

# AUGUST 2026- Dancing Through Life

| SUNDAY                                                                                                                                | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | SATURDAY                                                                                                                                                                                                             |
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| <div></div> <div>FELLOWSHIP SQUARE<br/>PHOENIX</div> | LOCATION<br>Activity Room (AR)<br>Centerview 2nd FL Lounge (C2FL)<br>Dining Room (DR)<br>Fitness Center (FC)<br>Garden Cafe (GC)<br>Library (L)<br>Manor 1 3rd Floor Activity Room (M13FAR)<br>Manor 1 Activity Room (M1AR)<br>Manor 3 3rd Floor Activity Room (M33FAR)                                                                                                                                                                                                                                                 | LOCATION<br>Neighborhood Nook (NN)<br>Northridge 2nd FL lounge (N2FL)<br>Northridge 3rd Floor Lounge (N3FL)<br>Oasis Dining Room (ODR)<br>Pool (P)<br>Prayer Garden (PG)<br>Private Dining Room (PDR)<br>Southgate 2nd FL Lounge (S2FL)                                                                                                                                                                                                                        | * For Any activity followed by an asterisk(*), please sign up at the concierge desk!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 9:00am Bullseye Buddies (AR) 1<br>10:30am Bingo (AR)<br>12:00pm Mahjong (S2FL)<br>12:00pm Rummikub (AR)<br>1:30pm Entertainment: Ballroom Dance Demonstration (AR)<br>3:00pm Cornhole (FC)<br>6:00pm Game Night (GC) |
| 11:30am Church Service (M13FAR) 2<br>3:00pm Worship Service - Ptr. Gus Vogelsang (AR)                                                 | 7:30am Open Gym (FC) 3<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's<br>9:30am Stretch & Flex (AR)<br>10:00am FSU - The 12 Disciple's (AR)<br>11:00am FSU - Living Well (L)<br>11:30am Chair Yoga with Kelley (AR)<br>11:30am Shopping: Fry's<br>11:30am Shopping: Spouts or Bargain Bros<br>12:00pm Mahjong (S2FL)<br>1:00pm FSU - Mindful Living (L)<br>1:00pm Farkle (C2FL)<br>2:00pm Open Gym (FC)<br>2:00pm Catholic Mass (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR)     | 7:30am Open Gym (FC) 4<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>9:30am Lap Quilts (AR)<br>10:00am FSU - True Crime Investigation (L)<br>11:00am FSU - Legacy of Learning (L)<br>11:00am Trivia Club (AR)<br>12:00pm Wii Bowling (AR)<br>12:30pm Yarn Club (L)<br>1:30pm Adventure Club (NN)<br>1:30pm Bingo (AR)<br>2:00pm Open Gym (FC)<br>2:30pm Craft Club* (GC)<br>5:30pm Hand & Foot (AR)                                           | 7:30am Open Gym (FC) 5<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's 10% Off<br>10:00am Bible Study (AR)<br>10:00am FSU - Tech Talk (L)<br>11:00am Billiards (N2FL)<br>11:00am Breaking Bread (AR)<br>11:30am Bank Run<br>11:30am Shopping: Fry's 10% Off<br>1:00pm FSU - United States Mythology (L)<br>1:00pm Pinochle (C2FL)<br>1:30pm Winning Wednesday: Concentration (AR)<br>2:00pm Friends of Bill W Meeting (PDR)<br>2:00pm Open Gym (FC)<br>3:00pm Cookie Bowl Bliss* (AR)<br>6:00pm Bunco (AR)                                                          | 7:30am Open Gym (FC) 6<br>8:00am Cornhole (AR)<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>10:00am