

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>JULY 2023</h1> <h2>Activities and Wellness Calendar</h2>						 <p>8am, 12pm, 6pm Weekend Movie! <i>Good Morning, Vietnam</i></p> <p>Canada Day</p>
<p>8am, 12pm, 6pm Weekend Movie! <i>Good Morning, Vietnam</i></p>	<p>8am Pickleball Play</p> <p>11am Piano Pam BR</p>	<p>The office is closed in observance of Independence Day</p> <p>Independence Day (US)</p>	<p>8am Pickleball Play</p> <p>3pm-6pm Food Trucks: Our Kitch3n & EC Kettle Corn P 3:30pm Bingo Eglin AFB***</p>	<p>1pm Indoor Shuffleboard GR</p>	<p>8am Pickleball Play</p> <p>10:30am Dementia Support Group by EC Hospice KFC</p> <p>11am Blood Pressure Checks Lobby</p> <p>1pm Darts GR</p> <p>2pm Euchre GR</p>	<p>8am, 12pm, 6pm Weekend Movie! <i>50 First Dates</i></p>
<p>8am, 12pm, 6pm Weekend Movie! <i>50 First Dates</i></p>	<p>8am Pickleball Play</p> <p>2pm Johnny C. Trivia BR***</p>	<p>1pm Meditation & Wellness GR</p> <p>2pm Balance Class KFC</p> <p>2:30pm Bingo BR \$</p>	<p>8am Pickleball Play</p> <p>3:30pm Bingo Eglin AFB***</p>	<p>9am Hurlburt BX and Commissary Hurlburt \$***</p> <p>12pm Garden Club G</p> <p>1pm Indoor Shuffleboard GR</p>	<p>8am Pickleball Play</p> <p>9am Tole Painting GB***</p> <p>10:30am Coffee Talk KFC***</p> <p>1pm Darts GR</p> <p>2pm Euchre GR</p> <p>3pm Happy Hour BR***</p>	<p>8am, 12pm, 6pm Weekend Movie! <i>Jurassic World</i></p>
<p>8am, 12pm, 6pm Weekend Movie! <i>Jurassic World</i></p>	<p>8am Pickleball Play</p> <p>10:30am Women's Veterans Meeting S</p> <p>1pm Dementia Education KFC</p> <p>3pm Movie Monday! <i>Champions</i> BR***</p>	<p>1pm Meditation & Wellness GR</p> <p>2pm Balance Class KFC</p> <p>2:30pm Bingo BR \$</p>	<p>8am Pickleball Play</p> <p>10am I Love Lucy show time! KFC</p> <p>2:30 Resident Council BR</p> <p>3pm-6pm Food Trucks: Thai2Go & Repicci's P</p> <p>3:30pm Bingo Eglin AFB***</p>	<p>1pm Card Making Class KFC***</p> <p>1pm Indoor Shuffleboard GR</p> <p>2pm Magic Variety Show BR***</p>	<p>8am Pickleball Play</p> <p>11am Grief Support KFC</p> <p>1:30pm Bunco sponsored by Pebbles KFC ***</p> <p>1pm Darts GR</p> <p>2pm Euchre GR</p> <p>2pm Music Bingo BR***</p>	<p>8am, 12pm, 6pm Weekend Movie! <i>Radio</i></p> <p>9am Dirt Cheap Shopping Pensacola \$***</p>
<p>8am, 12pm, 6pm Weekend Movie! <i>Radio</i></p>	<p>8am Pickleball Play</p> <p>2:30pm Planning for Peace! Let's talk about Life and End of Life Planning KFC***</p>	<p>1pm Meditation & Wellness GR</p> <p>2pm Balance Class KFC</p> <p>2:30pm Bingo BR \$</p>	<p>8am Pickleball Play</p> <p>3:30pm Bingo Eglin AFB***</p>	<p>1pm Indoor Shuffleboard GR</p> <p>1pm Healthy Day Brief Topic: Liver and Gallbladder KFC</p> <p>4:45pm Dinner Outing: The Boathouse Niceville \$***</p>	<p>8am Pickleball Play</p> <p>11:30am Book Club</p> <p>1pm Darts GR</p> <p>2pm Euchre GR</p>	<p>8am, 12pm, 6pm Weekend Movie! <i>Face/Off</i></p>
<p>8am, 12pm, 6pm Weekend Movie! <i>Face/Off</i></p> <p>3pm BHV Jammers Performance BR</p>	<p>8am Pickleball Play</p> <p>1:30pm Writing Club GR***</p>	 <p>Key:</p> <p>BR Ballroom P Commons Parking Lot CP Commons Pool GR Game Room GB Gates Building S Sophie Room HH Hawthorne House G Garden KFC Kellogg Fitness Center</p> <p>*** Sign Up Required \$ Fee</p>				

kellogg fitness center daily classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8am – Various Exercises Class	8am –Various Exercises Class	8am – Various Exercises Class	8am - Various Exercises Class	8am – Various Exercises Class
8am - Pickleball	8:55am - Chair Yoga	8am - Pickleball	8:55am - Chair Yoga	8am - Pickleball
9am – Exercise Class	9am - Water Aerobics	9am – Exercise Class	9am - Water Aerobics	9am - Exercise Class
9am - Water Aerobics	10am - Chair Tai Chi	9am - Water Aerobics	10am - Chair Tai Chi	9am - Water Aerobics
10am - Water Aerobics	10am - Water Aerobics	10am - Water Aerobics	10am - Water Aerobics	10am - Water Aerobics
10am - Yoga	12pm - TOPS Weight Loss	12:30pm - Zumba	11am - Balance Class	1pm - Bike Ride Around the Village
3:30pm - Water Aerobics	1pm - Meditation Class	2pm- Hula		
	2pm - Balance Class	3:30pm - Water Aerobics		

Gym & Pool Hours 6am-10pm

July

MON. – FRI. 11AM-1PM



KNIFE'S EDGE

CATERING AND SPECIALTY CUISINE

30 HOLLY AVE.
SHALIMAR, FL 32579
(850) 376-1916
CALL FOR AFEV CAMPUS
DELIVERY

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 FRIED CHICKEN, baked beans & potato salad	4 *CLOSED* Happy 4 th of July!	5 BEEF STROGANOFF, egg noodles & salad	6 CHICKEN ENCHILADAS rice & guacamole salad	7 FRIED SEAFOOD BASKET, French fries & coleslaw	8
9	10 CHICKEN PICCATA, orzo pasta & vegetable	11 QUICHE, home fries & fruit	12 MEATLOAF, mashed potatoes & veg	13 CUBAN SANDWICH & French fries	14 CHEESE RAVIOLI, bread & side salad	15
16	17 SLOPPY JOE, tots & coleslaw	18 SWEDISH MEATBALLS, egg noodles & vegetable	19 LASAGNA, garlic bread & salad	20 POLISH PLATE Golumbki, Pierogi & Kielbasa	21 COCONUT SHRIMP, fries & pineapple coleslaw	22
23	24 HAM & TORTELLNI ALFREDO & side salad	25 PORK SCHNITZEL, Spaetzle & cabbage	26 LIVER AND ONIONS mashed potatoes & vegetable	27 MONTE CRISTO SANDWICH & fruit salad	28 COOKOUT grilled burgers & dogs (no regular menu)	29
30	31					
	GYRO PLATTER & Greek Salad					