



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Location codes:</b>  <b>GP = Gathering Place</b>  <b>L = Pinnacle Library</b>  <b>OPR = Opportunities Rm.</b>  <b>TH = Town Hall</b>  <b>C = Chapel</b>  <b>FHL = Foothills Lounge</b>  <b>WC = Wellness Center</b>  <b>FR = Fitness Room (group exercise)</b>  <b>Red = outing</b>  <b>Blue = wellness class</b></p>	<p><b>1</b>  8:15 Walking in Landa Park – Jenna  10:00 Chair yoga - Bonnie (TH)  10:30 Quickie errands  11:00 Chair exercise – Jenna  1:00 Shopping at Walmart  1:15 Bible study (TH)  2:15 Line dancing (TH)  2:30 Mexican Train (FHL)  Tai Chi canceled  6:00 Spanish by DVD (TH) (Open to newcomers)</p>	<p><b>2</b>  8:30 Water Aerobics – Jenna  10:00 FUN Art (OPR)  10:00 ITM Total Body Workout – Jenna (C)  10:45 Brain fitness – Jenna (L)  1:15 Mah Jongg (FHL)  Gentle water aerobics canceled  <b>2:30 Celebrate America!</b>    Campus wide event. The IL observation area will be in Martin's Fine Dining  2:30 42 dominoes (OPR)  <b>4:00 Happy Hour @ Los Fontana's</b>  7:00 Movie: <i>So Proudly We Hail</i> (TH)</p>	<p><b>3</b>  10:00 Chair yoga - Kaye (TH)  11:00 Chair Exercise - Jenna (TH)  1:00 Men's Poker (OPR)  1:15 Bridge (FHL)  <b>1:30 Christus Doc Talk – Wound Care</b> (TH)  <b>2:30 Red Shoes Tour Q&amp;A Session with Avia Dowden</b> (TH)  Chair Volleyball cancelled  6:30 Samba – Sign-up (FHL)</p>	<p><b>4</b>  Holiday  No Exercise Classes today  <b>No Transportation today</b>  No Wellness Checks– back in August  <b>11:00-1:30 Fourth of July Celebration at lunch!</b> (See the flyer from dining for more info on lunch. Beer &amp; wine will be served.) (Terrace dining)    No Gals &amp; Games  1:30 Line Dancing (TH)  <b>3:30 4<sup>th</sup> of July Bingo!</b> (TH)  7:00 Thurs Night Bridge – All welcome (FHL)</p>	<p><b>5</b>  8:15 Walking in Landa Park – Jenna  10:00 Chair yoga- Kaye (TH)  11:00 Chair exercise – <b>Kaye</b> (TH)  2:30 Games – Skip-Bo – Kaye (OPR)  6:30 Samba – sign-up (FHL)</p>	<p><b>6</b>  <b>11:00 Farmers Market &amp; Artisan Alley at The Big Red Barn</b> (Trip fee: \$5)  2:00 &amp; 7:00 Movie: <i>Gifted Hands</i> The Ben Carson Story (TH)</p>
<p><b>7</b>  8:45 Sunday morning learning sessions with Chaplain Sarah (OPR)  10:00 Communion Service (C)  <b>1:30 Circle Arts: Singing in the Rain</b> (Tickets available online, show starts at 2:00)  2:00 &amp; 7:00 Movie: <i>The Miracle Season</i> (TH)</p>	<p><b>8</b>  8:15 Walking in Landa Park – Jenna  <b>10:00 Trip to Fredericksburg –a little shopping, eating &amp; peaches!</b> (Trip fee: \$10)  10:00 Chair yoga – Bonnie (TH)  10:30 Quickie errands  11:00 Chair exercise – Jenna (TH)  11:00-Chair massages by Kathy James (L)  1:00 Shopping at HEB Plus  1:15 Bible study (TH)  2:15 Line dancing (TH)  2:30 Mexican Train (FHL)  Tai Chi cancelled  6:00 Spanish by DVD (TH) (Open to newcomers)</p>	<p><b>9</b>  8:30 Water Aerobics – Jenna  10:00 FUN Art (OPR)  10:00 ITM Total Body Workout – Jenna (C)  10:45 Brain fitness – Jenna (L)  No Genealogy Club at Tye Preston  1:00 2<sup>nd</sup> Tues Book Club (L)  1:15 Mah Jongg (FHL)  1:30 Gentle water aerobics – Jenna  <b>2:30 Book Review by Roxolin Krueger – see flyer for more info</b> (TH)  2:30 42 dominoes (OPR)  7:00 BUNCO (FHL) (Sign-up in Activity Binder)</p>	<p><b>10</b>  10:00 Garden Club Meeting - (OPR)  10:00 Chair yoga – Kaye (TH)  11:00 Chair Exercise - Jenna (TH)  <b>1:00 Quick Trip to Trader Joe's</b> (Trip fee: \$5)  1:00 Men's Poker (OPR)  1:15 Bridge (FHL)  <b>2:30 Chair Volleyball - Jenna</b> (C)  <b>3:30 "Aging with Attitude" presentation by Dr Pak</b> (TH)  5:00 Village Dinner (4:30 Meet &amp; Greet) (C)  6:30 Samba – Sign-up (FHL)</p>	<p><b>11</b>  8:30 Water Aerobics – Jenna  10:00 Shopping at HEB  10:00 ITM Total Body Workout – Jenna (TH)  10:45 Brain fitness - Jenna (L)  1:30 Line Dancing (TH)  1:30 Gentle water aerobics – Jenna  <b>3:00 Ice Cream Social sponsored by Adept Home Health Care Inc.