





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July activity registration begins Wednesday, June 25th at 9:00am. Register on the portal or by calling Life Enrichment. See Event Descriptions for registration deadlines. Please contact Life Enrichment if you have any questions or need assistance. Max McNeely X8319 Kristy Pardue X8660 Michelle Burger X8381		1 9:00 Cardio Beats, AER 10:00 Depart for Aldi/Food Lion (R), VL 10:00 Dining Committee, MR 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR	2 8:00 Aerobics & Strength, AER 9:00 Aerobics & Strength, AER 10:00 Red, White, and Blue Rollator Decorating, VS 10:00 Better Balance, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:15 Chair Volleyball, AER	3 8:30 Pickleball, PC 9:00 TVAB Annual Freedom Walk, Patio/Pond 9:00 Tai Chi Broadcast*, CH 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SP 11:00 Library Committee, LIB 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 6:30 Game Night, CR	4 	5 2:00 Canasta, CR 2:00 The Great Courses, FSP
6	7	8	9	10	11	12
1:30 Worship*, GP Sermon by: Travis Epperley	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:00 Death Cafe (R), FSP 2:00 Water Volleyball, SP 3:00 Portal Training – Session 1, GP 6:30 Game Night, CR Recycling Pick-Up for Garden Homes	9:00 Cardio Beats, AER 10:00 Depart for Aldi/Food Lion (R), VL 10:30 Resident Council Meeting**, GP 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR	8:00 Aerobics & Strength, AER 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 10:30 New Resident Orientation, FSP 11:00 Catholic Service, MR 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:15 Chair Volleyball, AER 6:30 Ballet with Betsy Bullen, FSP	8:30 Pickleball, PC 9:00 Depart for Weatherspoon Art Museum & Lunch (R), VS 9:00 Tai Chi Broadcast*, CH 9:30 Property Committee Meeting, MR 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SP 11:00 Episcopal Service, MR 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 2:00 Popsicles on the Patio sponsored by Life at Home Senior Care, Patio 6:30 Game Night, CR	8:15 Men's Breakfast: Cracker Barrel (R), VS 9:00 Hinton Farms Market at TVAB, VS Lobby 9:00 Aerobics & Strength, AER 10:00 Wellness Committee, MR 11:00 Pinochle, CR 11:00 Chair Yoga, AER 1:00 Hearing Aid Clinic, FSP 1:30 Bridge, CR 2:00 Movie Matinee: National Treasure, GP	10:30 Mindfulness Meditation, AER 1:15 Depart for "12 Angry Jurors" presented by Studio 1 (R), VS 2:00 The Great Courses, FSP 2:00 Resident Led Bingo, GP 3:15 Canasta, CR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																														
13	14	15	16	17	18	19																														
1:30 Worship*, GP Sermon by: Mike Shannon	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 10:30 Depart for Shopping and Lunch at Wegman's (R), VS 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:00 Water Volleyball, SP 3:00 Portal Training – Session 2, GP 6:30 Monday Night Movie: Pieces We Leave Behind, GP 6:30 Game Night, CR	9:00 Depart for Guided Tour of Paul J. Ciener Botanical Gardens & Lunch (R), VS 9:00 Cardio Beats, AER 10:00 Depart for Aldi/Food Lion (R), VL 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR	8:00 Aerobics & Strength, AER 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:00 Total Care Pharmacy presents: Introduction to Diabetes and Prediabetes**, GP 2:15 Chair Volleyball, AER 7:00 Dessert and Devotion with Leslie Peavy, GP	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SP 11:00 Lunch Bunch: Alpaca Peruvian Charcoal Chicken, Mebane (R), VS 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 2:00 Care and Concern Committee, MR 3:00 \$.25 Cent Bingo (R), TVN 3:00 Parkinson's Support Group, FSP 6:30 Game Night, CR	8:15 Women's Breakfast: Angelina's Cafe (R), VS 9:00 Hinton Farms Market at TVAB, VS Lobby 9:00 Aerobics & Strength, AER 11:00 Pinochle, CR 11:00 Chair Yoga, AER 1:30 Bridge, CR 2:00 Movie Matinee: First Man, GP	2:00 Canasta, CR 2:00 The Great Courses, FSP <div></div>																														
20	21	22	23	24	25	26																														
