


SUN	MON	TUE	WED	THUR	FRI	SAT
<p>LOCATION ABBREVIATIONS: ALF ~ ASSISTED LIVING ALF CAR ~ ASSISTED LIVING CREATIVE ARTS ROOM AUD ~ AUDITORIUM B/C ~ BOCCE BALL COURTS C/R ~ CRAFT ROOM</p> <p>4 PM UPPER ROOM VESPERS 5 GARY VERELL 4:30 PM W/C YOGA</p>	<p>D/R ~ DINING ROOM L/C ~ LIFESTYLES CENTER M/O ~ MARKETING OFFICE P/B ~ PEACOCK BISTRO P/G ~ PUTTING GREEN S/C ~ SHUFFLEBOARD COURTS UR ~ UPPER ROOM {ALF 3RD FLOOR} W/C ~ WELLNESS CENTER</p> <p>9:30 AM OUTING: PUBLIX 6 10 AM W/C ZUMBA 1 PM L/C BRIDGE 3 PM L/C WELLBEING COMMITTEE</p>	<p>PROTESTANT COMMUNION WITH HEALING PRAYERS EVERY WEDNESDAY AT 10:30 AM IN THE UPPER ROOM {ALF 3RD FLOOR}</p> <p>10:15 AM OUTING: WALGREENS PHARMACY 2 PM D/R KITCHEN TOUR WITH MIGUEL PARKS, F & B DIRECTOR - RSVP WITH DAMARIS AT THE DINING ROOM - SPACE IS LIMITED TO 10 PARTICIPANTS 3 PM UPPER ROOM GENERAL DISCUSSION GROUP WITH ART NORTH 3:30 PM ALF CAR BETTY'S BIBLE STUDY GROUP</p> <p>7</p>	<p>9:30 AM L/C TOWN COUNCIL 1 9:30 AM OUTING: PUBLIX 2 PM - 4 PM ALF CAR MEN'S WORKSHOP</p> <p>8:30 AM ALF D/R MEN'S BREAKFAST 8 PLEASE SIGN UP WITH DAMARIS ON TUESDAY, AUGUST 7TH 9:30 AM OUTING: PUBLIX 2 PM AUD VILLAGE VOICE</p>	<p>9 AM OUTING: 1ST NAT'L BANK 2 10:30 AM-12 NOON L/C HEALTH SCREENING CHAIR MASSAGE COURTESY OF AVMED 2 PM D/R DINING COMMITTEE 2 PM OUTING: PUBLIX</p> <p>9 AM OUTING: 1ST NAT'L BANK 9 11 AM UPPER ROOM CATHOLIC MASS 12 NOON L/C LUNCH & A MOVIE FEATURING: BROKEN LANCE; MENU: PHILLY CHEESESTEAKS, CHIPS, SOFT DRINKS, COOKIES & LOTS OF FUN! 2 PM L/C CERAMICS 2 PM OUTING: PUBLIX</p>	<p>9:30 AM OUTING: SOUTHLAND MALL 3</p> <p>9 AM OUTING: WALMART 10 9:45 AM ALF LGE MEET YOUR NEIGHBOR 10 AM - 2:30 PM L/C CONFERENCE ROOM - FLOW UNIT (DEPARTMENT OF MOTOR VEHICLES) PREVIOUSLY MADE APPOINTMENTS ONLY PLEASE 1 PM - 3 PM ALF LGE PS SALON ICE CREAM SOCIAL FOR THREE PALMS RESIDENTS 3 PM - 5 PM PS SALON WINE & CHEESE FOR INDEPENDENT LIVING RESIDENTS</p>	<p>10 AM L/C MUSIC OF THE AGES 4 10:30 AM W/C TAI CHI 7:30 PM L/C MOVIE NIGHT</p> <p>10 AM ALF LGE MORNING JAM 11 WITH DOMINICK CAMA & FRIENDS 10:30 AM W/C TAI CHI 7:30 PM L/C MOVIE NIGHT</p>
