

JUNE CALENDAR

DISCLAIMER: DUE TO THE UPCOMING CLUBHOUSE RENOVATION PROJECT, EVENT AND MEETING LOCATIONS ARE SUBJECT TO CHANGE. UPDATES ON LOCATION CHANGES WILL BE ISSUED VIA EMAIL BLAST.

Monday 1

9:30 -10:00 am Sit & Fit - Ballroom
 10:15- 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Creative Mtg. - Conf. Room
 1:00 - 3:00 pm Book Club - Conf. Room
 6:00 - 8:00 pm Sing & Scene Club -Ballroom
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiards - Billiard Room

Tuesday 2

9:00 - 9:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 10:30 - 11:30 am Entertainment Mtg. - MPR B
 11:15 - 12:15 am Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room

Wednesday 3

10:00 - 11:00 am Chair Yoga - Ballroom
 10:00 - 11:00 am Ceramics - Ceramics Room
 10:30 - Noon Breakfast & Learn #2 - Small Card Room
 1:00 - 3:00 pm Ceramics - Ceramics Room
 5:00 - 8:00 pm Rock & BBQ - Poolside
 7:00 - 9:00 pm Women's Group - Small Card Room

Thursday 4

10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon LOD Agenda Workshop- Conf. Room

Friday 5

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiards - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 6

10:00 - Noon Ceramics - Ceramics Room

Sunday 7

No Scheduled Events

Monday 8

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 12:30 - 4:30 pm Summer Game Day - Lg Card
 12:30 - 3:30 pm Cool Off Monday, Italian Ice - Poolside
 6:00 - 8:00 pm Sing & Scene Club - Ballroom
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 9

9:00 - 9:45 am Zumba - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room

Wednesday 10

10:00 - Noon LOD Board Meeting - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room

Thursday 11

10:00 - 10:45 am Zumba - Ballroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B

Friday 12

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiards - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 13

10:00 - Noon Ceramics - Ceramics Room
 6:30 - 10:00 pm Dinner Dance - Ballroom

Sunday 14

No Scheduled Events

Monday 15

9:30 -10:00 am Sit & Fit - MPR B
 10:15 - 10:45 am Water Aerobics - Mail Pool
 6:00 - 8:00 pm Sing & Scene Club - Ballroom
 6:00 - :00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiards - Billiard Room

Tuesday 16

9:00 - 9:45 am Zumba - Ballroom
 10:00 -11:00 am COP - MPR B
 10:00 - Noon Ceramics - Ceramic Room
 11:15 - 12:15 pm Balance Class - Ballroom
 1:00 - 3:00 pm Ceramics - Ceramics Room

Wednesday 17

10:00 - 11:00 am Chair Yoga - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room
 7:00 - 9:00 pm Skits & Giggles Comedy - Ballroom

Thursday 18

10:00 - 10:45 am Zumba - Ballroom

Friday 19

9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiards - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 20

10:00 - Noon Ceramics - Ceramics Room

Sunday 21

No Scheduled Events

Monday 22

9:30 -10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics- Main Pool
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiards - Billiard Room

Tuesday 23

9:00 - 9:45 am Zumba - Ballroom
 11:15 - 12:15 pm Balance Class - Ballroom

Wednesday 24

10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room
 6:00 - 8:00 pm Sing & Scene Club - Ballroom

Thursday 25
 10:00 - 10:45 am Zumba - Ballroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B

Friday 26
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiards - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 27
 10:00 - Noon Ceramics - Ceramics Room

Sunday 28
 10:00 - 1:00 pm Service & Social Board Mtg- Conf. Rm

Monday 29
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiards - Billiard Room

Tuesday 30
 9:00 - 9:45 am Zumba - Ballroom
 11:15 - 12:15 pm Balance Class - Ballroom
 10:00 - Noon Ceramics - Ceramics Room
 1:00 - 3:00 pm Ceramics - Ceramics Room

JULY CALENDAR

DISCLAIMER: DUE TO THE UPCOMING CLUBHOUSE RENOVATION PROJECT, EVENT AND MEETING LOCATIONS ARE SUBJECT TO CHANGE. UPDATES ON LOCATION CHANGES WILL BE ISSUED VIA EMAIL BLAST.

