

















Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>In The Know...</b></p> <p><b>Calendar Review July 2</b></p> <p><b>Calendar Highlights July 3</b></p> <p><b>Library Volunteers Meeting July 19</b></p> <p><b>Quarterly Residents' Association Meeting July 22</b></p>	 <p><b>*Outing Highlights*</b></p> <p>Durham Bulls Baseball Game July 5</p> <p>Sunflower Fields at Dix Park July 8</p> <p>BBQ Lunch: <i>Low &amp; Slow</i> Selma, NC July 12</p> <p>NC Museum of Natural Sciences July 19</p> <p>Olympic Lunch Out: <i>Simply Crepes</i> July 26</p> 		<p>AL: Assisted Living AL/DR1: Assisted Living Dining Room AL/P: Assisted Living Garden Patio AL1: Assisted Living 1st Floor Living Room AL2: Assisted Living 2nd Activity Room AL3: Assisted Living 3rd Activity Room B: MG Bus Outing Bistro: IL Dining: Oak Room (IL 1st Floor) C: Car Outing Conf: Conference Room (IL 2nd Floor) FC: Fitness Center (IL 1st Floor) FD: Front Desk (IL 2nd Floor)</p> <p>IL: Independent Living IL/CA: IL Card Room (IL 2nd Floor) IL/CR: IL Craft Room (IL 1st Floor) IL/DR: IL Dining: Oak Room (IL 1st Floor) IL/LR: IL Living Room (IL 2nd Floor) IL/PDR: Private Dining Room IL3: IL 3rd Floor Lounge IL4: IL 4th Floor Lounge Lib: IL Library (IL 2nd Floor) M/WC: Media/Worship Center (IL 1st Floor) P: Pool (IL 1st Floor) Pub: IL 1st Floor</p> <p><b><u>Please note that committee meetings in bold print on the calendar are open to all Residents to attend.</u></b></p> <p>*Denotes that you must sign-up/ preregistered for the program or event*</p> <p>Please sign up for all Bus Outings ASAP in the book located at the Front Desk! Medical Appointments are scheduled on Tuesdays, Wednesdays &amp; Thursdays between 8:30 a.m.- 2:30 p.m. There will be a fee if you do not turn in your request 48 <u>business hours</u> before your appointment.</p> <p>MGTV is your way to know what is going on! Tune in to Direct TV Channel 1-1 for the latest community information</p>		
<p><b>Choral Group Concert</b></p> <p>"I ❤️ Beach Music"</p> <p>July 8 3:00 PM IL/CR</p> 					
<p><b>1</b></p> <p>9:15-Aquatone (P) *10-Wegmans (B) 10:30-Why do we say that? (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Patriotic Word of the Week (AL2) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 3-Patriotic Paint 'n Sip (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>2</b></p> <p>*9:30-Food Lion (B) 10:30-Jewelry Junction: <i>Bracelets</i> (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) *1-Pasta with Asha (AL2) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 3-Calendar Review (IL/CR) 4-Who, What, Where? (AL2) 6-10-Game Night (IL/CA)</p> 	<p><b>3</b></p> <p>9:15-Aquatone (P) 10-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-The Sunshine Club (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-The Food that Built America: <i>Ice Cream Empires</i> (AL2) 2-Wii Bowling (FC) 2-Murdle Mystery (Lib) 3-French Club (Lib) 3-Calendar Highlights (AL1) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>4 Independence Day</b></p> <p>10:00-Patriotic Concert Video: <i>U.S. Army Band</i> (MGTV) 11-3-Oak Room Hours (IL/DR) 1-BINGO (IL/CR) 2-Wii Bowling (FC) 2-Yoga for Better Balance (AL2) 2-Patriotic Piano Performance &amp; "Cool" Treats (AL1) 3-Holiday Movie: <i>Stars &amp; Stripes Forever</i> (MGTV &amp; Pub) 6-10-Game Night (IL/CA) 7-Movie: <i>Dirty Dozen</i> (MGTV &amp; Pub)</p> 	<p><b>5</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10:30-Art with Mary Lou (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Health Chat :<i>Osteoporosis</i> (M/WC) 12-Flower Pick-up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Passport Pleasures: <i>Denmark</i> (AL2) 2-Wii Bowling (FC) 3:30-Shabbat (M/WC) 4-Game of the Week: Yahtzee (AL2) *5-Durham Bulls Baseball (B) 6-10-Game Night (IL/CA)</p>	<p><b>6</b></p> <p>10:30-Buzz Word (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Muisc with Singer, Don Smith on Guitar (AL1) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>Gettysburg</i> (MGTV &amp; Pub)</p> <p><b>7</b></p> <p>10-Morning Stretch (MGTV) 11-Worship at Duke Chapel (MGTV) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Brahms-Symphony No. 2</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>The Battle of Britain</i> (MGTV &amp; Pub)</p>