<p>11:30 AM D/R BRUNCH HARP MUSIC 12 4 PM UPPER ROOM VESPERS GUEST SPEAKER: ART NORTH 4:30 PM W/C YOGA</p>	<p>9:30 AM OUTING: PUBLIX 13 10 AM W/C ZUMBA 1 PM L/C BRIDGE 7 PM L/C BINGO</p>	<p>1 PM L/C GET TECHY WITH TAT 14 3 PM UPPER ROOM GENERAL DISCUSSION GROUP WITH ART NORTH 3:30 PM ALF CAR BETTY'S BIBLE STUDY GROUP</p>	<p>9:30 AM OUTING: PUBLIX 15 2 PM AUD TOWN HALL</p>	<p>9 AM OUTING: 1ST NAT'L BANK 16 10 AM L/C LOW-VISION SUPPORT GROUP 1 PM UPPER ROOM PLYMOUTH CONGREGATIONAL CHURCH GATHERING - EVERYONE WELCOME! 2 PM OUTING: PUBLIX 4:30 PM D/R BIRTHDAY NIGHT - THEME: PONY EXPRESS - WE ENCOURAGE YOU TO WEAR A WESTERN ATTIRE PLEASE</p>	<p>9:30 AM OUTING: TARGET/WINN DIXIE 17 4 PM UPPER ROOM RABBI YOSSIE WOLFF</p>	<p>10 AM L/C MUSIC OF THE AGES 18 10:30 AM W/C TAI CHI 7:30 PM L/C MOVIE NIGHT</p>
<p>4 PM UPPER ROOM VESPERS 19 GUEST SPEAKER: GERRY MOORE 4:30 PM W/C YOGA</p>	<p>9:30 AM OUTING: PUBLIX 20 10 AM W/C ZUMBA 1 PM L/C BRIDGE 7:15 PM L/C PERSNICKETY BOOK CLUB BOOK SELECTION FOR THE MONTH OF AUGUST: BEACH HOUSE REUNION BY MARY ALICE MONROE BOOK REVIEWER: JUDY JURESKI</p>	<p>3 PM UPPER ROOM GENERAL DISCUSSION GROUP 21 WITH ART NORTH 3:30 PM ALF CAR BETTY'S BIBLE STUDY GROUP</p>	<p>9:30 AM OUTING: PUBLIX 22 10 AM L/C BEAUTIFICATION COMMITTEE 3 PM L/C CONVERSATIONAL SPANISH</p>	<p>9 AM OUTING: 1ST NAT'L BANK 23 2 PM L/C CERAMICS 2 PM OUTING: PUBLIX</p>	<p>10 AM L/C PLANT COMMITTEE 24 10 AM OUTING: THE FALLS 1 PM - 4:30 PM AUD SHAKESPEARE TROUPE VERSE WORKSHOP - PLEASE CALL PETER GALMAN TO SIGN UP (561-717-6817)</p>	<p>10:30 AM W/C TAI CHI 25 3 PM L/C WINE & CHEESE WITH LANI 7:30 PM L/C MOVIE NIGHT</p>
<p>2:45 PM OUTING: CARMEN THE OPERA AT THE SOUTH MIAMI DADE CULTURAL ARTS CENTER 26 4 PM UPPER ROOM VESPERS GUEST SPEAKER: GARY VERELL 4:30 PM W/C YOGA</p>	<p>9:30 AM OUTING: PUBLIX 27 10 W/C ZUMBA 12 NOON OUTING: LUNCH AT PF CHANGS 1 PM PB BRIDGE 2 PM L/C JIB JAB POLITICAL DISCUSSION GROUP FORUM 7 PM L/C BINGO</p>	<p>7 AM - 7 PM AUD PRIMARY ELECTIONS FOR STATE REPRESENTATIVES & GOVERNOR 28 12 NOON ALF D/R VETERANS' LUNCHEON - RSVP BY CALLING PAT NARAINUTT AT 305-238-2623 EXT. 2002 12 NOON OUTING: AFTERNOON AT THE MOVIES 1 PM L/C GET TECHY WITH TAT 3 PM UPPER ROOM GENERAL DISCUSSION GROUP WITH ART NORTH 3:30 PM ALF CAR BETTY'S BIBLE STUDY GROUP</p>	<p>9:30 AM OUTING: PUBLIX 29</p>	<p>9 AM OUTING: 1ST NAT'L BANK 30 2 PM OUTING: PUBLIX</p>	<p>7:30 PM AUD SHAKESPEARE TROUPE PERFORMANCE 31</p>	

ACTIVITIES {Regularly Scheduled & Listed in Alphabetical Order}

Betty's Bible Study: Tuesdays at 3:30 PM ~ ALF Creative Arts Room

Bingo: 2nd and last Monday at 7 PM ~ L/C

Birthday Night: 3rd Thursday at 4:30 PM ~ D/R ~ Musical Entertainment begins at 5 PM.

