR) ● 1:30pm Documentary: Our Planet (S1, E6) (RC) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Live Music: Barncasters (CY) ● 3:00pm Summer Hoedown w/ Petting Zoo (CY) ● 8:00pm TV Series: Monk (S4, E13) (RC)	● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Stretch & Flexibility Class (CR) ● 11:00am Men's Fitness (CR) ● 11:15am LifeLoop Help Desk (LC) ● 11:15am Rosary Prayer Group (RCR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Medici TV: Lionel Bringuier conducts Dukas, Saint-Saëns, Roussel, and Ravel — With Gautier Capuçon (RC) ● 1:00pm Pool Fitness (CR) ● 2:00pm Bible Study (PCMR) ● 2:00pm Pilates Sit & Stand Fitness Class (CR) ● 2:00pm Resistance River Training (CR) ● 4:00pm TV Series: The West Wing (S4, E8) (RC) ● 6:30pm Live Music: Dan McClerren (RCR) ● 8:00pm TV Series: Landman (S2, E7) (RC)	● 8:45am Outing: Black Hawk (LB) ● 10:00am Pool Core & Balance (CR) ● 10:00am Silver Singers Sopranos Practice (PCMR) ● 10:00am Town Hall (RCR) ● 11:00am Resistance River Training (CR) ● 12:00pm Daily Check in ● 1:00pm Band Fitness Class (CR) ● 1:30pm Bingo (LC) ● 2:00pm Balance Fitness Class (CR) ● 3:00pm Documentary: Our Planet (S1, E7) (RC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Ping Pong Open Table (CR) ● 7:00pm Bonfires & Beers (CY) ● 7:00pm TV Series: Shrinking (S1, E8) (RC)	● 9:00am Pickleball Open Court (CY) ● 10:00am Book Club Group 1 (PV) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 10:00am Women's Group Bocce Ball (CY) ● 11:00am Book Club Group 2 (LC) ● 11:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Cribbage (AGB) ● 1:00pm Parkinson's Support Group (LC) ● 3:00pm Men's Fitness (CR) ● 3:00pm Movie:The Great Race (RC) ● 3:00pm Peach Bellini Happy Hour (AGB) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 7:00pm Movie: The Great Race (RC)	● 9:00am Pickleball Open Court (CY) ● 10:00am Pool Core & Balance (CR) ● 10:30am Outing: Trader Joe's (LB) ● 11:00am Resistance River Training (CR) ● 12:00pm Daily Check in ● 12:30pm American Mahjong (RCR) ● 12:30pm Open Art Studio (RAS) ● 1:00pm Ball & Band Fitness (CR) ● 2:00pm Mexican Train (RGR) ● 3:00pm Movie: Amistad (RC) ● 3:00pm Stretch & Flexibility Class (CR) ● 7:00pm Movie: Amistad (RC)