Wednesday 1
 10:00 - 11:00 am Chair Yoga - Ballroom
 10:30 - Noon Breakfast & Learn - Card Room
 7:00 - 9:00 pm Women's Group - Small Card Room

Thursday 2
 10:00 - 10:45 am Zumba - Ballroom
 10:00 - Noon LOD Agenda Workshop - Conf. Room

Friday 3
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 5:00 - 8:00 pm Indepen. Day/Free Hotdogs - Poolside

Saturday 4 No Scheduled Events

Sunday 5 No Scheduled Events

Monday 6
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 10:30 - Noon Creative Mtg - Conf. Room
 1:00 - 3:00 pm Book Discussion - Conf. Room
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 7
 9:00 - 9:45 am Zumba - Ballroom

10:30 - Noon Entertainment Mtg - MPR B
 11:15 - 12:15 pm Balance Class - Ballroom

Wednesday 8
 7:30 - 9:00 pm Table Feud - Ballroom

Thursday 9
 10:00 - 10:45 am Zumba - Ballroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B

Friday 10
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 7:00 pm Movie - Ballroom

Saturday 11 No Scheduled Events

Sunday 12 No Scheduled Events

Monday 13
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 12:30 - 3:30 pm Cool-off Mondays "Italian Ice" - Poolside
 6:00 - 10:30 pm Billiard Club - Billiard Room
 6:00 - 9:00 pm Fun & Games Club - MPR B

Tuesday 14
 9:00 - 9:45 am Zumba - Ballroom
 11:15 - 12:15 pm Balance Class - Ballroom

Wednesday 15
 10:00 - 11:00 pm Chair Yoga - Ballroom

Thursday 16
 10:00 - 10:45 am Zumba - Ballroom

Friday 17
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 1:00 - 4:00 pm Billiard Club - Billiard Room
 1:30 pm Movie - Ballroom
 6:00 - 8:00 pm The Take Out "Pizza" - Poolside
 7:00 pm Movie - Ballroom

Saturday 18 No Scheduled Events

Sunday 19 No Scheduled Events

Monday 20
 9:30 - 10:00 am Sit & Fit - Ballroom
 10:15 - 10:45 am Water Aerobics - Main Pool
 6:00 - 9:00 pm Fun & Games Club - MPR B
 6:00 - 10:30 pm Billiard Club - Billiard Room

Tuesday 21
 9:00 - 9:45 am Zumba - Ballroom
 10:00 - 11:30 am COP - Small Card Room
 11:15 - 12:15 pm Balance Class - Ballroom

Wednesday 22
 6:00 - 8:00 pm Sing & Scene Club - Ballroom

Thursday 23
 10:00 - 10:45 am Zumba - Ballroom
 11:00 - 12:30 pm ESA "Paws R Us" Club - MPR B

7:00 - 9:00 pm	Throwback Triva - Poolside
Friday 24	
9:30 - 10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room
1:30 pm	Movie - Ballroom
7:00 pm	Movie -Ballroom
Saturday 25	
10:00 - Noon	Ceramics - Ceramic Room
Sunday 26	
10:00 - 1:00 pm	Service & Social Board Mtg.-Conf. Rm
Monday 27	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
6:00 - 9:00 pm	Fun & Games Club - MPR B
6:00 - 10:30 pm	Billiard Club - Billiard Room
Tuesday 28	
9:00 - 9:45 am	Zumba - Ballroom
11:15 - 12:15 pm	Balance Class - Ballroom
Wednesday 29	
6:00 - 9:00 pm	Bingo Night - Poolside
Thursday 30	
10:00 - 10:45 am	Zumba - Ballroom
Friday 31	
9:30 - 10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room
1:30 pm	Movie - Ballroom
7:00 pm	Movie -Ballroom

AUGUST CALENDAR

DISCLAIMER: DUE TO THE UPCOMING CLUBHOUSE RENOVATION PROJECT, EVENT AND MEETING LOCATIONS ARE SUBJECT TO CHANGE. UPDATES ON LOCATION CHANGES WILL BE ISSUED VIA EMAIL BLAST.

Saturday 1	No Scheduled Events
Sunday 2	No Scheduled Events
Monday 3	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
10:30 - Noon	Creative Meeting - Conf. Room
12:30 - 3:30 pm	Cool-off Mondays - Poolside
6:00 - 9:00 pm	Fun & Games Club - MPR B
6:00 - 10:00 pm	Billiard Club - Billiard Room
Tuesday 4	
9:00 - 9:45 am	Zumba - Ballroom
10:30 - Noon	Entertainment Meeting - Conf. Room
11:15 - 12:15 pm	Balance Class - Ballroom
Wednesday 5	
10:00 - 11:00 am	Chair Yoga - Ballroom
10:30 - Noon	Breakfast & Learn - Card Room
7:00 - 9:00 pm	Women's Group - Small Card Room

