

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR ACTIVITY ROOM PR PARLOR		The Grill is Open On Saturdays for Lunch!  Dog Adoption Event - August 10th		10:00 Coffee and Conversation 10:30 Fit Forever with Trainer Lorraine 11:00 Open Art Studio with Alyssa (AR) 11:00 Seinfeld Marathon "Club" 1:30 Audiobook Club - Upstairs at the White House 3:00 Chefs Social 3:30 Armchair Travels with Maria 6:30 Movie on the Big Screen (AR)	10:00 Coffee and Conversation 10:30 Exercise Essentials with Alyssa (AR) 11:00 News-Currents with Alyssa (AR) 1:30 Travel Video Club 2:00 BINGO 2:30 Catholic Services with Father Alec (AR) 3:00 House Social, Happy Hour with music from Nashville Standards 4:30 Shabbat Services with Ginny 6:30 Friday Night Flick	10:30 Go4Life Fitness 11:00 Weekly Viral Videos with Jonathan 1:30 Movie Lover's Club (AR) 2:00 "Opera in an Hour" with Jonathan 3:00 Summer Soiree Social 3:30 Musical Appetizers with Jonathan 6:30 Second Floor Screening
10:00 Transportation to local churches 10:30 "Meet the Press" Discussion Group/Club (AR) 11:30 Go4Life Exercise Class with Alyssa (AR) 11:30 Sunday Champagne Brunch 12:00 Afternoon Documentary Club (PR) 2:00 BINGO 3:00 Family and Friends Social 3:15 Alex, out volunteer will give a talk on his adventures 6:30 Sunrise Cinema Showcase	10:00 Coffee and Conversation 10:30 Exercise Essentials with Alyssa (AR) 11:00 History Lecture with Dr. Jenner "The Vikings" (AR) 11:00 Scenic Drive with Richard 1:30 Audiobook Club - Upstairs at the White House 2:00 Contemporary Painting - What is Happening Now with Alyssa 3:00 Chit Chat Social 3:30 Test Your Trivia with Alyssa 6:30 Monday Musicals Club 7:00 Random Acts of Kindness with Jeanette	10:00 Out to the Movies at The Avalon Theatre 10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Holy Communion with Julia Finley (AR) 11:30 Go4Life@ Walking Club 2:00 Behind the Music with Alyssa 3:00 Chit Chat Social 3:30 This Week in History with Darlene 4:00 Hot Topics with Jill and Darlene 6:30 Classic Movie Night	10:00 Coffee and Conversation 10:30 Stretch and Tone Exercise Class 11:00 New! Chair Massages with Angela, certified massage therapist (AR) 1:30 "Reel" Good Films Club (PR) 3:00 House Social 3:45 Musical Appetizers with Jonathan 6:30 Wide Angle Wednesday	10:00 Coffee and Conversation 10:30 Fit Forever with Trainer Lorraine 11:00 Open Art Studio with Alyssa (AR) 11:00 Seinfeld Marathon "Club" 1:30 Audiobook Club - Upstairs at the White House 2:00 First Library Committee Meeting - We finally have new bookcases 3:00 Tom is back to talk about another of his adventures 3:00 Chef's Social 5:00 Taste of the Chesapeake - Dining Event 6:30 Movie on the Big Screen (AR)	10:00 Coffee and Conversation 10:30 Exercise Essentials with Alyssa (AR) 11:00 News-Currents with Alyssa (AR) 1:30 Travel Video Club 2:00 BINGO 3:30 Happy Hour with Musical Guest - Bill Crews 6:30 Friday Night Flick	10:30 Go4Life Fitness 11:00 Weekly Viral Videos with Jonathan 12:00 Adopt A Dog Event From 12-3 1:30 Movie Lover's Club (AR) 2:00 "Opera in an Hour" with Jonathan 3:00 Summer Soiree Social 3:30 Musical Appetizers with Jonathan 6:30 Second Floor Screening
10:00 Transportation to local churches 10:30 "Meet the Press" Discussion Group/Club (AR) 11:30 Go4Life Exercise Class with Darlene (AR) 11:30 Sunday Champagne Brunch 12:00 Communion with Mike 1:30 Afternoon Documentary Club (PR) 2:00 BINGO 3:00 Family and Friends Social 3:30 Legal Lecture with Richard 6:30 Sunrise Cinema Showcase	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Scenic Drive with Richard 1:30 Audiobook Club - Upstairs at the White House 2:00 Art That Changed the World - Video 3:00 Chit Chat Social 3:30 Test Your Trivia with Alyssa 6:30 Monday Musicals Club	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Biography Film 11:30 Go4Life@ Walking Club 2:00 The Life of a Geisha with Jill 3:00 Chit Chat Social 3:30 This Week in History with Darlene 4:00 Hot Topics with Jill and Darlene 6:30 Classic Movie Night	10:00 Coffee and Conversation 10:30 Stretch and Tone Exercise Class 11:00 Lunch Outing - The Parthenon (GREEK) 11:00 Linked Senior with Jonathan - Trivia and More (AR) 1:30 "Reel" Good Films Club (PR) 3:00 House Social 3:45 Musical Appetizers with Jonathan 6:30 Wide Angle Wednesday	10:00 Coffee and Conversation 10:30 Fit Forever with Trainer Lorraine 11:00 American Pops Concert (AR) 11:00 Seinfeld Marathon "Club" 1:30 Audiobook Club - Upstairs at the White House 2:00 Wandering Docent - Art