Bridge (C2FL)<br>10:00am Music & Melodies (L)<br>10:00am Chef Chat (AR)<br>11:00am FSU- Balance & Beyond (AR)<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:30pm Thinkin' Thursday: Words in Words (AR)<br>1:00pm Wellness Wisdom (L)<br>1:30pm Bible Study - Manor 3 (M33FAR)<br>2:00pm Open Gym (FC)<br>3:00pm Bible Study - Manor 1 (M1AR)<br>3:00pm Happy Birthday Party!! (Invite Only) (AR)<br>5:30pm Dance Class* (AR)                                                                      | 7:30am Open Gym (FC) 7<br>8:00am Morning Strolls (PG)<br>9:00am 2nd Annual Summer Olympics* (PG)<br>9:00am Post Office<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Friday Flights: Carnival (AR)<br>11:30am Bridge (C2FL)<br>11:30am Open Gym (FC)<br>12:30pm Home Run Club* (AR)<br>12:30pm LCR (NN)<br>2:00pm Choir Practice (ODR)<br>2:00pm FSU- Science of Daily Life (L)<br>6:00pm Bridge (AR)                                                            | 9:00am Bullseye Buddies (AR) 8<br>10:30am Bingo (AR)<br>12:00pm Mahjong (S2FL)<br>12:00pm Rummikub (AR)<br>1:30pm Cinema: Footloose (1985) Part 1 (AR)<br>3:00pm Cornhole (FC)<br>6:00pm Game Night (GC)             |
| 11:30am Church Service (M13FAR) 9<br>3:00pm Worship Service - Ptr. Doug Preudhomme (AR)                                               | 7:30am Open Gym (FC) 10<br>8:00am Morning Strolls (PG)<br>8:30am Meal Out: Biscuits Cafe<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's<br>9:30am Stretch & Flex (AR)<br>10:00am FSU - The 12 Disciple's (AR)<br>11:00am FSU - Living Well (L)<br>11:30am Chair Yoga with Kelley (AR)<br>11:30am Shopping: Fry's<br>12:00pm Mahjong (S2FL)<br>1:00pm FSU - Mindful Living (L)<br>1:00pm Farkle (C2FL)<br>2:00pm Open Gym (FC)<br>2:00pm Catholic Communion Service (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR) | 7:30am Open Gym (FC) 11<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>9:30am Lap Quilts (AR)<br>9:30am Start Here! (Invite Only) (AR)<br>10:00am FSU - True Crime Investigation (L)<br>11:00am FSU - Legacy of Learning (L)<br>11:00am Trivia Club (AR)<br>12:00pm Wii Bowling (AR)<br>12:30pm Yarn Club (L)<br>1:30pm Adventure Club (NN)<br>1:30pm Bingo (AR)<br>2:00pm Open Gym (FC)<br>2:30pm Craft Club* (GC)<br>5:30pm Hand & Foot (AR) | 7:30am Men's Breakfast (DR) 12<br>7:30am Open Gym (FC)<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>10:00am Bible Study (AR)<br>10:00am FSU - Tech Talk (L)<br>10:00am Blood Pressure Clinic (C2FL)<br>11:00am Billiards (N2FL)<br>11:00am Breaking Bread (AR)<br>11:30am Bank Run<br>11:30am Shopping: Super Walmart<br>1:00pm FSU - United States Mythology (L)<br>1:00pm Pinochle (C2FL)<br>1:30pm Winning Wednesday: Wheel of Fortune (AR)<br>2:00pm Friends of Bill W Meeting (PDR)<br>2:00pm Open Gym (FC)<br>3:00pm Elephants Never Forget...Dessert!* (AR)<br>6:00pm Bunco (AR) | 7:30am Open Gym (FC) 13<br>8:00am Cornhole (AR)<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>10:00am Bridge (C2FL)<br>10:00am Music & Melodies (L)<br>10:00am Music & Movement* (AR)<br>11:00am FSU- Balance & Beyond (AR)<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:30pm Thinkin' Thursday: Jeopardy (AR)<br>1:00pm Wellness Wisdom (L)<br>1:30pm Bible Study - Manor 3 (M33FAR)<br>1:30pm The Cholla Librarian is In! (GC)<br>2:00pm Open Gym (FC)<br>3:00pm Bible Study - Manor 1 (M1AR)<br>3:00pm Poetry Club (L)<br>3:00pm Thirsty Thursday: Cherry Cha-Cha* (AR)<br>5:30pm Dance Class* (AR) | 7:30am Open Gym (FC) 14<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:30am Balance & Mobility (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Friday Flights: Guess the Musical (AR)<br>11:30am Bridge (C2FL)<br>11:30am Open Gym (FC)<br>12:30pm Home Run Club* (AR)<br>12:30pm LCR (NN)<br>2:00pm Choir Practice (ODR)<br>2:00pm FSU- Science of Daily Life (L)<br>3:00pm FRY-day!