

AVENIDA
CARROLLTON

JUNE

HAPPY
FATHER'S
Day

10a- Virtual Cardio Class (MS)

2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10a- Virtual Stretch Class (MS)	2 10a- Chair Yoga (MS) 11a- Chair Yoga (MS) 1p-Mahjong (GR) 3p-Book Club Meeting (PR)	3 10a- Circuit Training (FS) 1-2p-VA Seminar (ML) 1p-Game Day (GR) 6p-Chair Yoga (MS)	4 11a-Pilates (MS) 1p-Mahjong (GR) 2p- Paint by the Number (CAR) 6p-Full Body Strength (MS) Massages with Nazia	5 10a- Water Aerobics (P) 1p-Mahjong (GR) 4:30-HH: Karaoke (GR)	6 10a-Strength & Balance (MS) 11a- Strength & Balance (MS) 2p-Poker Palooza (PR) 4:30p- Bingo (PR)	7 9a-Walk & Talk Club (SC) 10a-Bridge (GR) 4p- Chinese Mahjong (GR)
8 10a- Virtual Cardio Class (MS)	9 10a- Chair Yoga (MS) 10:30a- Brunch On the Town (Cracker Barrel \$) 11a- Chair Yoga (MS) 1p-Mahjong (GR) 5p- Pickleball w/ the Team (PC)	10 10a-Water Aerobics (P) 1p-Game Day (GR) 3p-Mary Kay Makeup Class (PDR) 6p-Chair Yoga (MS)	11 9a- Pickleball w/Anna (PC) 11a-Pilates (MS) 1p-Mahjong (GR) 2p-Arts & Crafts Flag Decorating (CAR) 2p-Men Whiskey Tasting (GR) \$ 6p-Full Body Strength (MS)	12 10a- Water Aerobics (P) 1p-Mahjong (GR) 4:30-HH: Sip & Serve (B) Spa Day with Chanel	13 10a-Strength & Balance (MS) 11a- Strength & Balance (MS) 2p-Poker Palooza (PR) 4:30p- Bingo (PR) 6p- Friday the 13th Event (SC)	14 9a-Walk & Talk Club (SC) 10a-Bridge (GR) 2p- Happy DAD's Celebration (YL) 4p- Chinese Mahjong (GR)
15	16 10a- Chair Yoga (MS) 11a- Chair Yoga (MS) 1p-Mahjong (GR) 5p- Cornhole (YL)	17 10a-Water Aerobics (P) 1p-Game Day (GR) 2p- Rootbeer Float (B) 6p-Chair Yoga (MS)	18 11a-Pilates (MS) 1p-Mahjong (GR) 2p- Doormat Painting (CAR) 3p- New Resident Orientation (ML) 6p-Full Body Strength (MS) Massages with Nazia	19 10a- Water Aerobics (P) 1p-Mahjong (GR) 1p-Gardening Club Meeting (MR) 2p- Fashion Nook Pop Up \$ (PDR) 3p-Resident Forum (MR) 4:30p-HH: Pizza Party (B) June Tenth!	20 10a-Strength & Balance (MS) 11a- Strength & Balance (MS) 2p-Poker Palooza (PR) 4:30p- Bingo (PR) 6p- Prom Night: Fire & Ice (MS)	21 9a-Walk & Talk Club (SC) 10a- Farmers Market 4p- Chinese Mahjong (GR)
22 10a- Virtual Cardio Class (MS)	23 10a- Chair Yoga (MS) 11a- Chair Yoga (MS) 1p-Mahjong (GR) 3p- App Learning w/ Rosie (ML)	24 10a-Water Aerobics (P) 11a- Smoothies (B) 1p-Game Day (GR) 6p-Chair Yoga (MS)	25 9a- Pickleball w/ Emily (PC) 11a-Pilates (MS) 1p-Mahjong (GR) 2p-Create a keychain (CAR) 6p-Full Body Strength (MS)	26 10a- Water Aerobics (P) 1p-Mahjong (GR) 1p- Line dancing w/ Sydney (MS) 4:30p-HH: Pink Party (B)	27 10a-Strength & Balance (MS) 11a- Strength & Balance (MS) 1p- Birthday Celebrations (PDR) 2p-Poker Palooza (PR) 4:30p- Bingo (PR) 5:30p- Food Truck	28 9a-Walk & Talk Club (SC) 10a-Bridge (GR) 2p- Trip To Winstar World Casino \$ 4p- Chinese Mahjong (GR) Spa Day with Chanel
29 10a- Virtual Stretch Class (MS)	30 10a- Chair Yoga (MS) 11a- Chair Yoga (MS) 1p-Mahjong (GR) 6p- Resident Led- Ladies Night (GR)	Key Legend: CAR- Creative Arts Room GR-Great Room MS- Movement Studio PDR-Private Dinning Room ML- Media Lounge	PR- Party Room P- Pool SC-South Lawn Courtyard YL- Yoga Lawn PC- Pickleball Court	Blue- Fitness Red-Social (NEED RSVP) Pink- Games Green- Arts/Crafts Black - Events	SUMMER	