**Sunday Monday Tuesday Wednesday Thursday Friday Saturday**

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| Image result for Dog Days of Summer Meme |  | DPS Encourages Texans to Be Smart in Summer Heat | Department of Public ... | summer days - Imgflip | **1**  **FC -Weight Training 11:00am**  **GR – Power walk 2:00pm** | 2  **CARD – Chair Yoga 11:00am**  GR Smoothie Lunch 12:00  GR – Power Walk – 2:00pm | 3  MR – Matinee Movie 1:00pm |
| 4  CONF- Bible Study – 11:00am | **5 FC -Weight Training 11**  **GR- Assisting Hands free lunch -Noon**  **GR – Power walk 2:00pm** | 6 **CARD – Chair Yoga 11:00am**  **Wax Chamber test – 12:00**  **Pool- Pool side Popsicle Social 1:00 – 2:00**  GR –Power Walk –2:00pm | 7 **FC -Weight Training 11:00am**  **Card -Game day 1pm-4pm**  **GR – Power walk 2:00pm** | 8 **CARD – Chair Yoga 11:00am**  GR – Power Walk – 2:00pm  **CARD- 1:00 -3:00 Art Guild meeting** | **9**  **FR- Weight Training**  **11:00am**  **CARD – Game Day -1pm**  **GR – Power walk 2:00pm** | 10  MR – Matinee Movie 1:00pm |
| 11  CONF- Bible Study – 11:00am | **12 CARD – Chair Yoga 11:00am**  GR – Game day 1pm  GR – Power Walk – 2:00pm | 13  **FC Weight Trn 11:00am**  **GR- Right at Home/ Paradigm -Free Lunch 12**  GR – Hallway Power 2pm | 14 **CARD – Chair Yoga 11:00am**  **CARD – Game Day1:00pm**  GR – Power Walk –2:00pm  GR-Community B-DAY celebration 4pm | 15  **FC -Weight Training 11:00am**  **GR – Power walk 2:00pm**  **GR Charity Bingo 4-6** | 16  **CARD – Chair Yoga 11:00am**  GR Smoothie Lunch 12:00  GR – Hallway Power  Walk – 2:00pm | 17  MR – Matinee Movie 1:00pm |
| **18**  CONF- Bible Study – 11:00am | 19 **FC -Weight Training 11:00am**  **Dignity Memorial – Free Lunch -12pm**  **GR – Power walk 2:00pm** | 20  **CARD – Chair Yoga 11:00am**  GR- Power Walk – 2:00pm | 21  **FC- Weight Training 11:00am**  **CARD – Game Day 1:00pm**  GR- Power Walk – 2:00pm | **22 CARD- Chair Yoga-11**  GR – Power Walk –2:00pm | 23 **FC -Weight Training 11:00am**  **CARD – Game Day 1:00pm**  **GR – Power walk 2:00pm** | 24 **GR-Sons of American Revolution Meeting 9-11am**  MR – Matinee Movie 1:00pm |
| 27  CONF- Bible Study – 11:00am | **26 CARD – Chair Yoga 11:00am**  **CARD – Game Day 1:00pm**  GR – Hallway Power | 27 **FC -Weight Training 11:00am**  **GR – Primerica -Chili Dog Lunch 12:00**  **GR – Power walk 2:00pm** | 28 **CARD – Chair Yoga 11:00am**  GR – Power Walk 2:00  GR – Health Seminar w/ Ann’s 5-7pm | **29**  **FC -Weight Training 11:00am**  **CARD – Game Day 1:00pm**  **GR – Power walk 2:00pm** | **30**  **CARD – Chair Yoga 11:00am**  GR – Hallway Power  GR – Community POT LUCK – 5:00- 7:00 | 31  MR – Matinee Movie 1:00pm |