JULI	CALENDAR 2	2023	SBC	Daily Activities & Highlights					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY				
			<u>Rooms</u>	NEXT MONTH	1.				
	The state of the	502	NTASNT Art Studio AGArt Gallery	Thursday, August 3rdOl					
			BCLBay Club Lounge BRBilliards Room	Monday, August 7thM	10:30 Grocery Shopping				
			NTGRNT Game Room STCRST Conference Rm	Thursday, August 10thTr					
			NTCRNT Conference Rm DRDining Room	Friday, August 11thTr	ip to the Summer Circus bectacular at the Ringling Museum				
***		*	NTLRNT Living Room RRRingling Room			<ul><li>1:00 Workout, CH 195</li><li>2:00 Rummikube, WR</li></ul>			
* * *		A A A	STLRST Living Room STVS Tower Veranda	Monday, August 14thLe w	Crista Laskowski Mezzo-Soprano	<b>2:00</b> Afternoon Movie			
	4		WRWhitaker Room STWCST Wellness Ctr	Thursday, August 17thJac	4:30 Happy Hour, BCL				
			PDRPrivate Dining Rm						
		The second second	PDPool Deck	Saturday, August 10th	lookond Honny Hour w/ Music				
and the second			PDPool Deck STFCST Fitness Center NVTN Veranda Terrace		/eekend Happy Hour w/ Music obin Swenson & Janelle	8:00 Evening Movie, RR			
2.	9:30 Balance Class RB 3.		STFCST Fitness Center		obin Swenson & Janelle	8:00 Evening Movie, RR			
2.	9:30 Balance Class, RR 10:30 Balance Class, RR	4.	STFCST Fitness Center NVTN Veranda Terrace	Ri 6.		8.			
2. 12:00 Sunday Brunch, DR		4.	STFCST Fitness Center NVTN Veranda Terrace 9:30 Balance Class, RR 5.	R	obin Swenson & Janelle <b>10:00</b> "Brush up on Bridge"	8. 10:30 Grocery Shopping			
12:00 Sunday Brunch, DR			STFCST Fitness Center NVTN Veranda Terrace 9:30 Balance Class, RR 5. 10:30 Balance Class, RR	Ri 6.	obin Swenson & Janelle <b>10:00</b> "Brush up on Bridge"	8. 10:30 Grocery Shopping			
	10:30 Balance Class, RR	4. A. HAPPY 4th of JULY!	STFCST Fitness Center NVTN Veranda Terrace 9:30 Balance Class, RR 5. 10:30 Balance Class, RR 11:15 Brain Games, STCR	Ri 6. 10:00 Tai Chi, RR	7. 10:00 "Brush up on Bridge"	8.			
12:00 Sunday Brunch, DR	<ul><li>10:30 Balance Class, RR</li><li>1:00 Workout CH 195</li></ul>	HAPPY 4th of JULY! 11:30 Holiday Buffet	STFCST Fitness Center NVTN Veranda Terrace 9:30 Balance Class, RR 5. 10:30 Balance Class, RR	Ri6.10:00 Tai Chi, RR11:00 Grocery Shopping11:00 Pool Exercise	<ul> <li>7.</li> <li>10:00 "Brush up on Bridge"</li> <li>7. with Harriette, RR</li> <li>1:00 Workout, CH 195</li> <li>1:00 Music &amp; Movement, RR</li> </ul>	8. 10:30 Grocery Shopping 11:00 Singing Workshop, RR 1:00 Workout, CH 195			
12:00 Sunday Brunch, DR	<ul> <li>10:30 Balance Class, RR</li> <li>1:00 Workout CH 195</li> <li>1:00 Zumba Gold, RR</li> </ul>	HAPPY 4th of JULY!	STFCST Fitness Center NVTN Veranda Terrace9:30Balance Class, RR10:30Balance Class, RR11:15Brain Games, STCR1:00Chair Aerobics, WR	Ri6.10:00 Tai Chi, RR11:00 Grocery Shopping	<ul> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>11:00</b> Workout, CH 195</li> </ul>	8. 10:30 Grocery Shopping 11:00 Singing Workshop, RR			
12:00 Sunday Brunch, DR	<ul><li>10:30 Balance Class, RR</li><li>1:00 Workout CH 195</li></ul>	HAPPY 4th of JULY! 11:30 Holiday Buffet Lunch, DR 2:00 Reading of "The	STFCST Fitness Center NVTN Veranda Terrace9:30Balance Class, RR10:30Balance Class, RR11:15Brain Games, STCR1:00Chair Aerobics, WR	Ri6.10:00Tai Chi, RR11:00Grocery Shopping11:00Pool Exercise1:00Workout, CH 195	<ul> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>1:00</b> Workout, CH 195</li> <li><b>1:00</b> Music &amp; Movement, RR</li> <li><b>3:00</b> Sci-Tech Group Meets, RR</li> </ul>	<ul> <li>8.</li> <li>10:30 Grocery Shopping</li> <li>11:00 Singing Workshop, RR</li> <li>1:00 Workout, CH 195</li> <li>2:00 Afternoon Movie</li> </ul>			