</b> (Please sign-up in the Activity Binder before 7/8) (TH)  3:15 Coloring &amp; Conversation (L)  3:00 Tai Chi canceled  <b>3:30 Tai Chi for Arthritis &amp; TCA2 - Kaye</b> (FR)  7:00 Thurs Night Bridge – All welcome (OPR)</p>	<p><b>12</b>  8:15 Walking in Landa Park – Jenna  10:00 RIO Bookmobile  10:00 Chair yoga- Kaye (TH)  11:00 Chair exercise - Jenna (TH)  11:15 NB Optical in the Gathering Place  <b>12:45 Creekside shopping: Burlington Coat Factory / Hobby Lobby area</b>  2:30 EdenHill Basics (Pinnacle Lobby)  2:30 Crafting Time – Marbled paper with shaving cream and watercolors (TH)  6:30 Samba – sign-up (FHL)</p>	<p><b>13</b>  2:00 &amp; 7:00 Movie: <i>61*</i>(TH)</p>
<p><b>14</b>  8:45 Sunday morning learning sessions with Chaplain Sarah (OPR)  10:00 Remembrance Service (C)  2:00 &amp; 7:00 Movie: <i>New Release DVD</i> (TH)</p>	<p><b>15</b>  8:15 Walking in Landa Park – Jenna  10:00 Chair yoga - Bonnie (TH)  10:30 Quickie errands  11:00 Chair exercise – Jenna  1:00 Shopping at Walmart  1:15 Bible study (TH)  2:15 Line dancing (TH)  2:30 Mexican Train (FHL)  <b>3:30 Tai Chi for Everyone - Kaye</b> (FR)  6 :00 Spanish by DVD (TH) (Open to newcomers)</p>	<p><b>16</b>  8:30 Water Aerobics – Jenna  10:00 Village Council meeting (TH)  10:00 FUN Art (OPR)  10:00 ITM Total Body Workout – Jenna (C)  10:45 Brain fitness – Jenna (L)  <b>1:00 Resolute Doc Talk-Topic: TBD</b> (TH)  1:30 Gentle water aerobics – Jenna  2:30 42 dominoes (OPR)  <b>4:00 Happy Hour @ Chili's Grill &amp; Bar</b>  6:30 <b>Comal Co. Country Music Show</b>  7:00 Movie: <i>Hallmark: Wedding Planner Mystery</i> (TH)</p>	<p><b>17</b>  9:00 Pinnacle Council meeting (TH)  <b>10:00 SAMRA (SA Model Railroad Association) tour and lunch</b> (trip fee:\$5, free admission)  Chair yoga canceled  11:00 Chair exercise – Jenna (TH)  12:00 Alzheimer's Support Grp – Dr Burns (TH)  1:00 Men's Poker (OPR)  1:15 Bridge (FHL)  <b>2:30 Chair volleyball - Jenna</b> (C)  6:30 Samba – Sign-up (FHL)</p>	<p><b>18</b>  8:30 Water Aerobics – Jenna  10:00 Shopping at HEB  10:00 ITM Total Body Workout –Jenna (TH)  10:45 Brain fitness - Jenna (L)  1:30 Gals &amp; Games-all welcome (FHL)  1:30 Line Dancing (TH)  1:30 Gentle water aerobics – Jenna  2:30 Genealogy Class w/ Suzanne Graham (TH)  3:00 Tai Chi for Everyone - Kaye (FR)  3:30 Tai Chi for Arthritis &amp; TCA2 - Kaye (FR)  <b>6:30 Cactus Pear Music Festival</b> (McKenna Center, tickets \$28 @ the door)  7:00 Thurs Night Bridge – All welcome (FHL)</p>	<p><b>19</b>  8:15 Walking in Landa Park – Jenna  10:00 Chair yoga - Kaye (TH)  11:00 Chair exercise - Jenna (TH)  <b>11:00 Lunch at Harmon's BBQ in Cibolo &amp; a stop at the Mill Boutique</b> (they have ice cream!) (Trip fee: \$5)  <b>1:30 "Wheel of Exercise" Info Session with Jenna</b> (TH)  2:30 Games – Bingo – Kaye (OPR)  6:30 Samba– sign-up (FH)</p>	<p><b>20</b>  2:00 &amp; 7:00 Movie: <i>The Westerner</i> (with Gary Cooper) (TH)  4:00 Karaoke with Kay Hornsby – Theme: Puppets and Sing-a-Long (TH)</p>
