



07/01 - Monday

9:00 – Bible Study w/ Pastor Oumar - CC
 10:30 – Morning Exercises
 1:00 – Poker Group - GC
 1:30 - Library on Wheels - L
 1:30 - Matinee - CC
 4:00 – Jenga Challenge - CC
 6:00 – Movie Night - CC

07/02 – Tuesday

9:00 – Zumba Morning - CC
 10:30 – Jewelry Making –CC
 1:45 - Bingo - CC
 3:00 – Exercises Classes - L
 4:00 – Technology Consultation - L
 6:00 – Cards Games - CG

07/03- Wednesday

9:00 – Yoga Wednesday - CC
 10:30 – Rommikub - GC
 1:00 – Dominoes - GC
 2:30 – Workout Wednesday -CC
 3:30 – Spanish Class - GC
 6:00 – Brainteaser - L

07/04 – Thursday – Hairdresser

9:00 Transportations to doctors (ends at 2 pm)
 9:00 – Senior Chair Exercises - CC
 10:30 – Music Games - CC
 1:45 - Bingo - CC
 3:00 – Independent Day Show - GC
 6:00 – Open Pool Table - L

07/05 - Friday

9:00 – Moving Exercises - CC
 10:30 – Ashton Manor Choir -GC
 1:00 – Documentary Friday -CC
 2:00 – Book Club - L
 3:30 – Black Jack - L
 6:00 – Table Games Night

07/06 - Saturday

9:00 – News & Brews - CC
 10:30 – Rummy Group - GC
 1:30 – Canasta Group - CC
 3:30 – Saturday Cinema - CC
 6:00 - Card Games - L

07/07 - Sunday

10:00 – Travel Adventure: Portugal - CC
 1:00 - Church Service W/ One Life – LR
 1:00- Sunday Cinema – LR
 3:00 - Resident’s Choice – GC
 6:00 – Uno Night - GC
 Open Pool table - L

07/08 - Monday

9:00 – Bible Study w/ Pastor Oumar - CC
 10:30 – Morning Exercises
 1:00 – Poker Group - GC
 1:30 - Matinee - CC
 4:00 – Jenga Challenge - CC
 6:00 – Movie Night - CC

07/09 - Tuesday

9:00 – Zumba Morning - CC
 10:30 – Jewelry Making –CC
 1:45 - Bingo - CC
 3:00 – Exercises Classes - L
 4:00 – Technology Consultation - L
 6:00 – Cards Games - CG

07/10- Wednesday

9:00 – Yoga Wednesday - CC
 10:30 – Rommikub - GC
 1:00 – Dominos - GC
 2:30 – Workout Wednesday -CC
 3:30 – Spanish Class - GC
 6:00 – Brainteaser - L

07/11 - Thursday

9:00 Transportations to doctors (ends at 2 pm)
 9:00 – Senior Chair Exercises - CC
 10:30 – Music Games - CC
 1:45 - Bingo - CC
 3:00 – Danza Class - GC
 4:00 – Drama Club – GC
 6:00 – Open Pool Table - L

07/12 – Friday

9:00 – Moving Exercises - CC
 10:30 – Ashton Manor Choir -GC
 1:00 – Documentary Friday -CC
 2:00 – Book Club - L
 3:30 – Black Jack - L
 6:00 – Table Games Night

07/13 – Saturday

9:00 – News & Brews - CC
 10:30 – Rummy Group - GC
 1:30 – Canasta Group - CC
 3:30 – Saturday Cinema - CC
 6:00 - Card Games - L

07/14 – Sunday

10:00 – Travel Adventure: Italy - CC
 1:00 - Church Service W/ One Life – LR
 1:00- Sunday Cinema – LR
 3:00 - Resident’s Choice – GC
 6:00 – Uno Night - GC

07/15 - Monday

9:00 – Bible Study w/ Pastor Oumar - CC
 10:30 – Morning Exercises
 1:00 – Poker Group - GC
 1:30 - Matinee - CC
 4:00 – Jenga Challenge - CC
 6:00 – Movie Night - CC

07/16 - Tuesday

9:00 – Zumba Morning - CC
 10:30 – Jewelry Making –CC
 1:45 - Bingo - CC
 3:00 – Exercises Classes - L
 4:00 – Technology Consultation - L
 6:00 – Cards Games - CG

