

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|--|
| <p>July cont'd</p> <p>30</p> <p>10:00 ★ SIT & Be FIT! 10:30 ♥ Spiritual Practice 11:00 🦋 Piano music with Aaron 1:30 📍 Scenic Drive 3:00 🏠 Calling all Painters! [2FDR] 3:00 🦋 Afternoon stroll 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>31</p> <p>10:00 📍 Lior's Music Circle in Dining Room 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:00 🏠 Sing-A-Long With ElderSong [2nd] 4:00 ★ Piano Music with Aaron [LO] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>THE POINT at ROCKRIDGE Senior Living</p> | <p>📷 Be Adventurous 🏠 Be Challenged 📍 Be Connected 👥 Be Family ★ Be Inspired 🦋 Be Social ♥ Be Well</p> <p>Location Keys 2nd Floor 2nd 2nd Floor Dining Room 2FDR Lobby LO Main Dining Room MDR</p> | | | <p>10:00 🦋 Culinary Creations With Jewel and Jessica [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 🏠 Afternoon Matinee [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> |
| <p>2</p> <p>10:00 ★ SIT & Be FIT! 10:30 ♥ Spiritual Practice 1:30 📍 Scenic Drive 3:00 🦋 Afternoon stroll 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>3</p> <p>10:00 📍 News and Current Events, Let's stay CONNECTED! [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:00 🏠 Sing-A-Long With ElderSong [2nd] 4:00 ★ Piano Music with Aaron [LO] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>4</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Chair Yoga Fitness with Alita 1:30 🦋 Expressive Design with Alex [2nd] 2:00 📍 American Stories 3:00 🏠 Name that tune.. FUN! [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 4:00 📍 Lets Color Adult Stress Relief [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>5</p> <p>10:00 ★ SIT & Be FIT! 11:30 ♥ NEVER STOP exploring trip! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>6</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 3:30 ★ Poet's Corner [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>7</p> <p>10:00 📍 News and Current Events, Let's stay CONNECTED! [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 ★ Sentimental Reflections * America's Story [2nd] 2:00 🏠 GEN PAL Program 3:00 ♥ Food Appreciation [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>8</p> <p>10:00 🦋 Culinary Creations With Jewel and Jessica [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 🏠 Afternoon Matinee [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> |
| <p>9</p> <p>10:00 ★ SIT & Be FIT! 10:30 ♥ Spiritual Practice 1:30 📍 Scenic Drive 3:00 🦋 Afternoon stroll 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>10</p> <p>10:00 📍 News and Current Events, Let's stay CONNECTED! [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:00 🏠 Sing-A-Long With ElderSong [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>11</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Chair Yoga Fitness with Alex 1:30 🦋 Expressive Design with Alex [2nd] 2:00 📍 American Stories 3:00 🏠 Name that tune.. FUN! [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 4:00 📍 Lets Color Adult Stress Relief [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>12</p> <p>10:00 ★ SIT & Be FIT! 11:30 📷 Enjoyable Outting 2:00 🏠 Arts and Crafts [2nd] 2:00 🏠 From OUR Generations to YOURS! 3:30 🦋 Happy Hour [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>13</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 3:30 ★ Poet's Corner [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>14</p> <p>10:00 📍 News and Current Events, Let's stay CONNECTED! [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 ★ Sentimental Reflections * America's Story [2nd] 2:00 🏠 GEN PAL Program 3:00 ♥ Food Appreciation [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>15</p> <p>10:00 🦋 Culinary Creations With Jewel and Jessica [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 🏠 Afternoon Matinee [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> |
| <p>16</p> <p>10:00 ★ SIT & Be FIT! 10:30 ♥ Spiritual Practice 11:00 🦋 Piano music with Aaron 1:30 📍 Scenic Drive 3:00 🏠 Calling all Painters! [2FDR] 3:00 🦋 Afternoon stroll 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>17</p> <p>10:00 📍 News and Current Events, Let's stay CONNECTED! [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:00 🏠 Sing-A-Long With ElderSong [2nd] 4:00 ★ Piano Music with Aaron [LO] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>18</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Chair Yoga Fitness with Laurence 1:30 🦋 Expressive Design with Alex [2nd] 2:00 📍 American Stories 3:00 🏠 Name that tune.. FUN! [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 4:00 📍 Lets Color Adult Stress Relief [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>19</p> <p>10:00 ★ SIT & Be FIT! 11:30 ♥ NEVER STOP exploring trip! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>20</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 3:30 ★ Poet's Corner [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>21</p> <p>10:00 📍 Lior's Music Circle in Dining Room 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 ★ Sentimental Reflections * America's Story [2nd] 2:00 🏠 GEN PAL Program 3:00 ♥ Food Appreciation [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>22</p> <p>10:00 🦋 Culinary Creations With Jewel and Jessica [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 🏠 Afternoon Matinee [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> |
| <p>23</p> <p>10:00 ★ SIT & Be FIT! 10:30 ♥ Spiritual Practice 11:00 🦋 Piano music with Aaron 1:30 📍 Scenic Drive 3:00 🦋 Afternoon stroll 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>24</p> <p>10:00 📍 Lior's Music Circle in Dining Room 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 2:00 🏠 Arts and Crafts [2nd] 3:00 🏠 Sing-A-Long With ElderSong [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>25</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Chair Yoga Fitness with Laurence 1:30 🦋 Expressive Design with Alex [2nd] 2:00 📍 American Stories 3:00 🏠 Name that tune.. FUN! [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 4:00 📍 Lets Color Adult Stress Relief [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>26</p> <p>10:00 ★ SIT & Be FIT! 11:30 📷 Enjoyable Outting 2:00 🏠 Arts and Crafts [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>27</p> <p>10:00 🏠 Culinary Creations with Alex and Jessica 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 3:30 ★ Poet's Corner [2nd] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>28</p> <p>10:00 📍 Lior's Music Circle in Dining Room 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 ★ Sentimental Reflections * America's Story [2nd] 2:00 🏠 GEN PAL Program 3:00 ♥ Food Appreciation [2FDR] 4:00 🏠 Evening Games 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> | <p>29</p> <p>10:00 🦋 Culinary Creations With Jewel and Jessica [2FDR] 11:00 ♥ Fitness Fun ... Move that Body! [2nd] 1:30 🏠 Afternoon Matinee [2nd] 3:30 🦋 Happy Hour [2FDR] 4:00 ★ Afternoon Meditation [2FDR] 6:00 ♥ Evening Stretch [MDR] 6:30 ★ Night at the Movies</p> |