AVENIDA CARROLLTON

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**	1 10a-Circuit training(FS) 1p-Game day(GR) 6p-Chair Yoga(MS)	2 11a-Pilates(MS) 1p-Mahjong(GR) 2p-Memory Lane collage(CAR) 6p-Full Body Stretch(MS)	3 10a-Water Aerobics(P) 1p-Mahjong(GR) 4:30p- HH: 4th of July Block Party Carnival (SC)	4 HAPPY 4th of July OFFICE CLOSED 4th of July Block Party in the villas	5 9a- Walk & Talk Club(SC) 10a-Bridge(GR) 2p- Sourdough Making (PDR) 4p-Chinese Mahjong(GR)
6 10a-Virtual Stretch Class(MS) SHARK WEEK STARTS	7 10a- Chair Yoga(MS) 11a-Chair Yoga(MS) 1p- Mahjong(GR) 3p-Book Club(ML) 6p- Dinner with the Doc (ML)	8 10a-Water Aerobics(P) 1p- Game Day(GR) 2p-Shark Week Watch Party (ML) 4p- Lifestyle Committee Meeting (per invite ML) 6p-Chair Yoga (MS)	9 11a-Pilates(MS) 1p-Mahjong(GR) 2p-Beach Jars With Sharks (CAR) 4p-Emergency Procedures Talk(ML) 6p-Full Body Stretch(MS)	10 10a-Water Aerobics(P) 1p-Mahjong(GR) 4p-Defense Class Demo(MS) 4:30p-HH:Sip and Serve (GR)	11 10a-Strength and Balance(MS) 11a-Strength and Balance(MS) 1p-Mahjong(GR) 2p-Poker Palooza(PR) 4:30p-Bingo(PR) 6:30p-Music on the Lawn(SC)	12 9a- Walk & Talk Club(SC) 10a-Bridge(GR) 1p-Dallas Aquarium $ 4p-Chinese Mahjong(GR) Spa Day with Chanel
13 10a- Virtual Cardio Class(MS) 3p- Mary Kay Makeup Class (PDR)	14 10a- Chair Yoga(MS) 11a-Chair Yoga(MS) 1p- Mahjong(GR) 1p-Lunch on the Town @Whiskey Cake $ 6p- Yoga on the Lawn(SC)	15 10a-Water Aerobics(P) 1p- Game Day(GR) 3p-Name That Tune(ML) 6p-Chair Yoga(MS)	16 11a-Pilates(MS) 1p-Mahjong(GR) 2p-Shower Steamers Making(CAR) 6p-Full Body Stretch(MS)	17 10a-Water Aerobics(P) 1p-Mahjong(GR) 1p-Gardening Club(ML) 3p-Resident Forum(ML) 4:30-HH:Spritz on the Lawn(SC)	18 10a-Strength and Balance(MS) 11a-Strength and Balance(MS) 1p-Mahjong (GR) 2p-Poker Palooza(PR) 4:30p-Bingo(PR)	19 9a- Walk & Talk Club(SC) 10a-Bridge(GR) 10a- Farmers Market 4p-Chinese Mahjong (GR)
20 10a- Virtual Stretch Class(MS) 11a- Poolside Relaxation(P)	21 10a- Chair Yoga(MS) 11a-Chair Yoga(MS) 1p- Mahjong(GR) 4p-New Resident Orientation(ML) 6p-Jeopardy(ML)	22 10a-Water Aerobics(P) 12:30p-2-Prospect/ Private Event 1p- Game Day(GR) 3p-Travel Tips(ML) 5p-Pickleball w/ the Team(PC) 6p-Chair Yoga (MS)	23 11a-Pilates(MS) 1p-Mahjong(GR) 2p-Special Art Class (CAR) 4p-Karaoke(GR) 6p-Full Body Stretch(MS)	24 10a-Water Aerobics(P) 1p-Mahjong(GR) 4:30p-HH: Lemon Drop Coffe(B) Spa Day with Chanel	25 10a-Strength and Balance(MS) 11a-Strength and Balance(MS) 1p-Mahjong 2p-Poker Palooza(PR) 4:30p-Bingo(PR) 6:30p-Music on the Lawn(SC)	26 10a- Avenida Carrollton's First Birthday!!!!
27 10a- Virtual Cardio Class (MS) 4p- Ice Cream Truck$	28 10a- Chair Yoga(MS) 11a-Chair Yoga(MS) 1p- Mahjong(GR) 4p-Hospitality Committee Meeting (Per Invite ML) 6p- Resident Led Ladies Night(GR)	29 10a-Water Aerobics(P) 1p- Game Day(GR) 3p-Nutritionist(GR) 6p-Chair Yoga(MS)	30 11a-Pilates(MS) 1p-Mahjong(GR) 2p-Jewlery Dish Making(CAR) 6p-Full Body Stretch(MS)	31 10a-Water Aerobics(P) 1p- Birthday Celebrations(PDR) 1p-Mahjong(GR) 4:30p-HH:Tiki Time(P)	**Blue- Fitness** **Red-Social (NEED RSVP)** **Pink- Games** **Green- Arts/Crafts** **Black - Events**	