History Discussion 2:30 Ballroom Dancing with Victor 3:00 Chef's Social 3:30 Armchair Travels with Maria 6:30 Movie on the Big Screen (AR)	10:00 Coffee and Conversation 10:30 Parkinson's Education and Exercise Class- All Residents are welcome (AR) 11:00 Episcopal Service with Rev. Brown 11:00 News-Currents with Alyssa (AR) 1:30 Travel Video Club 2:00 BINGO 3:30 Happy Hour with Musical Guest - Joe Doyle 4:30 Shabbat Services with Ginny 6:30 Friday Night Flick	10:30 Go4Life Fitness 11:00 Brain Games and Puzzles with Jonathan 1:30 Movie Lover's Club (AR) 2:00 "Opera in an Hour" with Jonathan 3:00 Summer Soiree Social 3:30 Musical Appetizers with Jonathan 6:30 Second Floor Screening
10:00 Transportation to local churches 10:30 "Meet the Press" Discussion Group/Club (AR) 11:30 Go4Life Exercise Class with Darlene (AR) 11:30 Sunday Champagne Brunch 12:00 Communion with Mike 1:30 Afternoon Documentary Club (PR) 2:00 BINGO 3:00 Family and Friends Social 3:30 Adventure Talk with Tom (AR) 6:30 Sunrise Cinema Showcase	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Seinfeld "Club" 1:30 Audiobook Club - Upstairs at the White House 2:00 Dogs as Inspiration in Art with Alyssa 3:00 Chit Chat Social 3:30 Test Your Trivia with Alyssa 6:30 Monday Musicals Club	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Holy Communion with Julia Finley (AR) 11:30 Go4Life@ Walking Club 2:00 Food Committee Meeting with Chef, Juan 3:00 Chit Chat Social 3:30 This Week in History with Darlene 4:00 Hot Topics with Jill and Darlene 6:30 Classic Movie Night	10:00 Coffee and Conversation 10:30 Museum Outing to the Renwick Gallery 10:30 Stretch and Tone Exercise Class 11:00 Linked Senior with Jonathan - Trivia and More (AR) 1:30 "Reel" Good Films Club (PR) 3:00 House Social 3:45 Musical Appetizers with Jonathan 6:30 Wide Angle Wednesday	10:00 Coffee and Conversation 10:30 Fit Forever with Trainer Lorraine 11:00 Open Art Studio with Alyssa (AR) 11:00 Seinfeld Marathon "Club" 1:30 Audiobook Club - Upstairs at the White House 3:00 Chefs Social 3:30 Armchair Travels with Maria 6:30 Movie on the Big Screen (AR)	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 News-Currents with Alyssa (AR) 1:30 Travel Video Club 2:00 BINGO 3:00 Happy Hour with Classical Guitarist, Will Feasley 6:30 Friday Night Flick	10:30 Go4Life Fitness 11:00 Weekly Viral Videos with Jonathan 1:30 Movie Lover's Club (AR) 2:00 "Opera in an Hour" with Jonathan 3:00 Summer Soiree Social 3:30 Musical Appetizers with Jonathan 6:30 Second Floor Screening
10:00 Transportation to local churches 10:30 "Meet the Press" Discussion Group/Club (AR) 11:30 Go4Life Exercise Class with Darlene (AR) 11:30 Sunday Champagne Brunch 12:00 Communion with Mike 1:30 Afternoon Documentary Club (PR) 2:00 BINGO 3:00 Family and Friends Social 6:30 Sunrise Cinema Showcase	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Dr. Jenner History Discussion "Argentina" 11:00 Scenic Drive with Richard 1:30 Audiobook Club - Upstairs at the White House 2:00 Summer as a Theme in Art with Alyssa 3:00 Chit Chat Social 3:30 Test Your Trivia with Alyssa 6:30 Monday Musicals Club	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 Holy Communion with Julia Finley (AR) 11:30 Go4Life@ Walking Club 2:00 Behind the Music with Alyssa 3:00 Chit Chat Social 3:30 This Week in History with Darlene 4:00 Hot Topics with Jill and Darlene 6:30 Classic Movie Night	10:00 Coffee and Conversation 10:30 Stretch and Tone Exercise Class 11:00 Shopping trip to Target 11:00 Linked Senior with Jonathan - Trivia and More (AR) 1:30 "Reel" Good Films Club (PR) 3:00 House Social 3:45 Musical Appetizers with Jonathan 6:30 Wide Angle Wednesday	10:00 Coffee and Conversation 10:30 Fit Forever with Trainer Lorraine 11:00 Make Your Own Terrarium with Holley From She Loves Me (AR) 11:00 Seinfeld Marathon "Club" 1:30 Audiobook Club - Upstairs at the White House 2:00 Music Appreciation with Colleen Faye 3:00 Chef's Social 3:30 Armchair Travels with Maria 6:30 Movie on the Big Screen (AR)	10:00 Coffee and Conversation 10:30 Exercise Essentials with Jill (AR) 11:00 News-Currents with Alyssa (AR) 1:30 Travel Video Club 2:00 BINGO 3:30 Happy Hour with Musical Guest - Apollo Productions 4:30 Shabbat Services with Ginny 6:30 Friday Night Flick	10:30 Go4Life Fitness 11:00 Weekly Viral Videos with Jonathan 1:30 Movie Lover's Club (AR) 2:00 "Opera in an Hour" with Jonathan 3:00 Summer Soiree Social 3:30 Musical Appetizers with Jonathan 6:30 Second Floor Screening