

# July 2021 Pisgah Valley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Notice all green texts are Wellness Classes. All purple texts are holi-days.	31 <u>Wellness Classes Key</u> VS – Villa Sunroom WC – Wellness Center VA – Villa Activity Room CC– Community Center	RSVP to all activities with Hayes at 418- 2352 or lhonerkamp@liberty-ltc.com		1 Line Dancing 11:00 VA Elizabeth’s Art 11:00 Ageless Grace 1:30 VA Red, White, and You Social 4:00 PM	2 Water Aerobics 9:00 WC Gentle Stretch 11:00 VS	3
4 Independence Day	5 Lap Crafts 10:30 Ticket to Ride 1:00 Seated Cardio 1:30 VS MM Togo 4:00 Water Aerobics 4:00 WC	6 Water Aerobics 9:00 WC Stay Strong 11:00 VS Ageless Grace 1:30 VA Executive Committee Meeting 3:30	7 Balance & Flex 11:00 CC Yoga 1:00 CC Cornhole 3:00 Water Aerobics 4:00 WC	8 Line Dancing 11:00 VA Hand & Foot 1:00 Ageless Grace 1:30 VA	9 Art Play 10:30 Water Aerobics 9:00 WC Gentle Stretch 11:00 VS	10
11	12 Ticket to Ride 1:00 Seated Cardio 1:30 VS MM Sing Street 4:00 Water Aerobics 4:00 WC	13 Water Aerobics 9:00 WC Stay Strong 11:00 VS Estates Luncheon at Villa 1:30 Ageless Grace 1:30 VA	14 French Broad Greenway Wellness Walk 9:30 Balance & Flex 11:00 CC Yoga 1:00 CC Aldi Shopping Trip 2:30 Water Aerobics 4:00 WC	15 Line Dancing 11:00 VA Elizabeth’s Art 11:00 Ageless Grace 1:30 VA Afternoon Wine and Cheese 4:30	16 Water Aerobics 9:00 WC ArtsNCrafts: String Flowers Board 10:30 Gentle Stretch 11:00 VS Sallywags + Haywood Smokehouse Lunch 12:15	17
18	19 Lap Crafts 10:30 Scrabble 1:00 Seated Cardio 1:30 VS MM Mud 4:00 Water Aerobics 4:00 WC	20 Water Aerobics 9:00 WC Yoga in the Park 10:00 Stay Strong 11:00 VS Ageless Grace 1:30 VA Bocce Ball 3:00	21 Balance & Flex 11:00 CC Yoga 1:00 CC Sam’s Shopping Trip 2:30 Water Aerobics 4:00 WC	22 Family Feud 11:00 Line Dancing 11:00 VA Hand & Foot 1:00 Ageless Grace 1:30 VA	23 Water Aerobics 9:00 WC Balance Clinic 10:30 Gentle Stretch 11:00 VS Montford Park Players <i>Grimm’s Fairy Tales</i> 6:30	24
25	26 Disability Independence Day Ladder Toss 11:00 Mexican Train 1:00 Seated Cardio 1:30 VS MM Pollyanna 4:00 Water Aerobics 4:00 WC	27 Water Aerobics 9:00 WC Stay Strong 11:00 VS Zen Tubing South Field Trip 1:30 Ageless Grace 1:30 VA	28 Balance & Flex 11:00 CC Yoga 1:00 CC Harris Teeter Shopping Trip 2:30 Water Aerobics 4:00 WC	29 Elizabeth’s Art 11:00 Line Dancing 11:00 VA Ageless Grace 1:30 VA Bingo 2:00 PM	30 Water Aerobics 9:00 WC Community Prayer Meeting 10:00 Gentle Stretch 11:00 VS Cooking with Hayes & Abby 2:00	31