

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FELLOWSHIP SQUARE TUCSON  Location Key  Off Site Transportation Off Site Activity Onsite Activity Onsite Events *New to Square						1
2 3pm Church Services (V2GR) 5-6pm Corn Hole with Logan (V4 Ramada)	3 8am Water Fit (V2 W. Pool) 9am Cardio Drum (V2GR) 8am Fry's 9am Fry's /Goodwill 10am Fry's / Hobby Lobby 11am Target / Safeway 10:30am Adventures in Art (V2GR) 1pm Tai Chi Standing (V2GR) 1pm Bible Study (V1CH) 1pm Walmart 1:35pm Tai Chi Sitting (V2GR) 2:30pm Movie at The Square (V2GR) 3pm Wheelchair Repair (V4)	4 8am Walking Club (V2Gym) 9am - 2pm Doc / Dentist Appointments 9:15am Balance 1 (Gym) 10:30am Catholic Mass (V2GR) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	5 8:45am Sit & Be Fit(V2GR) 8am Fry's 9am - 2pm Doc / Dentist Appointments 9am & 10am Fry's / CVS 9:30am Coffee & Chat with our local Firefighters (Bistro) 9:30am Balance Level 2 (Gym) 10am Bible Study (V2GR) 11am Banks / Injoy 1pm Walmart Market / Safeway 1pm Crafting with Activities (V2GR)	6 8am Water Fit (V2 W. Pool) 9am - 2pm Doc / Dentist Appointments 9:30am Balance Level 3 (V2GR) 10am Stretch & Flex (V2GR) 10am Bible Study (V4CR) 1pm Balance & Strength Yoga (V2GR) 2pm Flandrau Science Center & Planetarium / Full Dome Show: Messengers of time & space 2:15pm Chair Yoga (V2GR)	7 8am Water Volleyball (V2 W. Pool) 8:45am Sit & Be Fit(V2GR) 8am-12pm Loop 1 8am-12pm Loop 2	8 11am Saturday at the Opera (V2GR)
9 3pm Church Services (V2GR)	10 8am Water Fit (V2 W. Pool) 9am Cardio Drum (V2GR) 8am Fry's 9am Fry's /Goodwill 10am Fry's / Hobby Lobby 11am Target / Safeway 1pm Walmart 1pm Tai Chi Standing (V2GR) 1pm Bible Study (V1CH) 1:35pm Tai Chi Sitting (V2GR)	11 8am Walking Club (V2Gym) 9am-2pm Doc / Dentist Appointments 9:15am Balance 1 (Gym) 10:30am Catholic Mass (V2GR) 12:30pm Watercolor (V2MPR) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	12 8:45am Sit & Be Fit(V2GR) 8am Fry's 9am - 2pm Doc / Dentist Appointments 9am & 10am Fry's/ CVS 9:30am Balance Level 2 (Gym) 10am Bible Study (V2GR) 11am Banks / Injoy 1pm Walmart Market / Safeway 1pm Fire & Fall Prevention Class presented by Janella, Tucson Fire Department (VGR) 5pm - Dinner at Holy Smokin Butts BBQ	13 8am Water Fit (V2 W. Pool) 9am-2pm Doc / Dentist Appointments 9:30am Balance Level 3 (V2GR) 10am Stretch & Flex (V2GR) 10am Bible Study (V4CR) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	14 8am Water Volleyball (V2 W. Pool) 8:45am Sit & Be Fit(V2GR) 8am-12pm Loop 1 8am-12pm Loop 2 1pm Veterans Round Table Talk (V2MPR) 4pm Pre Shabbat Service with the Rabbi Ceitlin (V3CH) 6pm-8pm Dancing at the Square (V2GR)	15 1pm Movie at the Square (V2GR)

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16 3pm Church Services (V2GR) 5-6pm Corn Hole with Logan (V2 East Ramada)	17 8am Water Fit (V2 W. Pool) 9:30am Breakfast at Cracker Barrel 9am Cardio Drum (V2GR) 10:30am Arizona Tales (V2GR) 8am Fry's 9am Fry's /Goodwill 10am Fry's / Hobby Lobby 11am Target / Safeway 1pm Walmart 1pm Tai Chi Standing (V2GR) 1pm Bible Study (V1CH) 1:35pm Tai Chi Sitting (V2GR) 2:30pm Resident B - day Party (V2GR) 11am Watch battery services (Dining room)	18 8am Walking Club (V2Gym) 9am - 2pm Doc / Dentist Appointments 9:15am Balance 1 (Gym) 10:30am Catholic Mass (V2GR) 10-1pm Susan Tek Hearing Screening V2 Lobby 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	19 8:45am Sit & Be Fit(V2GR) 8am Fry's 9am - 2pm Doc / Dentist Appointments 9am & 10am Fry's/ CVS 9:30am Balance Level 2 (Gym) 10am Bible Study (V2GR) 11am Banks / Injoy 1pm Walmart Market / Safeway 1:30pm Line Dancing (V2GR) 2pm Trivia (V2MPR)	20 8am Water Fit (V2 W. Pool) 9am-2pm Doc / Dentist Appointments 9:30am Balance Level 3 (V2GR) 10am Stretch & Flex (V2GR) 10am Bible Study (V4CR) 11:15am Bookmobile (Between V2 & V4 parking lot) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	21 8am Water Volleyball (V2 W. Pool) 8:45am Sit & Be Fit(V2GR) 4pm to 7pm Paint your pet (V2GR) 8am-12pm Loop 1 8am-12pm Loop 2	22 11am Saturday at the Opera (V2GR)
23 3pm Church Services (V2GR)	24 8am Water Fit (V2 W. Pool) 9am Cardio Drum (V2GR) 8am Fry's 9am Fry's /Goodwill 10am Fry's / Hobby Lobby 11am Target / Safeway 1pm Walmart 1pm Tai Chi Standing (V2GR) 1pm Bible Study (V1CH) 1:35pm Tai Chi Sitting (V2GR)	25 8am Walking Club (V2Gym) 9am - 2pm Doc / Dentist Appointments 9:15am Balance 1 (Gym) 10:30am Catholic Mass (V2GR) 12:30pm Watercolor (V2MPR) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	26 8:45am Sit & Be Fit(V2GR) 8am Fry's 9am - 2pm Doc / Dentist Appointments 9am & 10am Fry's/ CVS 9:30am Balance Level 2 (Gym) 10am Bible Study (V2GR) 11am Banks / Injoy 1pm Walmart Market / Safeway 1:00PM The brain body connection presentation by Bayada (V2GR) 4pm Cyber Security (V2MPR)	27 8am Water Fit (V2 W. Pool) 9am-2pm Doc / Dentist Appointments 9:30am Balance Level 3 (V2GR) 10am Stretch & Flex (V2GR) 10am Bible Study (V4CR) 1pm Balance & Strength Yoga (V2GR) 2:15pm Chair Yoga (V2GR)	28 8am Water Volleyball (V2 W. Pool) 8:45am Sit & Be Fit(V2GR) 8am-12pm Loop 1 8am-12pm Loop 2	29 11:00am Casino Del Sol (Valencia)
30 3pm Church Services (V2GR)	31 8am Water Fit (V2 W. Pool) 9am Cardio Drum (V2GR) 8am Fry's 9am Fry's /Goodwill 10am Fry's / Hobby Lobby 11am Target / Safeway 1pm Walmart 1pm Tai Chi Standing (V2GR) 1pm Bible Study (V1CH) 1:35pm Tai Chi Sitting (V2GR)	August 2026				