1:30 Worship*, GP Sermon by: Terry Rikard	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:00 Seasonal Craft with Shea (R), CFT 2:00 Water Volleyball, SP 6:30 Game Night, CR Recycling Pick-Up for Garden Homes	8:15 Men's Breakfast: The Park (R), VS 9:00 Cardio Beats, AER 10:00 Depart for Aldi/Food Lion (R), VL 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 2:00 Jill Davis of Humana presents "Tips to Prevent Falls"', GP 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR	8:00 Aerobics & Strength, AER 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 11:00 Catholic Service, MR 12:00 The Big Red Bus Blood Drive (R), VP 1:00 Depart for Consignment Connection (R), VS 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:15 Chair Volleyball, AER	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 10:00 Brunch Bunch: Print Works Bistro (R), VS 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SP 11:00 Tripoly, CR 12:00 AuthoraCare Webinar: No Vacation from Grief, GP 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 6:30 Game Night, CR	9:00 Hinton Farms Market at TVAB, VS Lobby 9:00 Aerobics & Strength, AER 11:00 Pinochle, CR 11:00 Chair Yoga, AER 1:30 Bridge, CR 2:00 Friday with Friends with Chris Hermann: "Dental Mission Trip to Africa"', GP 3:00 July Birthday Party Social sponsored by Always Best Care, TVN	10:30 Mindfulness Meditation, AER 2:00 The Great Courses, FSP 2:00 Resident Led Bingo, GP 2:15 Depart for Carolina Band Blast at Well-Spring (R), VS 3:15 Canasta, CR																														
27	28	29	30	31	<div>Meeting Places</div> <table><tr><td>AER</td><td>Aerobics Room</td><td>CR</td><td>Club Room</td><td>PC</td><td>Pickleball Court</td></tr><tr><td>AR</td><td>Activity Room</td><td>FSP</td><td>Fireside Parlor</td><td>SP</td><td>Swimming Pool</td></tr><tr><td>AS</td><td>Art Studio</td><td>GP</td><td>Gathering Place</td><td>TVN</td><td>Village Tavern</td></tr><tr><td>CFT</td><td>Craft Room</td><td>LIB</td><td>Library</td><td>VL</td><td>Village Landing</td></tr><tr><td>CH</td><td>Channel 1391/130.2</td><td>MR</td><td>Meditation Room</td><td>VS</td><td>Village Square</td></tr></table> <div>Key</div> <div>* Activity will be broadcast on Channel 1391/130.2</div> <div>** Activity will be broadcast and recorded</div> <div>(R) Registration is required</div>		AER	Aerobics Room	CR	Club Room	PC	Pickleball Court	AR	Activity Room	FSP	Fireside Parlor	SP	Swimming Pool	AS	Art Studio	GP	Gathering Place	TVN	Village Tavern	CFT	Craft Room	LIB	Library	VL	Village Landing	CH	Channel 1391/130.2	MR	Meditation Room	VS	Village Square
AER	Aerobics Room	CR	Club Room	PC	Pickleball Court																															
AR	Activity Room	FSP	Fireside Parlor	SP	Swimming Pool																															
AS	Art Studio	GP	Gathering Place	TVN	Village Tavern																															
CFT	Craft Room	LIB	Library	VL	Village Landing																															
CH	Channel 1391/130.2	MR	Meditation Room	VS	Village Square																															
1:30 Worship*, GP Sermon by: TBD	8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 9:00 Aerobics & Strength, AER 10:00 Better Balance, AER 11:00 Eagle Eye, MR 11:00 Fit & Flexible Pilates, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:00 Fireside Chat with April (R), FSP 2:00 Water Volleyball, SP 6:30 Game Night, CR	Aug. Registration Begins at 9am 9-11 Shear Love Sharpening Services on Campus, VS 9:00 Cardio Beats, AER 10:00 Depart for Aldi/Food Lion (R), VL 10:30 Ladder Toss, AER 10:30 Total Aquatic Fitness, SP 2:00 TVAB Speaker Series: Burlington Parks and Recreation**, GP 2:00 Yoga on Your Mat, AER 2:30 Crafty Villagers, CFT 3:00 Penny Poker, AR 3:00 Rummikub, CR	8:00 Aerobics & Strength, AER 9:00 Aerobics & Strength, AER 9:00 Depart for Trip to Downtown Southern Pines (R), VS 10:00 Better Balance, AER 1:00 Tai Chi, AER 2:00 Mah-Jongg, CR 2:15 Chair Volleyball, AER	8:15 Women's Breakfast: Cracker Barrel (R), VS 8:30 Pickleball, PC 9:00 Tai Chi Broadcast*, CH 10:30 Corn Hole Toss, AER 10:30 Total Aquatic Fitness, SP 11:00 Tripoly, CR 1:30 Bridge, CR 1:30 Depart for Harris Teeter and Walmart (R), VL 1:30 Line Dancing, AER 3:00 \$.25 Cent Bingo (R), TVN 6:30 Game Night, CR																																