07/17 - Wednesday Juneteenth

9:00 – Yoga Wednesday - CC
 10:30 – Rommikub - GC
 1:00 – Dominoes - GC
 2:30 – Workout Wednesday -CC
 3:30 – Spanish Class - GC
 6:00 – Brainteaser - L

07/18 - Thursday

9:00 Transportations to doctors (ends at 2 pm)
 9:00 – Senior Chair Exercises - CC
 10:30 – Music Games - CC
 1:45 - Bingo - CC
 3:00 – Danza Class - GC
 4:00 – Drama Club – GC
 6:00 – Open Pool Table - L

07/19 – Friday

9:00 – Moving Exercises - CC
 10:30 – Ashton Manor Choir -GC
 1:00 – Documentary Friday -CC
 2:00 – Book Club - L
 3:30 – Black Jack - L
 6:00 – Table Games Night

07/20 - Saturday

9:00 – News & Brews - CC
 10:30 – Rummy Group - GC
 1:30 – Canasta Group - CC
 3:30 – Saturday Cinema - CC
 6:00 - Card Games - L

07/21 - Sunday

10:00 – Travel Adventure: Greek - LR
 1:00 - Church Service W/ One Life – LR
 1:00- Sunday Cinema – LR
 3:00 - Resident’s Choice – GC
 6:00 – Uno Night - GC

07/22 - Monday

9:00 – Bible Study w/ Pastor Oumar - CC
 10:30 – Morning Exercises
 1:00 – Poker Group - GC
 1:30 - Matinee - CC
 4:00 – Jenga Challenge - CC
 6:00 – Movie Night - CC

07/23 - Tuesday

9:00 – Zumba Morning - CC
 10:30 – Jewelry Making –CC
 1:45 - Bingo - CC
 3:00 – Exercises Classes - L
 4:00 – Technology Consultation - L
 6:00 – Cards Games - CG

07/24 - Wednesday

9:00 – Yoga Wednesday - CC
 10:30 – Rommikub - GC
 1:00 – Dominoes - GC
 2:30 – Workout Wednesday -CC
 3:30 – Spanish Class - GC
 6:00 – Brainteaser - L

07/25 - Thursday

9:00 Transportations to doctors (ends at 2 pm)
 9:00 – Senior Chair Exercises - CC
 10:30 – Music Games - CC
 1:45 - Bingo - CC
 3:00 – Danza Class - GC
 4:00 – Drama Club – GC
 6:00 – Open Pool Table - L

07/26 - Friday

9:00 – Moving Exercises - CC
 10:30 – Ashton Manor Choir -GC
 1:00 – Documentary Friday -CC
 2:00 – Book Club - L
 3:30 – Black Jack - L
 6:00 – Table Games Night

07/27 – Saturday

9:00 – News & Brews - CC
 10:30 – Rummy Group - GC
 1:30 – Canasta Group - CC
 3:30 – Saturday Cinema - CC
 6:00 - Card Games - L

07/28 - Sunday

10:00 – Travel Adventure: Italy - CC
 1:00 - Church Service W/ One Life – LR
 1:00- Sunday Cinema – LR
 3:00 - Resident’s Choice – GC
 6:00 – Uno Night - GC

07/29 - Monday

9:00 – Bible Study w/ Pastor Oumar - CC
 10:30 – Morning Exercises
 1:00 – Poker Group - GC
 1:30 - Matinee - CC
 4:00 – Jenga Challenge - CC
 6:00 – Movie Night - CC

07/30 - Tuesday

9:00 – Zumba Morning - CC
 10:30 – Jewelry Making –CC
 1:45 - Bingo - CC
 3:00 – Exercises Classes - L
 4:00 – Technology Consultation - L
 6:00 – Cards Games - CG

07/31- Wednesday

9:00 – Yoga Wednesday - CC
 10:30 – Rommikub - GC
 1:00 – Dominoes - GC
 2:30 – Workout Wednesday -CC
 3:30 – Spanish Class - GC
 6:00 – Brainteaser - L

**Activities Are Subject to
Change**

Activity Location
S - Sunroom
L - Library
FP - Fireplace
CC - Celebration Center
AL - Assisted Living
GC - Garden Cottage

Ashton Manor at Sugarloaf
Independent Living