* (AR)<br>5:00pm Private Event (AR)<br>6:00pm Bridge (AR) | 9:00am Bullseye Buddies (AR) 15<br>10:30am Bingo (AR)<br>12:00pm Mahjong (S2FL)<br>12:00pm Rummikub (AR)<br>1:30pm Cinema: Footloose (1984) Part 2 (AR)<br>3:00pm Cornhole (FC)<br>6:00pm Game Night (GC)            |



# AUGUST 2026- Dancing Through Life

| SUNDAY                                                                               | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | SATURDAY                                                                                                                                                                                               |
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| 11:30am Church Service (M13FAR) 16<br>3:00pm Worship Service - Ptr. Len Griffen (AR) | 7:30am Open Gym (FC) 17<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's<br>9:30am Stretch & Flex (AR)<br>11:00am FSU - Living Well (L)<br>11:30am Chair Yoga with Kelley (AR)<br>11:30am Shopping: Fry's<br>11:30am Shopping: Trader Joe's or Whole Foods<br>12:00pm Mahjong (S2FL)<br>1:00pm FSU - Mindful Living (L)<br>1:00pm Farkle (C2FL)<br>2:00pm Open Gym (FC)<br>2:00pm Catholic Communion Service (AR)<br>2:30pm Rosary (AR)<br>3:00pm Book Club Meeting (L)<br>6:00pm Bingo (AR) | 7:30am Open Gym (FC) 18<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>9:30am Lap Quilts (AR)<br>10:00am FSU - True Crime Investigation (L)<br>11:00am FSU - Legacy of Learning (L)<br>11:00am Trivia Club (AR)<br>11:00am Avon (GC)<br>12:00pm Wii Bowling (AR)<br>12:30pm Yarn Club (L)<br>1:30pm Adventure Club (NN)<br>1:30pm Bingo (AR)<br>2:00pm Open Gym (FC)<br>2:30pm Craft Club* (GC)<br>5:30pm Hand & Foot (AR) | 7:30am Open Gym (FC) 19<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>10:00am Bible Study (AR)<br>10:00am FSU - Tech Talk (L)<br>11:00am Billiards (N2FL)<br>11:00am Breaking Bread (AR)<br>11:00am Outing: Cholla Library<br>11:30am Bank Run<br>1:00pm FSU - United States Mythology (L)<br>1:00pm Pinochle (C2FL)<br>1:00pm Low Vision Group (N3FL)<br>1:00pm Mending & Sewing Repair (AR)<br>1:30pm Winning Wednesday: Guess Who (AR)<br>2:00pm Friends of Bill W Meeting (PDR)<br>2:00pm Open Gym (FC)<br>3:00pm Winedown* (AR)<br>6:00pm Bunco (AR) | 7:30am Open Gym (FC) 20<br>8:00am Cornhole (AR)<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>10:00am Bridge (C2FL)<br>10:00am Music & Melodies (L)<br>10:00am Vet to Vet (AR)<br>11:00am FSU- Balance & Beyond (AR)<br>11:00am Walker and Scooter Repair*<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:30pm Thinkin' Thursday: Crossword Connections (AR)<br>1:00pm Wellness Wisdom (L)<br>1:30pm Bible Study - Manor 3 (M33FAR)<br>1:30pm Town Hall Meeting (AR)<br>2:00pm Open Gym (FC)<br>3:00pm Bible Study - Manor 1 (M1AR)<br>5:30pm Dance Class* (AR) | 7:30am Open Gym (FC) 21<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Post Office<br>9:30am Balance & Mobility (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:30am Friday Flights: History of Ballet (AR)<br>11:30am Bridge (C2FL)<br>11:30am Open Gym (FC)<br>11:30am Happenings & Highlights (AR)<br>12:30pm Home Run Club* (AR)<br>12:30pm LCR (NN)<br>2:00pm Choir Practice (ODR)<br>2:00pm FSU- Science of Daily Life (L)<br>6:00pm Bridge (AR)            | 9:00am Bullseye Buddies (AR) 22<br>10:30am Bingo (AR)<br>12:00pm Mahjong (S2FL)<br>12:00pm Rummikub (AR)<br>1:30pm Cinema/Entertainment (AR)<br>3:00pm Cornhole (FC)<br>6:00pm Game Night (GC)         |
