




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> <p>Club Friendship Dinner Specials</p> <p>7/2 Cookout w/Burgers, Dogs, sides & Root Beer floats @\$11</p> <p>7/9 Pesto Salmon w/Green Veggies @ \$13</p> <p>7/16 Bbq Pork Chop, Potato Salad, G.Beans, Roll @ \$11</p> <p>7/23 Meatloaf and Mashed Potatoes@ \$11</p> <p>7/30 Pineapple Glazed Chicken w/Veggies @ \$12</p> </div> <p>July Independent Living Activities</p>						
	<div> <div>4</div> <div>Happy July 4th!</div> <div>Independence Day (US)</div> </div>	<div> <div>5</div> <div>Activities Office Closed</div> <div>Residents' Ctr Open</div> </div>	<div> <div>6</div> <div>8:45am Walk the Mall meet in RC Library</div> <div>10am WSLs Meteorologist Chris Michaels speaks CR</div> <div>12noon Exercise at Village</div> <div>1pm Yarn Circle</div> <div>1:30 Hamricks Shopping Bus</div> <div>2:30pm Farkle Dice Game</div> </div>	<div> <div>7</div> <div>10am Exercise CR</div> <div>10am-12noon Woods Produce Sale on Patio</div> <div>1pm Virtual Bible Study CR</div> <div>1:15pm Exercise at North Hampton</div> </div>	<div> <div>8</div> <div>1pm Triad Safety Meeting w/Speaker in Chapel</div> <div>Fire and Rescue Information will be presented by Brian Clingenpeel</div> <div>Canada Day</div> </div>	<div> <div>9</div> <div>9:30am Bonsack Walmart Shopping Bus circles campus</div> <div>11:30am Tai Chi (CR)</div> <div>2-4pm Bridge Players in CF</div> <div>4:30pm Patriotic Music by Second Chance Duo & Club Friendship Cookout on Patio or Pavilion</div> </div>
	<div> <div>11</div> <div>10am Exercise CR</div> <div>11am Bingo CR</div> <div>1:15pm Exercise at North Hampton</div> <div>2pm Cornhole CR</div> </div>	<div> <div>12</div> <div>8:45am Walk the Mall meet in RC Library</div> <div>11am Water Exercise</div> <div>12noon Exercise at Village</div> <div>2pm Color A Smile</div> </div>	<div> <div>13</div> <div>9am Beltone by Apmt</div> <div>10am Exercise CR</div> <div>10am-12noon Woods Produce Sale on Patio</div> <div>1pm Big Screen Biography of Walt Disney CR</div> <div>1:15pm Exercise @N.Hampton</div> <div>6pm Red Sox BaseballGame</div> </div>	<div> <div>14</div> <div>12noon Lunch & Listen with Ana Morales who will discuss her new book and dealing with Diabetes since infancy</div> <div>2pm FAR Annual Meeting Chapel - residents welcome (no sign up needed)</div> </div>	<div> <div>15</div> <div>9:30am Hollins Kroger Shopping Bus circles campus</div> <div>11am Couples Lunch Trip to Cracker Barrel-bring \$</div> <div>11:30am Tai Chi (CR)</div> <div>2-4pm Bridge Players in CF</div> </div>	<div> <div>16</div> <div>9:30am Hollins Kroger Shopping Bus circles campus</div> <div>11am Couples Lunch Trip to Cracker Barrel-bring \$</div> <div>11:30am Tai Chi (CR)</div> <div>2-4pm Bridge Players in CF</div> </div>
	<div> <div>18</div> <div>10am Exercise CR</div> <div>1:15pm Exercise at North Hampton</div> <div>2pm Do Us A Favor Bookmark Making for Assisted Living Residents</div> </div>	<div> <div>19</div> <div>8:45am Walk the Mall meet in RC Library</div> <div>11am Water Exercise</div> <div>12noon Exercise at Village</div> <div>1pm Yarn Circle in Library</div> <div>2:30pm Farkle Dice Game Lby</div> </div>	<div> <div>20</div> <div>10am Walk the Greenway meet in RC Library 9:45am</div> <div>10am-12noon Woods Produce Sale on Patio</div> <div>1:15pm Exercise at North Hampton</div> <div>2pm Exploring Humor with Kyle Edgell CR</div> </div>	<div> <div>21</div> <div>1pm Speaker on Medicare Fraud presented by a volunteer from the Virginia Senior Medicare Patrol Presented in the Community Room</div> </div>	<div> <div>22</div> <div>9:30am Bonsack Walmart Shopping Bus circles campus</div> <div>11:30am Tai Chi (CR)</div> <div>1-3pm Classic Movie North by Northwest (1959)</div> <div>2-4pm Scrabble in CF</div> </div>	<div> <div>23</div> <div>9:30am Clearbrook Wmart Shopping Bus circles campus</div> <div>1pm Bus Trip to Homestead Creamery for Ice Cream. Bring \$</div> </div>
	<div> <div>25</div> <div>10am Exercise CR</div> <div>11am Bingo CR</div> <div>1:15pm Exercise at North Hampton</div> <div>2pm Cornhole CR</div> </div>	<div> <div>26</div> <div>8:45am Walk the Mall meet in RC Library</div> <div>11am Water Exercise</div> <div>12noon Exercise at Village</div> <div>2pm Arm Chair Travel to South Korea CR</div> </div>	<div> <div>27</div> <div>10am Exercise CR</div> <div>10am-12noon Woods Produce Sale on Patio</div> <div>2:30pm Cooking Class CR with Club Friendship</div> </div>	<div> <div>28</div> <div>12noon Veterans Only Box Luncheon in Community Rm</div> <div>2pm Pastor's Talk with Bernard Wingo in Chapel</div> </div>	<div> <div>29</div> <div>9:30am Clearbrook Wmart Shopping Bus circles campus</div> <div>1pm Bus Trip to Homestead Creamery for Ice Cream. Bring \$</div> </div>	<div> <div>30</div> <div>9:30am Clearbrook Wmart Shopping Bus circles campus</div> <div>1pm Bus Trip to Homestead Creamery for Ice Cream. Bring \$</div> </div>
	<div> <div>31</div> <div>9:30am Clearbrook Wmart Shopping Bus circles campus</div> <div>1pm Bus Trip to Homestead Creamery for Ice Cream. Bring \$</div> </div>					