Bocce Ball: Every other Sunday at 3 PM ~ B/C ~ Will resume in The Fall.

Bridge: Mondays at 1 PM ~ L/C {on the 4th Monday of the month it is played at the Peacock Bistro}

Bridge: Wednesdays at 7 PM ~ L/C

Brunch Harp Music: dates vary {please refer to The Bulletin}

Catholic Mass: 2nd Thursday at 11 AM ~ Upper Room {ALF 3rd Floor}

Ceramics: Every other Thursday at 2 PM ~ L/C

Chorus: Fridays at 12:45 PM ~ AUD ~ Practices will resume after Summer break.

Conversational Spanish: 3rd Wednesday at 3 PM ~ L/C ~ Schedule varies if outings are added.

General Discussion Group with Art North: Tuesdays at 3 PM ~ Upper Room {ALF 3rd Floor}

Get Techy with Tat: 2nd & 4th Tuesday at 1 PM ~ L/C ~ Schedule may vary.

Grief Counseling: 2nd & 4th Friday at 2 PM ~ W/C ~ Resumes in the near future.

Happy Hour Music: 4th Friday at 4:30 PM ~ PB

Health Screening: 1st Thursday from 10:30 AM to 12 Noon ~ L/C

Jib Jab Political Discussion Group Forum: 4th Monday at 2 PM ~ L/C

Low-Vision Support Group: 3rd Thursday at 10:30 AM ~ L/C ~ This group will not meet during July but Andrea will be at the Health Screening.

Lunch & a Movie: 2nd Thursday at 12 Noon ~ L/C

Meet Your Neighbor: 2nd Friday at 9:45 AM ~ ALF Lounge

Men's Breakfast: 2nd Wednesday at 8:30 AM ~ ALF D/R

Men's Workshop: 4th Wednesday from 2 PM to 4 PM ~ ALF Creative Arts Room ~ Change of schedule because of the 4th of July.

Morning Jam with Dominick Cama & Friends: 2nd Saturday at 10 AM ~ ALF Lounge

Movie Night: Saturdays at 7:30 PM ~ L/C

Music of the Ages: 1st and 3rd Saturday at 10 AM ~ L/C

Opera Haters' Club: 4th Saturday at 10 AM ~ L/C ~ This class will resume when the new Opera Season begins.

Persnickety Book Club: 3rd Monday at 7:15 PM ~ L/C

Plymouth Congregational Church Gathering: 3rd Thursday at 1 PM ~ Upper Room {ALF 3rd Floor}

Protestant Communion with Healing Prayers: Wednesdays at 10:30 AM ~ Upper Room {ALF 3rd Floor}

Rabbi Yossi Wolff: 3rd Friday at 4 PM ~ ALF Lounge 3rd Floor

TAI CHI: Saturdays at 10:30 AM ~ W/C

Vespers: Sundays at 4 PM ~ Upper Room {ALF 3rd Floor}

Veterans' Luncheon: 4th Tuesday at 12 Noon ~ ALF Lounge

Wine & Cheese with Lani: 3rd or Last Saturday of the month ~ Schedule varies according to other activities scheduled.

Shuffleboard: Wednesdays at 3 PM ~ SC ~ Resumes in the Winter

YOGA: Sundays at 4:30 PM ~ W/C

ZUMBA: Mondays at 10 AM ~ W/C

Times & Days are subject to change.

Please refer to The Bulletin. We encourage you to participate and take advantage of the wide variety of activities available to you. If you have any questions, please do not hesitate to call Lifestyles. We are here to serve you!!