| 11:30am Church Service (M13FAR) 23<br>3:00pm Worship Service - Ptr. Lee Spivey (AR)  | 7:30am Open Gym (FC) 24<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's<br>9:30am Stretch & Flex (AR)<br>11:30am Chair Yoga with Kelley (AR)<br>11:30am Shopping: Fry's<br>11:30am Meal Out: Anzios<br>12:00pm Mahjong (S2FL)<br>1:00pm FSU - Mindful Living (L)<br>1:00pm Farkle (C2FL)<br>2:00pm Open Gym (FC)<br>2:00pm Catholic Communion Service (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR)                                                                                       | 7:30am Open Gym (FC) 25<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>9:30am Lap Quilts (AR)<br>11:00am Trivia Club (AR)<br>12:00pm Wii Bowling (AR)<br>12:30pm Yarn Club (L)<br>1:30pm Adventure Club (NN)<br>1:30pm Bingo (AR)<br>2:00pm Open Gym (FC)<br>2:30pm Craft Club* (GC)<br>5:30pm Hand & Foot (AR)                                                                                                            | 7:30am Open Gym (FC) 26<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>10:00am Bible Study (AR)<br>11:00am Billiards (N2FL)<br>11:00am Breaking Bread (AR)<br>11:30am Bank Run<br>11:30am Shopping: Super Walmart<br>1:00pm Pinochle (C2FL)<br>1:30pm Winning Wednesday: Horse Races (AR)<br>2:00pm Friends of Bill W Meeting (PDR)<br>2:00pm Open Gym (FC)<br>3:00pm Neighbors & New Beginnings* (AR)<br>6:00pm Bunco (AR)                                                                                                                                | 7:30am Open Gym (FC) 27<br>8:00am Cornhole (AR)<br>8:00am Morning Strolls (PG)<br>9:00am Water Aerobics (P)<br>10:00am Bridge (C2FL)<br>10:00am Music & Melodies (L)<br>10:00am Music & Movement* (AR)<br>11:00am FSU- Balance & Beyond (AR)<br>11:30am "Move to the Beat" Chair Exercise with Kelley (AR)<br>12:30pm Thinkin' Thursday: Brain Teasers (AR)<br>1:00pm Wellness Wisdom (L)<br>1:30pm Bible Study - Manor 3 (M33FAR)<br>2:00pm Open Gym (FC)<br>3:00pm Bible Study - Manor 1 (M1AR)<br>3:00pm Renew & Chew (Invite Only) (AR)<br>5:30pm Dance Class* (AR)                               | 7:30am Open Gym (FC) 28<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:30am Balance & Mobility (AR)<br>10:00am Shopping: Safeway, Walgreens or CVS<br>10:00am Blood Pressure Clinic (C2FL)<br>10:30am Friday Flights: History of Disco (AR)<br>11:30am Bridge (C2FL)<br>11:30am Open Gym (FC)<br>12:30pm Home Run Club* (AR)<br>12:30pm LCR (NN)<br>2:00pm Choir Practice (ODR)<br>3:00pm Fondue Friday!* (AR)<br>6:00pm Dancing Through the Decades* (AR)<br>6:00pm Bridge (AR) | 9:00am Bullseye Buddies (AR) 29<br>10:30am Bingo (AR)<br>12:00pm Mahjong (S2FL)<br>12:00pm Rummikub (AR)<br>1:30pm Cinema: Dirty Dancing (1987) (AR)<br>3:00pm Cornhole (FC)<br>6:00pm Game Night (GC) |
| 11:30am Church Service (M13FAR) 30<br>3:00pm Worship Service - Tom Haney (AR)        | 7:30am Open Gym (FC) 31<br>8:00am Morning Strolls (PG)<br>9:00am Senior Fit (AR)<br>9:00am Shopping: Fry's<br>9:30am Stretch & Flex (AR)<br>11:30am Chair Yoga with Kelley (AR)<br>11:30am Shopping: Fry's<br>12:00pm Mahjong (S2FL)<br>1:00pm FSU - Mindful Living (L)<br>1:00pm Farkle (C2FL)<br>2:00pm Open Gym (FC)<br>2:00pm Catholic Communion Service (AR)<br>2:30pm Rosary (AR)<br>6:00pm Bingo (AR)                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                        |