<p><b>8</b></p> <p>9:15-Aquatone (P) *9:30-Sunflowers at Dix Park (B) 10:30-Fit &amp; Fun with Frankie (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Word of the Week (AL2) 3-Choral Group Concert: <i>I Love Beach Music</i> (IL/CR) 4-Monthly Mixer with Jenny Wayne (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>9</b></p> <p>*9:30-Food Lion (B) 10-Eucharistic Service (M/WC) 10:30-Hangman (AL2) 11-Balance Worx (IL/CR) 12:30-Get Fit with Frankie (IL/CR) *12:30-2:30-Ride for \$5 (Car) *1-Pasta with Asha (AL2) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Bingo (AL2) 3-Stand Strong (FC) 3-Safe Driving Tips (M/WC) 6-10-Game Night (IL/CA)</p> 	<p><b>10</b></p> <p>9:15-Aquatone (P) 10-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-The Sunshine Club (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Community Communion (M/WC) 1:30-Fitter Sitters (IL/CR) 2-Family Feud (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 3-Magnolia GEMS: <i>Travels In Antarctica</i>- Illustrated Presenter: Sally Lazar (IL/CR) 4-Nintendo Switch: Sports (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>11</b></p> <p>*9:30-Harris Teeter Shuttle (B) 11-Hand Exercise (AL2) 10:30-Tai Chi (IL/CR) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 1:30-Book Club (Lib) 2-"Band Camp" (AL2) 2-Wii Bowling (FC) 3-Movie Buffs (AL3) 3-Birthday &amp; Anniversary Party with Zeke on Keyboard (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>12</b></p> <p>*8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) 10:30-Art with Mary Lou (AL2) 10:30-Flex &amp; Balance (FC Hall) *11:30-BBQ Lunch Outing: <i>Low &amp; Slow -Selma, NC</i> (B) 12-Flower Pick-up (IL/CR) *1-Library (Car) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Puzzle Time (AL2) 3-"Boat" Snacks and a Movie: <i>The Boys in the Boat</i> (M/WC) 4-Finish the Song Lyrics (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>13</b></p> <p>10:30-Junk Drawer Detective (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Music with <i>The Quarter Notes</i> (AL1) 3:30-Rosary Prayer (M/WC) 4-Eucharistic Service (M/WC) 7-Saturday Night Movie: <i>Tootsie</i> (MGTV &amp; Pub)</p> <p><b>14</b></p> <p>10-Morning Stretch (MGTV) 11-Worship at Duke Chapel (MGTV) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Tchaikovsky: Piano Concerto No. 1</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Witches of Eastwick</i> (MGTV &amp; Pub)</p>
<p>*****SAFE DRIVING Week-July 8-12*****</p>					



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p><b>15</b> 9:15-Aquatone (P) *9:30 Food Lion (B) 10:30-Recollecton Road (AL2 &amp; MGTV) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Cards for Troops (AL2) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 4-Cards for Troops (AL2) 6-10-Game Night (IL/CA)</p> <p><b>YOGA</b></p>	<p><b>16</b> *9:30-Hamricks (B) 10:30-Bird House Painting Project (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) *1-Pasta with Asha (AL2) 2-Wii Bowling (FC) 2-Coping With Loss (M/WC) 2-Team Trivia (IL/CA) 2-Jeopardy! (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>17</b> 9:15-Aquatone (P) 10:30-Choral Group (M/WC) 10:30-The Sunshine Club (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-PBS American Experience: <i>Fly with Me</i> (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 3-Low Vision (Lib) 4-New Song Music (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>18</b> Podiatry Visit by Appointment (FD) 9-10-Hearing Aid Check (AL3) 10:30-Tai Chi (MGTV) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-Welcome Ambassador Committee Meeting (IL/CA) 1-BINGO (IL/CR) 2-Yoga for Better Balance (AL2) 2-Wii Bowling (FC) <b>2-Residents' Association Board Meeting (Lib)</b> 2-Building/Grounds Committee (M/WC) 3-Jeopardy! (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>19</b> *8:30-Banks (Car) 9:15-Aquatone (P) 10-Morning Meditation (M/WC) <b>10:00-Library Volunteers Meeting (Lib)</b> 10:30-Art with Mary Lou (AL2) 10:30-Flex &amp; Balance (FC Hall) 10:30-Happy Hounds (AL3) 11-Health Chat : <i>Lung Cancer</i> (M/WC) 12-Flower Pick-up (IL/CR) *1-NC Museum of Natural Sciences Outing (B) 1-2-Blood Pressure Check (IL/CA) 2-Herbal "No Bug" Balm (AL2) 2-Wii Bowling (FC) 4-Game of the Week: <i>Skipbo</i> (AL2) 6-10-Game Night (IL/CA)</p> 	<p><b>20</b> 10:30-Categories (AL2) 1-BINGO (IL/CR) 2-Standing Tai Chi (MGTV) 3-Tea at Three (AL2) 3-The Poetry Peddler (Lib) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Moulin Rouge</i> (MGTV &amp; Pub)</p> <p><b>21</b> 10-Morning Stretch (MGTV) 11-Worship at Duke Chapel (MGTV) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 3-Quarterly Residents' Association Meeting (IL/DR) 4-Classical Music Video: <i>Beethoven &amp; Berlioz</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Hello Dolly</i> (MGTV &amp; Pub)</p>