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Wine Room = (WR)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
● 8:30am Sunday Worship at First Pres. Live Stream (PC) ● 9:30am Outing: Catholic Service (LB) ● 10:00am Our Father Lutheran Church Live Stream (RC) ● 10:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Outing: Trader Joe's (LB) ● 1:00pm Root Beer Float Social (G&GB) ● 1:30pm SCRABBLE! (AGB) ● 2:00pm Non-Denominational Church Service (RC R) ● 3:00pm Balance Class (CR) ● 3:00pm Movie: I Was a Stranger (RC) ● 4:00pm Bingo w/ Eve (LC) ● 7:00pm Movie: I Was a Stranger (RC)	● 9:00am Chair Yoga (CR) ● 10:00am Men's Group Bocce Ball (CY) ● 10:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Silver Singers Baritone Practice (PCMR) ● 10:00am Tai Chi on Land & Water (CR) ● 10:30am Dining Reservation Class (Full Count) (LC) ● 11:00am Pilates Sit & Stand Fitness Class (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong - Siamese Style (PMVR) ● 1:00pm Strength & Fitness (CR) ● 2:00pm Step & Balance (CR) ● 2:30pm Humongous Words (RGR) ● 3:15pm Silver Singers Alto Practice (PCMR) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 4:00pm Ping Pong Open Table (CR) ● 4:00pm TV Series: When Calls the Heart (S7, E7) (RC) ● 7:00pm TV Series: The Pitt (S2, E2) (RC)	● 9:00am Chairs, Bands & Balls (CR) ● 10:00am Co-Ed Bocce Ball (CY) ● 10:00am Pool Fitness (CR) ● 10:00am TED Talk Tuesday: How Digital Culture is Reshaping our Faces and Bodies (RC) ● 11:00am Cardio w/ Weights (CR) ● 11:15am Mobile Watch Company (LB) ● 12:00pm Daily Check in ● 12:30pm Chess (RGR) ● 12:30pm July Birthday Bash (AGB) ● 12:30pm Live Music: Chris Cheslin Trio (AGB) ● 1:00pm Cribbage (AGB) ● 1:00pm Step & Balance (CR) ● 1:30pm Documentary: Our Planet (S1, E8) (RC) ● 2:00pm Walking Through Grief w/ Pastor Mark (PPDR) ● 2:30pm Pool Move and Groove (Memory Care ONLY Pool Activity) (CR) ● 3:00pm Live Speaker: Active Minds - Declaration of Independence (RCR) ● 8:00pm TV Series: Monk (S4, E14) (RC)	● 9:00am POWER Over Parkinson's Fitness Class (CR) ● 10:00am Golden Age Tech Support (LB) ● 10:00am Silver Singers Rehearsal (PCMR) ● 10:00am Stock Market Discussion Group (LC) ● 10:00am Stretch & Flexibility Class (CR) ● 11:00am Men's Fitness (CR) ● 11:15am LifeLoop Help Desk (LC) ● 11:15am Rosary Prayer Group (RCR) ● 11:30am Live Music: Crowded Shower Trio (CY) ● 11:30am National Chili Dog Day Picnic (CY) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm American Mahjong (PMVR) ● 1:00pm Chair Yoga (CR) ● 1:00pm Pool Fitness (CR) ● 2:00pm Bible Study (PCMR) ● 2:00pm Pilates Sit & Stand Fitness Class (CR) ● 2:00pm Resistance River Training (CR) ● 4:00pm TV Series: The West Wing (S4, E9) (RC) ● 6:30pm Live Music: Catherine "Cat on the Keys" Paz (RCR) ● 8:00pm TV Series: Landman (S2, E8) (RC)	● 10:00am Pool Core & Balance (CR) ● 10:00am Silver Singers Sopranos Practice (PCMR) ● 11:00am Resistance River Training (CR) ● 12:00pm Daily Check in ● 1:00pm Band Fitness Class (CR) ● 1:00pm Bingo (LC) ● 1:00pm Sound Bath: Wellness-Focus (PC) ● 2:00pm Balance Fitness Class (CR) ● 2:00pm Cheesecake Bar Social (AGB) ● 2:30pm Documentary: Our Planet (S2, E1) (RC) ● 3:00pm The Stitchers (TPB) ● 4:00pm Ping Pong Open Table (CR) ● 4:15pm Outing: Couples Night Out - Ocean Prime (LB) ● 7:00pm TV Series: Shrinking (S1, E9) (RC)	● 9:00am Pickleball Open Court (CY) ● 10:00am Catholic Apologetics Group (LC) ● 10:00am Resistance River Training (CR) ● 10:00am Women's Group Bocce Ball (CY) ● 11:00am Pool Fitness (CR) ● 12:00pm Daily Check in ● 12:45pm Duplicate Bridge (RCR) ● 12:45pm Party Bridge (RCR) ● 1:00pm Cardio w/ Weights (CR) ● 1:00pm Cribbage (AGB) ● 3:00pm Live Music: Diamond Edwards Duo (AGB) ● 3:00pm Men's Fitness (CR) ● 3:00pm Movie: Double Indemnity (RC) ● 3:00pm Welcome Wagon Happy Hour (AGB) ● 3:30pm Live Music: Howard Fisher (G&GB) ● 7:00pm Movie: Double Indemnity (RC)	Dining Venues The Beacon: Monday-Saturday 7am-10am 11am-3pm 4pm-7pm Sunday Brunch 8am-11am 11am-2pm The Point Bistro: Monday-Friday 8:00am-2:30pm Skywood: Sunday 5pm-8pm Palisade: Monday-Sunday 7am-9:30am 11am-2pm 4pm-6pm This calendar is subject to change. To stay up to date, please visit LifeLoop or contact a Community Life Associate. If you intend on attending an activity, please REGISTER on LifeLoop.

HAPPY BIRTHDAY

Doug D. - 1st
Ann C. - 2nd
Betty F. - 2nd
Cherie F. - 3rd
Mel K. - 4th
Paul A. - 4th
Ann B. - 5th
Pam S. - 5th
Bob M. - 6th
Virginia R. - 6th
Julie D. - 11th
Don N. - 12th
Kate R. - 14th
Teresa M. - 16th
Chris C. - 17th
Ken K. - 19th
Larry L. - 21st
Mitzi P. - 22nd
Barbara C. - 23rd
Chery A. - 23rd
Rosanne R. - 24th
Connie K. - 26th
Vicki A. - 27th
Tom F. - 31st

ACTIVITY TYPES

- Inspirational
- Intellectual
- Physical
- Social

LOCATION KEY

AlpenGlow Bar = AGB
Board Room (IL) = BR
Club Ridge = CR
Courtyard = CY
Garage = G
Learning Center (IL) = LC
Lobby = LB
PanoVista (IL) = PV
Peaks (AL) Community Room = PCMR
Peaks (AL) Creative Art Studio = PAS
Peaks (AL) Mountain View Room = PMVR
Peaks (AL) Private Dining Room = PPDR
Peaks (AL) Sunrise Room = PSR
Ridge Cinema = RC
Ridge Community Room = RCR
Ridge Creative Art Studio = RAS
Ridge Game Room = RGR
Skywood (IL) = SW
The Point Bistro (IL) = TPB
Wine Room = (WR)