SUN	MON	TUE	WED	THUR	FRI	SAT
LOCATION KEY 3-GR - 3 Floor Game Room 3-CH - 3rd Floor Chapel AR - Activity Room CL - Cafe	DH - Dining Hall FC - Fitness Center M - Media Room SL - Sports Lounge		**1** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) **10:00 Trip: Montgomery Street Antique Mall (Sign Up on the second floor) (Meet in the Front Entrance)** **10:15 Playing Beanbag Toss (SL)** 10:30 Chair Yoga (FC) **1:00 Blood Pressure Check with Select Rehab (FC)** 1:00 Spinners Dominoes (M) **1:15 Help, Health & Wellness with Jeremiah (FC)** **1:15 Meet & Greet Travel Agent Vanessa (AR)** 2:00 Bridge (3-GR) 2:00 Moving For Better Balance (FC) 2:00 Playing Mahjong (M) **3:00 Discovery Choir Performs Patriotic Songs (DH)** **8:45 Tai Chi (FC)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**2** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:15 Playing Passwords (M) 10:30 Water Aerobics (Pool) 1:00 Chair Yoga (FC) **1:15 Playing Pictionary (M)** 1:30 Resident Led Bible Study with Donna (3-CH) **1:30 Rummikub (CL)** 2:00 Mind Fit (FC) 3:00 Happy Hour (DH) 4:00 Game Joker's Wild (M) 4:00 Playing Samba (3-GR)	**3** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:00 Blood Pressure Check (M) 9:15 Total Body Fitness (FC) 10:15 Playing Jeopardy (M) **10:30 Weights & Bands (FC)** 11:00 Device Help (M) **11:00 4th Of July Celebration (Sign Up on the second floor) (DH)** 1:00 Rummikub (M) **1:15 Dancing Class (FC)** **2:00 Balance Class (FC)** 3:00 Drum Cardio (FC) 4:15 Afternoon Walks Resident Led (FC) 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**4** ***Independence Day*** **9:00 Men's Coffee & Conversation (SL)** 10:00 Water Volleyball (Pool) **10:30 Saturday Brunch (Sign Up in the Cafe) (DH)** 1:15 Resident Led -Playing Oops Card Game (M) 2:00 Adult Coloring (AR) 2:00 Bridge (3-GR) **3:00 Hand & Foot Card Game (M)** 6:00 Playing American Mahjong (3rd Floor Game Room)
5 9:30 Resident Led Sunday School (3-GR) 11:00 Church Service (3-CH) 2:00 Chicken Foot Dominoes Game (CL) 2:00 Pinochle (3-GR) 2:00 Playing Farkle (M) 2:30 Spinners Dominoes (M) 4:00 Playing Samba (M)	**6** ***NO BUS LOOP*** ***No Trash Pick Up*** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:00 Choir Practice (3CH) 10:00 Spinners Dominoes (M) 10:15 Playing LCR Bring 4 Quarters (CL) 10:30 Chair Yoga (FC) **1:00 Movie Monday " Father of the Bride" (M)** 1:15 Chair Dancing (FC) 2:00 Moving For Better Balance (FC) 3:00 Afternoon Walks Resident Led (FC) **3:00 Live Music by Craig Murphy B.Y.O.B. (DH)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** 5:30 Poker (SL)	**7** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:15 Song Lyric Scramble (M) 10:30 Water Aerobics (Pool) 10:30 Catholic Communion (3-CH) 1:00 Pinochle (M) **1:15 Collaborative Hand & Foot (Card Game) (3-GR)** 1:15 Playing Beanbag Baseball (FC) 2:00 Color By Number (AR) **3:00 Device Help (M)** 3:00 Drum Cardio (FC) 3:00 Weights & Bands (FC) **4:30 Cajun Bayou Feast (Sign Up in Cafe) (DH)**	**8** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) **10:15 Playing Beanbag Toss (SL)** 10:30 Chair Yoga (FC) **1:00 Blood Pressure Check with Select Rehab (FC)** 1:00 Spinners Dominoes (M) 1:15 5 Prize Bingo (AR) **1:15 Help, Health & Wellness with Jeremiah (FC)** 2:00 Bridge (3-GR) 2:00 Moving For Better Balance (FC) 2:00 Playing Mahjong (M) 3:00 Strawberry Sundae Social (DH) **3:00 Tai Chi (FC)** **3:30 TripToGo Gumbo (Sign Up on the second floor) (Meet us in the Front Entrance)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**9** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:15 Playing Passwords (M) 10:30 Water Aerobics (Pool) 1:00 Chair Yoga (FC) **1:30 Painting with Charice (AR)** 1:30 Resident Led Bible Study with Donna (3-CH) **1:30 Rummikub (CL)** 2:00 Mind Fit (FC) 3:00 Happy Hour with Select Rehab (DH) 4:00 Game Joker's Wild (M) 4:00 Playing Samba (3-GR)	**10** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:00 Blood Pressure Check (M) 9:15 Total Body Fitness (FC) 10:15 Playing Jeopardy (M) **10:30 Weights & Bands (FC)** 11:00 Device Help (M) 1:00 Rummikub (M) **1:15 Dancing Class (FC)** **2:00 Balance Class (FC)** **3:00 $1 Bingo (DH)** 3:00 Drum Cardio (FC) 4:15 Afternoon Walks Resident Led (FC) 4:15 Cookies in the Cafe (CL) 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**11** **9:00 Men's Coffee & Conversation (SL)** 10:00 Water Volleyball (Pool) 1:15 Resident Led -Playing Oops Card Game (M) 2:00 Adult Coloring (AR) 2:00 Bridge (3-GR) **3:00 Hand & Foot Card Game (M)** 6:00 Playing American Mahjong (3rd Floor Game Room)
12 9:30 Resident Led Sunday School (3-GR) 11:00 Church Service (3-CH) 2:00 Chicken Foot Dominoes Game (CL) 2:00 Pinochle (3-GR) 2:00 Playing Farkle (M) 2:30 Spinners Dominoes (M) **3:30 Church Potluck (DH)** 4:00 Playing Samba (M)	**13** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:00 Choir Practice (3CH) 10:00 Spinners Dominoes (M) 10:15 Playing LCR Bring 4 Quarters (CL) 10:30 Chair Yoga (FC) **1:00 Movie Monday " Flowers in the Attic" (M)** 1:15 Chair Dancing (FC) 1:15 Game: Guess Who (AR) 2:00 Free Hearing Clinic (Health Home Care Office) 2:00 Moving For Better Balance (FC) 3:00 Afternoon Walks Resident Led (FC) **3:00 Live Music by Steve Lane B.Y.O.B. (DH)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** **5:00 Ladies' Dinner Out: Shady Oaks BBQ (Sign Up on the second floor) (Meet in the Front Entrance)** 5:30 Poker (SL)	**14** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:00 Smoothies (FC) 10:30 Water Aerobics (Pool) 10:30 Catholic Communion (3-CH) 1:00 Pinochle (M) **1:15 Collaborative Hand & Foot (Card Game) (3-GR)** 1:15 Playing Beanbag Baseball (FC) 2:00 Color By Number (AR) **3:00 Device Help (M)** 3:00 Drum Cardio (FC) 3:00 Weights & Bands (FC) **4:30 Bar Night (Sign Up in Cafe) (DH)**	**15** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) **10:00 Trip: DFW Car Toy Museum (Sign Up on the second floor) (Meet us in the Front Entrance)** **10:15 Playing Beanbag Toss (SL)** 10:30 Chair Yoga (FC) **1:00 Blood Pressure Check with Select Rehab (FC)** 1:00 Spinners Dominoes (M) **1:15 Help, Health & Wellness with Jeremiah (FC)** **1:15 Low Vision Meeting (AR)** 2:00 Bridge (3-GR) 2:00 Moving For Better Balance (FC) 2:00 Playing Mahjong (M) **3:00 Root Beer Float Social (DH)** **3:00 Tai Chi (FC)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**16** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) **10:00 Vendor: DFW