<p><b>22</b> 9:15-Aquatone (P) *10-Walmart (B) 11-Hand Exercise (IL/CR) 10:30-Master Gardeners (AL2) 10:30-Fit &amp; Fun with Frankie (AL3) 12-Lunch &amp; Learn - <i>Thomas Sayre: "Four Walls" Exhibit</i> (M/WC) *12:30-2:30 Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 2-Word of the Week (AL2) 4-Spinning Vinyls (AL1) 6-10-Game Night (IL/CA)</p>	<p><b>23</b> *9:30-Food Lion (B) 10-Dining Committee (PDR) 10:30-Backwards Game (AL2) 11-Balance Worx (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Fit with Frankie (IL/CR) *1-Pasta with Asha (AL2) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 3-Bingo (AL2) *4-6-Magnolia Table Tasting Dinner (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>24</b> 9:15-Aquatone (P) 10-12-Fitness Center Drop In (FC) 10:30-The Sunshine Club (AL2) 10:30-Choral Group (IL/CR) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (MGTV) 2-Murdle Mystery will not meet today. 2-Wii Bowling (FC) 3-Art of Living Well Committee Meeting (M/WC) 4-Body and Mind Wellness (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>25</b> *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (M/WC) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2- "Band Camp" (AL2) 2-Wii Bowling (FC) 2-New Resident Essentials (Pub) 3-Meet Your New Neighbor Social with Christian Green (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p><b>26</b> *8:30-Banks (Car) 9:15-Aquatone (P) 10:00-Morning Meditation (M/WC) 10:30-Art with Mary Lou (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Preserving Your Strength (M/WC) 12-Flower Pick up (IL/CR) *1-Olympic Tour 2024 Lunch: <i>Simply Crepes</i> (B) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Shrinky Dink Keychains (AL2) 3-Art Appreciation (IL/CR) 4-Game of the Week: <i>Pictionary</i> (AL2) 6-10-Game Night (IL/CA)</p>	<p><b>27</b> 10:30-Mad Libs (AL2) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 3-Add A Word (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Working Girl</i> (MGTV &amp; Pub)</p> <p><b>28</b> 10-Morning Stretch (MGTV) 11-Worship at Duke Chapel (MGTV) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Classical Music Video: <i>Vivaldi: Four Seasons</i> (MGTV &amp; Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>All the Presidents Men</i> (MGTV &amp; Pub)</p>
<p><b>29</b> 9:15-Aquatone (P) *10-Target at North Hills (B) 10:30-Let's Try Google Earth (AL2) 11-Hand Exercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Word of the Week (AL2) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 4-Music for the Soul (AL1) 6-10-Game Night (IL/CA)</p> 	<p><b>30</b> *9:30-Food Lion (B) 10:30-30 Minutes with Patsy Cline (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-All About Basil (AL2) 3-Gameess &amp; Giggles (IL/CR) 6-10-Game Night (IL/CA)</p>	<p><b>31</b> 9:15-Aquatone (P) 10-12-Fitness Center Drop In (FC) 10:30-Choral Group (M/WC) 10:30-The Sunshine Club (AL2) 10:30-Flex &amp; Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-Red, White, and Blue Quiz (AL2) 2-Wii Bowling (FC) 2-Murdle Mystery (Lib) 4-Nintendo Switch: Sports (AL2) 6-10-Game Night (IL/CA)</p>	 <p><b>Happy Birthday!</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Jean Jackson - July 1 Doris Kopf - July 1 Eleanor Toy - July 8 Caryl Glickman - July 11 Barbara Martin - July 12 John Robertson - July 14 Ed Brannock - July 17 Sam Folsom - July 19</p> </div> <div style="width: 45%;"> <p>Francois Fougerat - July 20 Janet Gassman - July 25 Ilse Ashworth - July 25 Peggy Prevatt - July 26 Clara Burley - July 28 Barbara Oxford - July 28 Myrna Lurie - July 29 Ruth Black - July 31</p> </div> </div>  <p><b>Happy Anniversary!</b></p> <p>Charles &amp; Jan Hinman - July 4 Nancy &amp; Cornelius Vanstory - July 28</p>		