

July 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Schedule subject to change due to weather, programing needs, or scheduling conflicts

Field Trip time on calendar is leave time

			Body Stretching 9:30a (MH) Supervisor of Elections 9a-1p (LA) Water Aerobics 9:45a-11a Houston/ Sworn	1 Tia Chi 9:30a (GR) Senior Chair Exercise 11:30a (CR)	2 Body Stretching 9:30a (MH) Donations Sponsored by Tina's Giving ♥ 11:30a (MH)	3 Fourth of July  Closed City Holiday	4 Breakfast w/ Commissioner Perkins Free 8:00am-Ali Cultural Arts	
	6 BINGO Sponsored by Ameri Health Caritas 12pm (MH)	7 Water Aerobics 9:45a-11a Houston/ Sworn Field Trip (15) Jan Moran Collier City Library 11:45a-1:15p	8 Tia Chi 9:30a (GR) Choir Practice 9:30a-11:00a (CR) Nutrition Class (F.S.F) 12:00p (CR)	9 Scam/Fraud Presentation Sponsored by Chen Medical Centers-Felicia 10am (MH) Line Dance 11:30p (MH) 	10 Tia Chi 9:30a (GR) Choir Practice 9:30a-11:00a (CR)	11 Field Trip (40) SPROUTS Coconut Creek 11:45a-1:30p	12	
Soulful Sunday's \$10.00 Ali Cultural Arts 6pm	13 Senior Nutrition by ATDT 10:00a-11:30a (CR) Flipany Healthy Class 11am (MH) BINGO Sponsored by Healthy Partners 12pm (MH)	14 Water Aerobics 9:45a-11a Houston/ Sworn Shake Down on Sugar Sponsored by Quality Care Insurance 11:30a (MH)	15 Line Dance 10a (MH)  Yoga 11:30am (CR) BINGO Sponsored by Humana 12p (MH)	16 Body Stretching 9:30a Caring Insurance Presentation 10am (MH) Field Trip (40) Lunch w/ Arts Music Edition 11:45a-1:30p	17 Sickle Cell Presentation Sponsored by Sickle Cell Disease Association of Broward County-Karen 10:00a (MH)	18 Field Trip (40) Lauderhill Mall & Lunch @ Nothing but Wings 10:00a-1:30p	19	
	20 Haircut & Eyebrows 9:45am (SO) Praise & Sing Along 10a-(GR) Flipany Healthy Class 11am (MH)	21 Water Aerobics 9:45a-11a Houston/ Sworn Birthday Celebration Potluck 11:30a THEME: Independence Red, White, & Blue	22 Choir Practice 9:30a-11:00a (CR) Line Dance 11:30p (MH)  Nutrition Class (F.S.F) 12:00p (CR)	23 In-House Movie	24 Field Trip (40) Lauderhill Mall & Lunch @ Nothing but Wings 10:00a-1:30p	25	26	
Exotic Cars & Coffee Charlotte Burrie Center 9am-1pm	27 Praise & Sing Along 10a-(GR)	28 Water Aerobics 9:45a-11a Houston/ Sworn	29 BINGO Sponsored by Care Plus 10am (MH)	30	31	Grid: (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (LA)=Lobby Area		