Wildflowers (CL)** 10:15 Playing Passwords (M) 10:30 Water Aerobics (Pool) 1:00 Chair Yoga (FC) **1:15 Playing Scattegories (M)** 1:30 Resident Led Bible Study with Donna (3-CH) **1:30 Rummikub (CL)** 2:00 Mind Fit (FC) 3:00 Happy Hour with Overture (DH) 4:00 Game Joker's Wild (M) 4:00 Playing Samba (3-GR)	**17** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:15 Playing Jeopardy (M) **10:30 Weights & Bands (FC)** 11:00 Device Help (M) 1:00 Rummikub (M) **1:15 Dancing Class (FC)** **2:00 Balance Class (FC)** **3:00 $1 Bingo (DH)** 3:00 Drum Cardio (FC) 4:15 Afternoon Walks Resident Led (FC) 4:15 Cookies in the Cafe (CL) 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**18** **8:45 Men's Breakfast Our Brunch Spot (Sign Up on the second floor) (Meet in the Front Entrance)** 10:00 Water Volleyball (Pool) 1:15 Resident Led -Playing Oops Card Game (M) 2:00 Adult Coloring (AR) 2:00 Bridge (3-GR) **3:00 Hand & Foot Card Game (M)** 6:00 Playing American Mahjong (3rd Floor Game Room)
19 9:30 Resident Led Sunday School (3-GR) 11:00 Church Service (3-CH) 2:00 Chicken Foot Dominoes Game (CL) 2:00 Pinochle (3-GR) 2:00 Playing Farkle (M) 2:30 Spinners Dominoes (M) 4:00 Playing Samba (M) **6:00 Playing Keno (DH)**	**20** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:00 Choir Practice (3CH) 10:00 Spinners Dominoes (M) 10:15 Playing LCR Bring 4 Quarters (CL) 10:30 Chair Yoga (FC) **1:00 Movie Monday "Nonnas" (M)** 1:15 Chair Dancing (FC) **1:15 Uniquest Community App Meeting Q&A (AR)** 2:00 Moving For Better Balance (FC) **2:00 Renewed Strength (3rd Floor Game Room)** 3:00 Afternoon Walks Resident Led (FC) **3:00 Ice Cream Soda Day (DH)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** **4:00 Free 10 Mins Chair Massage from Vicky and Kenny (Sign Up on the second floor) (CL)** 5:30 Poker (SL) 6:00 Residents Council Meeting (AR)	**21** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) **10:15 Playing Family Feud (AR)** 10:30 Water Aerobics (Pool) 10:30 Catholic Communion (3- CH) 1:00 Pinochle (M) **1:15 Collaborative Hand & Foot (Card Game) (3-GR)** 1:15 Playing Beanbag Baseball (FC) 2:00 Color By Number (AR) **3:00 Device Help (M)** 3:00 Drum Cardio (FC) 3:00 Weights & Bands (FC) **4:30 Burger Favorite Dinner (Sign Up in Cafe) (DH)** 6:30 The Word & Music Bible Study with Ron & Particia (3CH)	**22** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) **9:45 Trip: WinStar Casino (Sign Up on the second floor) (Meet in the Front Entrance)** **10:15 Playing Beanbag Toss (SL)** 10:30 Chair Yoga (FC) **1:00 Blood Pressure Check with Select Rehab (FC)** 1:00 Spinners Dominoes (M) **1:15 Game: Logo Game (AR)** **1:15 Help, Health & Wellness with Jeremiah (FC)** 2:00 Bridge (3-GR) 2:00 Moving For Better Balance (FC) 2:00 Playing Mahjong (M) **3:00 Tai Chi (FC)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** **5:00 Karaoke Night (DH)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**23** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:15 Playing Passwords (M) 10:30 Water Aerobics (Pool) 1:00 Chair Yoga (FC) **1:15 Playing Pictionary (M)** 1:30 Resident Led Bible Study with Donna (3-CH) **1:30 Rummikub (CL)** 2:00 Mind Fit (FC) 3:00 Happy Hour July Birthday Celebration (DH) 