Thursday 6	
10:00 - 10:45 am	Zumba - Ballroom
10:00 - Noon	Agenda Meeting - Conf. Room
Friday 7	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15- 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room
1:30 pm	Movie - Ballroom
6:00 - 9:00 pm	Summer Pool Party - Pool side
7:00 pm	Movie - Ballroom
Saturday 8	
No Scheduled Events	
Sunday 9	
No Scheduled Events	
Monday 10	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
6:00 - 10:00 pm	Billiard Club - Billiard Room
6:00 - 9:00 pm	Fun & Games Club - MPR B
Tuesday 11	
9:00 - 9:45 am	Zumba - Ballroom
11:15 - 12:15 pm	Balance Class - Ballroom
Wednesday 12	
6:00 - 8:00 pm	Sing & Scene Club - Ballroom
Thursday 13	
10:00 - 10:45 am	Zumba - Ballroom
11:00 - 12:30 pm	ESA "Paws R Us" - MPR B
6:00 - 9:00 pm	Throwback Triva - Poolside
Friday 14	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room
1:30 pm	Movie - Ballroom
7:00 pm	Movie - Ballroom
Saturday 15	
No Scheduled Events	
Sunday 16	
No Scheduled Events	
Monday 17	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
6:00 - 9:00 pm	Fun & Games Club - MPB B
6:00 - 10:00 pm	Billiard Club - Billiard Room
Tuesday 18	
9:00 - 9:45 am	Zumba - Ballroom
10:00 - 11:00 am	COP - Small Card Room
11:15 - 12:15 pm	Balance Class - Ballroom
6:00 - 9:00 pm	Music Festival/Food Truck- Poolside
Wednesday 19	
10:00 - 11:00 am	Chair Yoga - Ballroom
Thursday 20	
10:00 - 10:45 am	Zumba - Ballroom
Friday 21	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room

1:30 pm	Movie - Ballroom
7:00 pm	Movie - Ballroom
Saturday 22	No Scheduled Events
Sunday 23	No Scheduled Events
Monday 24	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
6:00 - 9:00 pm	Fun & Games Club - MPR B
6:00 - 10:00 pm	Billiard Club - Billiard Room
Tuesday 25	
9:00 - 9:45 am	Zumba - Ballroom
11:15 - 12:15 pm	Balance Class – Ballroom
Wednesday 26	
6:00 - 8:00 pm	Sing & Scene Club - Ballroom
Thursday 27	
10:00 - 10:45 am	Zumba - Ballroom
11:00 - 12:30 pm	ESA “Paws R Us” - MPR B
Friday 28	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15- 10:45 am	Water Aerobics - Main Pool
1:00 - 4:00 pm	Billiard Club - Billiard Room
6:30 - 9:30 pm	Drive In/ Movie Night- Poolside
Saturday 29	No Scheduled Events
Sunday 30	
10:00 - 1:00 pm	Service & Social Board Mtg. - Conf. Rm
Monday 31	
9:30 -10:00 am	Sit & Fit - Ballroom
10:15 - 10:45 am	Water Aerobics - Main Pool
6:00 - 10:00 pm	Billiard Club - Billiard Room
6:00 - 9:00 pm	Fun & Games Club - MPR B

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Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.

ERMA BOMBECK



STAYING SAFE IN THE SUMMER: 7 TIPS FOR SENIORS



KEEP COOL.

Seniors are vulnerable to dangerous illnesses like heat exhaustion and heat stroke brought on by scorching summer heat. Don't stay in the sun for more than 1-2 hours at a time, and run the AC when in the home.



TAKE BREAKS DURING PHYSICAL ACTIVITY.

Everybody loves to have fun in the sun, but seniors must be aware that summer's high temps and humidity wear your body out a lot quicker than in cooler weather.



STAY HYDRATED.

Older adults naturally feel less thirsty than younger people, making it more important to consciously drink more water than usual out in the sun to avoid dehydration.



WEAR SUNGLASSES.

The elderly are more susceptible to vision loss, so wear protective eyewear to protect from dangerous UV rays.



APPLY PLENTY OF BUG SPRAY.

Mosquitos can be carriers of diseases like West Nile Virus that pose a heightened risk to seniors. Coat your skin with bug spray to avoid bites.



MAINTAIN COMMUNICATION.

In case of emergency, make sure you'll be able to dial your loved ones or caregivers easily. Before outdoor activities like gardening, or exercise, let them know where you'll be and for how long.



AVOID THE OUTDOORS ENTIRELY ON VERY HOT DAYS.

Review the weather forecast or ask Alexa what the day's high will be. On scorchers, it's best to stay indoors entirely to avoid the risk.