<p><b>21</b>  8:45 Sunday morning learning sessions with Chaplain Sarah (OPR)  10:00 Worship Services (C)  2:00 &amp; 7:00 Hallmark movie TBD (TH)</p>	<p><b>22</b>  8:15 Walking in Landa Park – Jenna  <b>9:30 Briscoe Western Art Museum &amp; lunch</b> (Trip fee: \$5 &amp; admission: \$8)  10:00 Chair yoga - Bonnie (TH)  10:30 Quickie errands  11:00 Chair exercise – Jenna  1:00 Shopping at HEB Plus  1:15 Bible study (TH)  2:15 Line dancing (TH)  2:30 Mexican Train (FHL)  3:30 Tai Chi for Everyone – Kaye (FR)  6:00 Spanish by DVD (TH) (Open to newcomers)</p>	<p><b>23</b>  8:30 Water Aerobics – Jenna  9:30 Our Place, Memory Café – Iris (TH)  10:00 FUN Art (OPR)  10:00 ITM Total Body Workout –Jenna (C)  10:45 Brain fitness – Jenna (L)  1:15 Mah Jongg (FHL)  1:30 Gentle water aerobics – Jenna  <b>2:30 Staying Hydrated talk by Doris King, LVN with Texas Home Health</b> (TH)  2:30 42 dominoes (OPR)  7:00 BUNCO (FHL) (Sign-up in Activity Binder)</p>	<p><b>24</b>  10:00 Chair yoga – Kaye (TH)  11:00 Chair exercise - Jenna (TH)  1:00 Men's Poker (OPR)  1:15 Bridge (FHL)  Chair volleyball cancelled  <b>1:30 "Wheel of Exercise" Info Session with Jenna</b> (TH)  2:30 Laughter Time: Showing: <i>I Love Lucy</i> &amp; serving popcorn &amp; more (TH)  <b>3:15 Hops &amp; Grain Brewing - food from Industry Restaurant, San Marcos</b> (Trip fee; \$5)  6:30 Samba – Sign-up</p>	<p><b>25</b>  8:30 Water Aerobics – Jenna  <b>10:00 Stick Horses Memories in AL Heritage Dining – come and be entertained!</b>  10:00 Shopping at HEB  10:00 ITM Total Body Workout –Jenna (TH)  10:45 Brain fitness - Jenna (L)  1:30 Line Dancing (TH)  1:30 Gentle water aerobics – Jenna  3:15 Coloring &amp; Conversation (L)  3:00 Tai Chi for Everyone - Kaye (FR)  3:30 Tai Chi for Arthritis &amp; TCA2 - Kaye (FR)  7:00 Thurs Night Bridge – All welcome (FHL)</p>	<p><b>26</b>  8:15 Walking in Landa Park – Jenna  10:00 RIO Bookmobile  10:00 Chair yoga - Kaye (TH)  11:00 Chair exercise - Jenna (TH)  <b>2:30 Killer Bees - The Africanized Honey Bee in Texas presentation by Charlie Agar of Charlie Bee Company</b> (TH)  No Games  6:30 Samba – sign-up (FHL)</p>	<p><b>27</b>  2:00 &amp; 7:00 Movie: <i>The Train Robbers</i> (with John Wayne) (TH)</p>
<p><b>28</b>  8:45 Sunday morning learning sessions with Chaplain Sarah (OPR)  10:00 Worship services (C)  2:00 &amp; 7:00 Movie: <i>New release TBD</i> (TH)</p>	<p><b>29</b>  8:15 Walking in Landa Park – Jenna  10:00 Chair yoga - Bonnie (TH)  10:30 Quickie errands  11:00 Chair exercise – Jenna  1:00 Shopping at Walmart  1:30 Mend-A-Thon by eQuality Home Care (GP)  1:15 Bible study (TH)  2:15 Line dancing (TH)  2:30 Mexican Train (FHL)  3:30 Tai Chi for Everyone (FR)  6:00 Spanish by DVD (TH) (Open to newcomers)</p>	<p><b>30</b>  8:30 Water Aerobics – Jenna  <b>9:45 NB Low Vision Club – 1st United Methodist</b>  10:00 FUN Art (OPR)  10:00 ITM Total Body Workout –Jenna (C)  10:45 Brain fitness – Jenna (L)  1:15 Mah Jongg (FHL)  1:30 Gentle water aerobics – Jenna  2:30 42 dominoes (OPR)  <b>4:00 Happy Hour @ Adobe Verde (Gruene)</b>  7:00 Movie: <i>Whispering Smith</i> (w/ Alan Ladd) (TH)</p>	<p><b>31</b>  10:00 Chair yoga – Kaye (TH)  11:00 Chair exercise - Jenna (TH)  1:00 Men's Poker (OPR)  1:15 Bridge (FHL)  2:30 Chair volleyball - Jenna (C)  <b>3:30 Freiheit Village Farmer Market</b>  6:30 Samba – Sign-up</p>	<p style="text-align: center;"><b>July 2019</b>  Staying Cool!</p>		

Sign-up in the Activity Binder to secure a seat on the bus for outings. Sign-up sheets are pulled 48 hours before the outing. Please note that additional charges may apply to activities and all activities are subject to change.