4:00 Game Joker's Wild (M) 4:00 Playing Samba (3-GR)	**24** ***Wear Purple*** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:15 Playing Jeopardy (M) **10:30 Weights & Bands (FC)** 11:00 Device Help (M) 1:00 Rummikub (M) **1:15 Dancing Class (FC)** **2:00 Balance Class (FC)** **3:00 $1 Bingo (DH)** 3:00 Drum Cardio (FC) 4:15 Afternoon Walks Resident Led (FC) 4:15 Cookies in the Cafe (CL) 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**25** **9:00 Life Begins with Coffee "Ladies' Morning Talk " (3rd Floor Game Room)** **9:00 Men's Coffee & Conversation (SL)** 10:00 Water Volleyball (Pool) 1:15 Resident Led -Playing Oops Card Game (M) 2:00 Adult Coloring (AR) 2:00 Bridge (3-GR) **3:00 Hand & Foot Card Game (M)** 6:00 Playing American Mahjong (3rd Floor Game Room)
26 9:30 Resident Led Sunday School (3-GR) 11:00 Church Service (3-CH) 2:00 Chicken Foot Dominoes Game (CL) 2:00 Pinochle (3-GR) 2:00 Playing Farkle (M) 2:30 Spinners Dominoes (M) 4:00 Playing Samba (M)	**27** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:00 Choir Practice (3CH) 10:00 Spinners Dominoes (M) 10:15 Playing LCR Bring 4 Quarters (CL) **1:00 Movie Monday "The Shack" (M)** **1:15 Painting with Joan G (AR)** 3:00 Afternoon Walks Resident Led (FC) **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** **5:00 Dinner Out: Uncle Julios (Sign Up on the second floor) (Meet in the Front Entrance)** 5:30 Poker (SL)	**28** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) **10:15 New Resident Orientation (AR)** 10:30 Water Aerobics (Pool) 10:30 Catholic Communion (3- CH) 1:00 Pinochle (M) **1:15 Collaborative Hand & Foot (Card Game) (3-GR)** 1:15 Playing Beanbag Baseball (FC) 2:00 Color By Number (AR) **3:00 Device Help (M)** 3:00 Discovery Village Book Club (3-GR) **4:30 Bella Italian Dinner (Sign Up in Cafe) (DH)**	**29** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) **10:00 Anglican Communion (3-CH)** **10:00 Trip: Bureau of Engraving and Printing (Sign Up on the second floor) (Meet us in the Front Entrance)** **10:15 Playing Beanbag Toss (SL)** 1:00 Spinners Dominoes (M) **1:15 Game: The Uzzle (AR)** 2:00 Bridge (3-GR) 2:00 Playing Mahjong (M) **4:00 Discovery Village Art Show (DH)** **4:00 Hand & Foot Card Game (Sign Up on the second Floor) (M)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	**30** ***Free Table Starts at 3P.M.*** 8:15 Morning Walk (FC) 9:15 Stretching & Relax (FC) 10:15 Playing Passwords (M) 10:30 Water Aerobics (Pool) 1:00 Chair Yoga (FC) **1:15 Playing Pictionary (M)** 1:15 Playing Tapple (M) 1:30 Resident Led Bible Study with Donna (3-CH) **1:30 Rummikub (CL)** 2:00 Mind Fit (FC) **3:00 Free Table Give Away (AR)** 3:00 Happy Hour (DH) 4:00 Game Joker's Wild (M) 4:00 Playing Samba (3-GR)	**31** ***Free Table Friday Ends at 4 P.M.*** 8:15 Full Body Exercise with Megan (Rehab) (FC) 8:15 Morning Walk (FC) 9:15 Total Body Fitness (FC) 10:15 Playing Jeopardy (M) 11:00 Device Help (M) 1:00 Rummikub (M) **3:00 $1 Bingo (DH)** 4:15 Afternoon Walks Resident Led (FC) 4:15 Cookies in the Cafe (CL) **4:15 Town Hall Meeting (DH)** 5:30 Poker (SL) 6:00 Playing American Mahjong (3rd Floor Game Room)	

July 2026

DISCOVERY VILLAGE
AT ALLIANCE TOWN CENTER
By Discovery Senior Living