

FIELD TRIP SIGN-UPS WILL OPEN ON THE 1ST MONDAY OF EACH MONTH 12:00 PM

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grid: (MH)=Main Hall, (GR)=Game Room, (CR)=Craft Room, (SO) Small Office, (LA)=Lobby Area			Tai Chi 9:30a- 10:30a (CR) Haircuts 9:45am (SO) Yoga 11:30a (CR)	Body Movin! (MH) 9:45a Trust & Will Info-Attorney Tamar Hamilton 10:00am (MH)	Fourth of July 3 Observed Closed City Holiday	
5	6 CLOSED in continuation of OBSERVING the 4 th of July Holiday	7 Supervisor of Elections 9a (LA) Body Movin! (MH) 9:45a Choir  Rehearsal 10a 11:30a (CR)	8 Tai Chi 9:30a- 10:30a (CR) 12:00p-1:00p In-House BINGO	9 Body Movin! (MH) 9:45a Broward County Property Appraiser 9a (LA) Ice Cream Social 11:30a by A. Chattman	10 Tai Chi 9:30a-10:30a (CR) Field Trip (30) Piccadilly 10:30a-2:30p (\$3 cash tip)	11 Green Market Cultural Area 50 W. Atlantic Blvd 9a-1p
12 Soulful Sundays 6pm Ali Cultural Arts Center (\$10.00 on Eventbrite)	13 Chair Fitness 9:30a (CR) Flippany-Nutritional 11a-12p (MH) BINGO -Chen Medical Center (E) 12p-1p (MH)	14 Body Movin! (MH) 9:45a Choir  Rehearsal 10a-11:30a (CR) Karaoke - Humana (D) 12p-1p (MH)	15 Tai Chi 9:30a-10:30a (CR) Field Trip (30) Bowling: AMF Margate Lanes 10:15a-2:00p (\$10)	16 Chat & Coffee 9:15a-9:45a (MH) Body Movin! (MH) 9:45a RMP- Medicare 101 11:30am (MH)	17 Tai Chi 9:30a-10:30a (CR) Arts & Craft 11:30a-1:30p (CR) Adopt a Grandparent Fashion Show	18
19	20 Praise & Sing Along 10a-11:30a (GR) Choir (CR)  Rehearsal 11:30p-12:30p	21 Body Movin! (MH) 9:45a Haircuts (SO) 9:45a "Name that Tune" by Public Relations 2 you 10am-11am (MH)	22 Tai Chi 9:30a-10:30a (CR) Yoga 11:30a (CR) Arts & Craft by Cano Health 12p (CR)	23 Body Movin! (MH) 9:45a Field Trip (50) Seminole Hard Rock Casino Hollywood 10:00a-3:30p (free)	24 Tai Chi 9:30a-10:30a (CR) Arts & Craft 11:30a-1:30p (CR) Adopt a Grandparent Fashion Show	25 Green Market Cultural Area 50 W. Atlantic Blvd 9a-1p
26	27 Chair Fitness 9:30a (CR) Flippany-Nutritional 11a-12p (MH) Choir (CR)  Rehearsal 11:30p-12:30p	28 Body Movin! (MH) 9:45a Field Trip (45) Jelly Fish Museum 11:15-1:30 (\$11.50)	29 Tai Chi 9:30a-10:30a (CR) Tina's Giving  11:30a (MH)	30 Body Movin! (MH) 9:45a Birthday Celebration 11:30a Theme: Red, White, & Blue 	31 Tai Chi 9:30a-10:30a (CR) Arts & Craft 11:30a-1:30p (CR) Adopt a Grandparent Fashion Show	

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