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<ul><li>12:00 Sunday Brunch, DR</li><li>1:00 Workout CH 195</li></ul>	<ul> <li>10:30 Balance Class, RR</li> <li>1:00 Workout CH 195</li> <li>1:00 Zumba Gold, RR</li> <li>1:00 Center, Breathe &amp;</li> </ul>	<ul> <li>HAPPY 4th of JULY!</li> <li>11:30 Holiday Buffet Lunch, DR</li> <li>2:00 Reading of "The Declaration of</li> </ul>	STFCST Fitness Center NVTN Veranda Terrace9:30Balance Class, RR10:30Balance Class, RR11:15Brain Games, STCR1:00Chair Aerobics, WR	Ri6.10:00Tai Chi, RR11:00Grocery Shopping11:00Pool Exercise1:00Workout, CH 1951:30Stretch & Relax, RR	<ul> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>7.</b> with Harriette, RR</li> <li><b>1:00</b> Workout, CH 195</li> <li><b>1:00</b> Music &amp; Movement, RR</li> <li><b>3:00</b> Sci-Tech Group Meets, RR</li> <li><b>4:30</b> Happy Hour, BCL</li> </ul>	<ul> <li>8.</li> <li>10:30 Grocery Shopping</li> <li>11:00 Singing Workshop, RR</li> <li>1:00 Workout, CH 195</li> <li>2:00 Afternoon Movie</li> <li>2:00 Rummikube, WR</li> </ul>			
<ul><li>12:00 Sunday Brunch, DR</li><li>1:00 Workout CH 195</li></ul>	<ul> <li>10:30 Balance Class, RR</li> <li>1:00 Workout CH 195</li> <li>1:00 Zumba Gold, RR</li> <li>1:00 Center, Breathe &amp; Relax w/ Stephanie, WR</li> </ul>	<ul> <li>HAPPY 4th of JULY!</li> <li>11:30 Holiday Buffet Lunch, DR</li> <li>2:00 Reading of "The Declaration of</li> </ul>	STFCN Veranda Terrace 9:30 Balance Class, RR 5. 10:30 Balance Class, RR 11:15 Brain Games, STCR 1:00 Chair Aerobics, WR 1:00 Workout CH 195	Ri6.10:00Tai Chi, RR11:00Grocery Shopping11:00Pool Exercise1:00Workout, CH 1951:30Stretch & Relax, RR3:00Creative Writing, STCR	<ul> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>10:00</b> "Brush up on Bridge"</li> <li><b>7.</b> with Harriette, RR</li> <li><b>1:00</b> Workout, CH 195</li> <li><b>1:00</b> Music &amp; Movement, RR</li> <li><b>3:00</b> Sci-Tech Group Meets, RR</li> <li><b>4:30</b> Happy Hour, BCL</li> </ul>	<ul> <li>8.</li> <li>10:30 Grocery Shopping</li> <li>11:00 Singing Workshop, RR</li> <li>1:00 Workout, CH 195</li> <li>2:00 Afternoon Movie</li> <li>2:00 Rummikube, WR</li> </ul>			

	SUNDAY		MONDAY		TUESDA	Y	V	VEDNESDAY	۲	THURSDAY		FRIDAY	S	ATURDAY
	9.	9:30	Balance Class, RR $10.$	10:00	Tai Chi, RR	11.		Balance Class, RR 12.	10:00	Tai Chi, RR 13.	10:00	"Brush up on Bridge" 14.		15.
		10:30	Balance Class, RR		Grocery Shop	ping		Balance Class, RR	11:00	Grocery Shopping		with Harriette, RR	10:30	Grocery Shopping
12:00	Sunday Brunch, DR			11:00	Pool Exercise		11:15	Brain Games, STCR	11:00	Pool Exercise	1.00		11:00	Singing Workshop, RR
1:00	Workout CH 195	1:00	Center, Breathe & Relax w/ Stephanie, WR	1:00	Workout CH 1	95	1:00 1:00	Chair Aerobics, WR Workout CH 195	1:00	Workout, CH 195	1:00 1:00	Workout, CH 195 Music & Movement, RR	1:00	Workout, CH 195
2:00	Afternoon Movie, RR	1:00	Zumba Gold, RR	1:30	Stretch & Rela	ix, RR	3:00	Afternoon Tea with Paul	1:30	Stretch & Relax, RR	3:00	Art Appreciation with	2:00	Rummikube, WR
		4:30	<b>30</b> Happy Hour, BCL	4:30	30 Happy Hour, BCL	BCL		Luther Guitar, STLR	3:00	Poetry, STCR	0.00	Katherine Bzura, RR		Afternoon Movie, RR
						4:30 7:30	Happy Hour, BCL Bastille Day Celebration	4:30	Happy Hour, BCL	4:30	Happy Hour, BCL	4:30	Happy Hour, BCL	
8:00	Evening Movie, RR	8:00	Pietro Ianotti - Classical	6:00	Stepping Out			w/ "Hot Club SRQ," RR	2					
0.00			Piano Concert, RR				8:00	Evening Movie, CH 195	7:30	Evening Movie, RR	8:00	Evening Movie, CH 195	8:00	Evening Movie, RR
	16.	9:30	Balance Class, RR $17.$	10:00	Tai Chi, RR	18.	9:30	Balance Class, RR 19.		Tai Chi, RR 20.	10:00	"Brush up on Bridge"		22.
