


JULY 2026- Under the Sea

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FELLOWSHIP SQUARE PHOENIX	LOCATION Activity Room (AR) Centerview 2nd FL Lounge (C2FL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Library (L) Manor 1 3rd Floor Activity Room (M13FAR) Manor 1 Activity Room (M1AR) Manor 3 3rd Floor Activity Room (M33FAR) Neighborhood Nook (NN) Northridge 2nd FL lounge (N2FL) Northridge 3rd FL Lounge (N3FL)	LOCATION Oasis Dining Room (ODR) Pool (P) Prayer Garden (PG) Private Dining Room (PDR) Southgate 2nd FL Lounge (S2FL)	7:30am Open Gym (FC) 1 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 10% Off 10:00am Bible Study (AR) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:30am Bank Run 11:30am Shopping: Fry's 10% Off 1:00pm Pinochle (C2FL) 1:30pm Winning Wednesday: Concentration (AR) 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Open Gym (FC) 3:00pm Pearls of Wisdom* (AR) 5:00pm Mic Drop Moments (NN) 6:00pm Bunco (AR)	7:30am Open Gym (FC) 2 8:00am Cornhole (AR) 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 10:00am Music & Melodies (L) 10:00am Chef Chat (AR) 10:30am Bridge (NN) 11:00am FSU Registration! (GC) 11:00am Fending off Falls (FC) 12:30pm Thinkin' Thursday: Words in Words (GC) 1:00pm Wellness Wisdom (L) 1:30pm Bible Study - Manor 3 (M33FAR) 2:00pm Open Gym (FC) 3:00pm Bible Study - Manor 1 (M1AR) 3:00pm Happy Birthday Party!! (Invite Only) (AR)	7:30am Open Gym (FC) 3 8:00am Morning Strolls (PG) 9:00am Post Office 10:00am 4th of July Service* (AR) 10:00am Shopping: Safeway, Walgreens or CVS 11:30am Bridge (C2FL) 11:30am Open Gym (FC) 12:00pm Safety Starts Here (AR) 12:30pm LCR (NN) 2:00pm 4th of July Service* (AR) 3:00pm Cheers to 250 Years* (GC) 6:00pm Bridge (AR)	9:00am Bullseye Buddies (AR) 4 12:00pm Mahjong (S2FL) 12:00pm Rummikub (AR) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)
11:30am Church Service (M13FAR) 5 3:00pm Worship Service - Ptr. Kody DeHart (AR)	7:30am Open Gym (FC) 6 8:00am Morning Strolls (PG) 9:00am Outing: OdySea Aquarium*\$ 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 11:30am Shopping: Fry's 11:30am Chair Yoga with Kelley (AR) 11:30am Shopping: Ross or Dollar Tree 12:00pm Mahjong (S2FL) 1:00pm FSU - Mindful Living (L) 1:00pm Farkle (C2FL) 2:00pm Open Gym (FC) 2:00pm Catholic Mass (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)	7:30am Open Gym (FC) 7 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 9:30am Lap Quilts (AR) 11:00am Trivia Club (NN) 12:00pm Wii Bowling (AR) 12:30pm Yarn Club (L) 1:30pm Adventure Club (NN) 1:30pm Bingo (AR) 2:00pm Open Gym (FC) 2:30pm Craft Club* (GC) 5:30pm Hand & Foot (AR)	7:30am Men's Breakfast (DR) 8 7:30am Open Gym (FC) 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 10:00am Bible Study (AR) 10:00am Blood Pressure Clinic (C2FL) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:30am Bank Run 11:30am Shopping: Super Walmart 1:00pm Pinochle (C2FL) 1:30pm Winning Wednesday: Wheel of Fortune (AR) 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Open Gym (FC) 3:00pm Let's Be Kids Again!* (AR) 5:00pm Mic Drop Moments (NN) 6:00pm Bunco (AR)	7:30am Open Gym (FC) 9 8:00am Cornhole (AR) 8:00am Morning Strolls (PG) 9:00am Blood Drive (AR) 9:00am Water Aerobics (P) 10:00am Music & Melodies (L) 10:00am Music & Movement* (ODR) 10:30am Bridge (NN) 11:00am Fending off Falls (FC) 12:30pm Thinkin' Thursday: Jeopardy (GC) 1:00pm Wellness Wisdom (L) 1:30pm Bible Study - Manor 3 (M33FAR) 1:30pm Wellness Unwrapped (AR) 1:30pm The Cholla Librarian is In! (GC) 2:00pm Open Gym (FC) 3:00pm Bible Study - Manor 1 (M1AR) 3:00pm Poetry Club (L) 3:00pm Thirsty Thursday: Jellyfish Juice* (NN)	7:30am Open Gym (FC) 10 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:30am Friday Flights: Under the Sea (AR) 11:00am The Man Behind the Window (AR) 11:30am Bridge (C2FL) 11:30am Open Gym (FC) 12:30pm Home Run Club* (AR) 12:30pm LCR (NN) 2:00pm Choir Practice (ODR) 3:00pm FRY-day!* (GC) 6:00pm Bridge (AR)	9:00am Bullseye Buddies (AR) 11 10:30am Bingo (AR) 12:00pm Mahjong (S2FL) 12:00pm Rummikub (AR) 1:30pm Cinema: Finding Nemo (AR) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11:30am Church Service (M13FAR) 12 3:00pm Worship Service - Chaplain Joey Sampaga (AR)</p>	<p>7:30am Open Gym (FC) 13 8:00am Morning Strolls (PG) 8:30am Meal Out: Denny's 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 11:00am FSU - Living Well (L) 11:30am Chair Yoga with Kelley (AR) 11:30am Shopping: Fry's 12:00pm Mahjong (S2FL) 1:00pm FSU - Mindful Living (L) 1:00pm Farkle (C2FL) 2:00pm Open Gym (FC) 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)</p>	<p>7:30am Open Gym (FC) 14 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 9:30am Lap Quilts (AR) 9:30am Start Here! (Invite Only) (AR) 10:00am FSU - True Crime Investigation (L) 10:00am Mary Kay Cosmetics (GC) 11:00am FSU - Legacy of Learning (L) 11:00am Trivia Club (NN) 12:00pm Wii Bowling (AR) 12:30pm Yarn Club (L) 1:30pm Adventure Club (NN) 1:30pm Bingo (AR) 2:00pm Open Gym (FC) 2:30pm Craft Club* (GC) 5:30pm Hand & Foot (AR)</p>	<p>7:30am Open Gym (FC) 15 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 10:00am Bible Study (AR) 10:00am FSU - Tech Talk (L) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:00am Outing: Cholla Library 11:30am Bank Run 1:00pm FSU - United States Mythology (L) 1:00pm Pinochle (C2FL) 1:30pm Winning Wednesday: Guess Who (AR) 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Open Gym (FC) 3:00pm Winedown* (AR) 5:00pm Mic Drop Moments (NN) 6:00pm Bunco (AR)</p>	<p>7:30am Open Gym (FC) 16 8:00am Cornhole (AR) 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 10:00am FSU- Science of Daily Life (L) 10:00am Music & Melodies (L) 10:30am Bridge (NN) 11:00am Fending off Falls (FC) 11:00am Walker and Scooter Repair* 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 12:30pm Thinkin' Thursday: Crossword Connections (GC) 1:00pm Wellness Wisdom (L) 1:30pm Bible Study - Manor 3 (M33FAR) 1:30pm Town Hall Meeting (AR) 2:00pm Open Gym (FC) 3:00pm Bible Study - Manor 1 (M1AR)</p>	<p>7:30am Open Gym (FC) 17 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:00am Post Office 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:30am Friday Flights: Sail Around the Mediterranean (AR) 11:30am Bridge (C2FL) 11:30am Open Gym (FC) 11:30am Happenings & Highlights (AR) 12:30pm Home Run Club* (AR) 12:30pm LCR (NN) 2:00pm Choir Practice (ODR) 3:00pm Hair's to You, Susie!* (AR) 6:00pm Bridge (AR)</p>	<p>9:00am Bullseye Buddies (AR) 18 10:30am Bingo (AR) 12:00pm Mahjong (S2FL) 12:00pm Rummikub (AR) 1:30pm Cinema: Jaws (Part 1) (AR) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)</p>
<p>11:30am Church Service (M13FAR) 19 3:00pm Worship Service - Ptr. David Jerome (AR)</p>	<p>7:30am Open Gym (FC) 20 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 10:00am FSU - Chaplain Chat (L) 11:00am FSU - Living Well (L) 11:30am Chair Yoga with Kelley (AR) 11:30am Shopping: Fry's 11:30am Shopping: Trader Joe's or Whole Foods 12:00pm Mahjong (S2FL) 1:00pm FSU - Mindful Living (L) 1:00pm Farkle (C2FL) 2:00pm Open Gym (FC) 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 3:00pm Book Club Meeting (L) 6:00pm Bingo (AR)</p>	<p>7:30am Open Gym (FC) 21 8:00am Morning Strolls (PG) 9:00am Voting Day* 9:00am Water Aerobics (P) 9:30am Lap Quilts (AR) 10:00am FSU - True Crime Investigation (L) 11:00am FSU - Legacy of Learning (L) 11:00am Trivia Club (NN) 11:00am Avon (GC) 12:00pm Wii Bowling (AR) 12:30pm Yarn Club (L) 1:30pm Adventure Club (NN) 1:30pm Bingo (AR) 2:00pm Open Gym (FC) 2:30pm Craft Club* (GC) 5:30pm Hand & Foot (AR)</p>	<p>7:30am Open Gym (FC) 