12:00	Sunday Brunch, DR	10:30	Balance Class, RR		Grocery Shop	ping	10:30	Balance Class, RR		Grocery Shopping	10.00	with Harriette, RR		Grocery Shopping
		1:00	Center, Breathe &	11:00	Pool Exercise		11:15	Brain Games, STCR	11:00	Pool Exercise	4.00		11:00	Singing Workshop, RF
1:00	Workout CH 195		Relax w/ Stephanie, WR	1:30	Stretch & Relax	x, RR	11:30	AJC'S Lunch & Learn,	1:00	Workout, CH 195	1:00 1:00	Workout, CH 195 Music & Movement, RR	4.00	Workout CH 105
2:00	Afternoon Movie, RR	1:00	Zumba Gold, RR	3:00	Current Affairs,	RR		Michael's on East	1:30	Stretch & Relax, RR	2:00	Ice Cream Social, DR	1:00 2:00	
				4:30	Happy Hour, B	CL	1:00	Chair Aerobics, WR			2.00			o Afternoon Movie
		2:00	"Issues of Aging," PDR	5:30	Hospitality Tab	le, DR	1:00	Workout CH 195	3:00	Creative Writing, STCR	3:00	Sci-Tech Group, with		
		4:30	Happy Hour, BCL	6:00	Stepping Out		4:30	Happy Hour, BCL	4:30	Happy Hour, BCL		Speaker Frank Sulzman- "Webb Telescope," RR	4:00	Weekend Happy Hour w/ Robyn Swenson
8:00 Eve	Evening Movie, RR	g Movie, RR Piano & I	Lee Dougherty Ross- Piano & Laura Jenson	8:00	Evening Social w/ Lir Albert & the Poetry Grou NTLR		a ,		8:00	Trivial Pursuit, RR	4:30	Happy Hour, BCL		& Janelle, RR,
			Jennings Violin, RR			iy Group,		Evening Movie, CH 195					8:00	Evening Movie, RR
12:00	Sunday Brunch, <b>23.</b> DR		Balance Class, RR 24. Visit James Museum	10:00	Tai Chi, RR	25.	9:30	Balance Class, RR $26$ .		Tai Chi, RR 27.	10:00	"Brush up on Bridge"		29.
1:00	Workout CH 195	10:30 1:00	Balance Class, RR Center, Breathe &	11:00	Grocery Shopp	bing	10:30	Balance Class, RR		Grocery Shopping	10.00	with Harriette, RR		Grocery Shopping
2:00	Afternoon Movie, RR	1.00	Relax w/ Stephanie, WR	11:00	Pool Exercise		11:15	Brain Games, STCR	11:00	Pool Exercise			11:00	Singing Workshop, RF
8:00	Evening Movie, RR	1:00 4:30	Zumba Gold, RR Happy Hour, BCL	1:00	Workout CH 19	5	1:00	Chair Aerobics, WR		Workout, CH 195	1:00	Workout, CH 195	4.00	Werkert OLL 105
					Stretch & Relax		1:00	Workout CH 195	1:30	Stretch & Relax, RR	1:00	Music & Movement, RR	1:00	Workout, CH 195
12:00	Sunday Brunch, 30.		Balance Class, RR Balance Class, RR <b>31</b> .	3:00	SBC Book Club	. RR	2:00	Play Reading Group, STCR		Poetry, STCR			2:00	Rummikube, WR
	DR	1:00	Center, Breathe & Relax w/ Stephanie, WR			,				Owners Forum, RR			2:00	Afternoon Movie, RR
1:00	Workout CH 195	1:00	Zumba Gold, RR	4:30	Happy Hour, B	CL	3:00	Afternoon Tea with Paul Luther Guitar, NTLR		Happy Hour, BCL			4.20	
2:00	Afternoon Movie, RR	3:00 4:30	"Art Bites," with Joan, RR Happy Hour, BCL				4:30	Happy Hour, BCL	5:30	July Birthday Dinner, Veranda	4:30	Happy Hour, BCL	4:30	Happy Hour, BCL
8:00	Evening Movie, RR	8:00	Lizabeth Flood, Piano & Vocal Concert, RR	6:00	Stepping Out		8:00	Evening Movie, CH 195	8:00	Duo Arpeggione, RR	8:00	Evening Movie, CH 195	8:00	Evening Movie, RR