22 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 10:00am Bible Study (AR) 10:00am FSU - Tech Talk (L) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:30am Bank Run 11:30am Shopping: Super Walmart 1:00pm FSU - United States Mythology (L) 1:00pm Pinochle (C2FL) 1:30pm Winning Wednesday: Horse Races (AR) 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Open Gym (FC) 3:00pm Neighbors & New Beginnings* (AR) 5:00pm Mic Drop Moments (NN) 6:00pm Bunco (AR)</p>	<p>7:30am Open Gym (FC) 23 8:00am Cornhole (AR) 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 10:00am FSU- Science of Daily Life (L) 10:00am Music & Melodies (L) 10:00am Music Movement* (AR) 10:30am Bridge (NN) 11:00am Fending off Falls (FC) 11:30am "Move to the Beat" Chair Exercise with Kelley (AR) 12:30pm Thinkin' Thursday: Brain Teasers (GC) 1:00pm Wellness Wisdom (L) 1:30pm Bible Study - Manor 3 (M33FAR) 2:00pm Open Gym (FC) 3:00pm Bible Study - Manor 1 (M1AR) 3:00pm Renew & Chew (Invite Only) (AR)</p>	<p>7:30am Open Gym (FC) 24 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:00am Blood Pressure Clinic (C2FL) 10:30am Friday Flights: Cruise the Caribbean (AR) 11:30am Bridge (C2FL) 11:30am Open Gym (FC) 12:30pm Home Run Club* (AR) 12:30pm LCR (NN) 2:00pm Choir Practice (ODR) 3:00pm Fondue Friday!* (GC) 6:00pm Bridge (AR)</p>	<p>9:00am Bullseye Buddies (AR) 25 10:30am Bingo (AR) 12:00pm Mahjong (S2FL) 12:00pm Rummikub (AR) 1:30pm Cinema: Jaws (Part 2) (AR) 3:00pm Cornhole (FC) 6:00pm Game Night (GC)</p>
<p>11:30am Church Service (M13FAR) 26 3:00pm Worship Service - Ptr. Marc Gaston (AR)</p>	<p>7:30am Open Gym (FC) 27 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:00am Shopping: Fry's 9:30am Stretch & Flex (AR) 10:00am FSU - Chaplain Chat (L) 11:00am FSU - Living Well (L) 11:30am Chair Yoga with Kelley (AR) 11:30am Shopping: Fry's 11:30am Meal Out: Bluewater Grill 12:00pm Mahjong (S2FL) 1:00pm FSU - Mindful Living (L) 1:00pm Farkle (C2FL) 2:00pm Open Gym (FC) 2:00pm Catholic Communion Service (AR) 2:30pm Rosary (AR) 6:00pm Bingo (AR)</p>	<p>7:30am Open Gym (FC) 28 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 9:30am Lap Quilts (AR) 10:00am FSU - True Crime Investigation (L) 11:00am FSU - Legacy of Learning (L) 11:00am Trivia Club (NN) 12:00pm Wii Bowling (AR) 12:30pm Yarn Club (L) 1:30pm Adventure Club (NN) 1:30pm Bingo (AR) 2:00pm Open Gym (FC) 2:30pm Craft Club* (GC) 5:30pm Hand & Foot (AR)</p>	<p>7:30am Open Gym (FC) 29 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 10:00am Bible Study (AR) 10:00am FSU - Tech Talk (L) 11:00am Billiards (N2FL) 11:00am Breaking Bread (AR) 11:30am Bank Run 1:00pm Low Vision Group (N3FL) 1:00pm FSU - United States Mythology (L) 1:00pm Pinochle (C2FL) 1:30pm Winning Wednesday: The Price is Right (AR) 2:00pm Friends of Bill W Meeting (PDR) 2:00pm Open Gym (FC) 3:00pm Pineapple Paradise* (AR) 5:00pm Mic Drop Moments (NN) 6:00pm Bunco (AR)</p>	<p>7:30am Open Gym (FC) 30 8:00am Cornhole (AR) 8:00am Morning Strolls (PG) 9:00am Water Aerobics (P) 10:00am FSU- Science of Daily Life (L) 10:00am Music & Melodies (L) 10:00am New Image Fashion (AR) 10:30am Bridge (NN) 11:00am Fending off Falls (FC) 12:30pm Thinkin' Thursday: Word Search (GC) 1:00pm Wellness Wisdom (L) 1:30pm Bible Study - Manor 3 (M33FAR) 2:00pm Open Gym (FC) 3:00pm Bible Study - Manor 1 (M1AR) 3:00pm Thirsty Thursday- Captain's Catch* (NN)</p>	<p>7:30am Open Gym (FC) 31 8:00am Morning Strolls (PG) 9:00am Senior Fit (AR) 9:30am Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 10:30am Friday Flights: Summer Traditions (AR) 11:30am Bridge (C2FL) 11:30am Open Gym (FC) 12:30pm Home Run Club* (AR) 12:30pm LCR (NN) 2:00pm Choir Practice (ODR) 3:00pm Mermaid Mischief* 6:00pm Bridge (AR)</p>	<p>* For Any activity followed by an asterisk(*), please sign up at the concierge desk!</p>