



Salute to the Union
Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Volunteer Opportunity: -Decorations for 4 Of July -Movie Selection -Gardening -Ambassador -Bridge Teacher Please Contact Adriana	10:30 Bible Study (ER) 1 10:30 Line Dancing (WC) 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy 2:00 & 6:00 Movie (THTR) 3:00 BINGO (ER) 4:00 Daiquiris in the Bistro Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marbles & Jokers/Card Games (GR)	2 9:30 Walk (Park) 10:30 Isometric Strength (WC) 11:00 Ambassador Meeting (ER) 1-3 Art Class (CS) 2:00 & 6:00 Movie (THTR) 3:30 Balance Class (WC) 4:00 Social Hour (Bistro) 6:00 Canasta (ER)	3 9:00 Walking Challenge * 10:00 Heart Healthy Stretch w/Caroline (WC) 11:00 Trip to Pearl Fincher Museum of Fine Arts (Bus) 1:00 & 6:00 Movie (THTR) 3:00 Virtual Aerobics (WC) 4:00 Sangria Social Hour (Bistro)
4 8:30 Sunday Service With Pastor Bart (ER) 9:30 Star Spangled Banner as You've Never Heard It. (Short Film -THTR) 10:00 Newspaper & Coffee (BISTRO) 11:30-3:00 Fourth of July Brunch W/Blane Faul (DR) 2 And 6 Movie (THTR) 3:00 Virtual Thai Chi (WC)	5 9:30 Chair YOGA (WC) 10:30 Eggery Class (CS) 10:30 Rise and Fit (WC) 11:30 Lifestyle-Activities for the Week W/Adriana (THTR) 1:00 Bridge (GR) 2:30 <i>Town Hall</i> (DR) 3:30 Dumbbell Class (WC) 4:00 - 7:00pm Independence Day Dinner & Dance W/Ziggy Band (DR)	6 10:30 Water Aerobics (Pool) 1:00 Balance Class W/Legacy (WC) 2:00 & 6:00 Movie (THTR) 3:00 BINGO (ER) 4:00 Margarita Madness Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marble & Jokers/Card Game (GR)	7 9:30 Balance Class (WC) 10:30 Chair Yoga (WC) 1:00 Blood Pressure W/At Your Side (WC) 1:00 Balance Class (WC) 1-3 Art Class (CS) 3:00 <i>Book Club</i> (ER) 2:00 And 6:00 Movie (THTR) 3:30 Dumbbell Class (WC) 4:00 Wine Down Wednesday Social (WC)	8 10:30 Bible Study Class (ER) 10:30 Line Dancing (WC) 11:30 Men's Strength (WC) 1-3 Art Class (CS) 1:00 Balance Class W/Legacy 2:00 & 6:00 Movie (THTR) 3:00 BINGO (ER) 4:00 Daiquiris in the Bistro Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marbles & Jokers/Card Games (GR)	9 9:30 Walk (Park) 10:00 Coffee + Family Memories-4 Of July (BISTRO) 10:30 Isometric Training (WC) 1-3 Art Class (CS) 2 & 6 Movie (THTR) 3:30 Balance Class (WC) 4:00 Social Hour (Bistro) 6:00 Canasta (ER)	10 9:00 Walking Challenge * 10:00 Heart Healthy Stretch W/Caroline (WC) 11:00 <i>Bus Trip to National Museum of Funeral History</i> (\$9.00) 1:00 & 6:00 Movie (THTR) 3:00 Virtual Aerobics Class (WC) 4:00 Sangria Social Hour (Bistro)
11 8:30 Sunday Service With Pastor Bart (ER) 10:00 Newspaper & Coffee (BISTRO) 2 And 6 Movie (THTR) 3:00 Virtual Thai Chi (WC) 3:00 Root Beer Float Social (BISTRO)	12 9:30 Chair Yoga (WC) 10:30 Eggery Class (CS) 10:30 Rise and Fit (WC) 11:30 Lifestyle - Activities for the Week W/Adriana (THTR) 1:00 Bridge 2:30 <i>Food Forum</i> (THTR) 3:30 Dumbbell Class (WC) 4:00 Mojito Monday Social (Bistro) 6:00 Movie (THTR)	13 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy (WC) 2:00 & 6:00 Movie (THTR) 3:00 BINGO (ER) 4:00 Margarita Madness Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marble & Jokers/Card Game (GR)	14 9:00 What America Means to Me/Poetry Contest - 9:30 Balance Class (WC) 10:30 Chair Yoga (WC) 1:00 Blood Pressure W/At Your Side (WC) 1:00 Balance Class (WC) 1-3 Art Class (CS) 2:00 And 6:00 Movie (THTR) 3:30 Dumbbell Class (WC) 4:00 Wine Down Wednesday Social (Bistro)	15 10:30 Bible Study Class (ER) 10:30 Line Dancing (WC) 10:30 Water Aerobics (Pool) 1:00 Balance Class W/Legacy 2:00 And 6:00 Movie (THTR) 3:00 BINGO (ER) 4:00 Daiquiris in the Bistro Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marbles & Jokers (ER)	16 9:30 Walk (Park) 10:30 Isometric Training (WC) 1-3 Art Class (CS) 1:00 Balance Class (WC) 1:30 Discovery University (DR) 2 & 6 Movie (THTR) 3:30 Balance Class (WC) 4:00 <i>BirthDay Celebration</i> (Bistro) 6:00 Canasta (ER)	17 9:00 Walking Challenge * 10:30 Heart Healthy Stretch W/Caroline (WC) 11:00 Bus Trip to 2:00 Popsicle Social (PATIO) 3:00 Virtual Aerobic Class (WC) 1:00 & 6:00 Movie (THTR) 4:00 Sangria Social Hour (Bistro)
18 8:30 Sunday Service With Pastor Bart (ER) 10:00 Newspaper & Coffee (BISTRO) 2 And 6 Movie (THTR) 3:00 Virtual Thai Chi (WC) 3:00 Root Beer Float Social (BISTRO)	19 9:30 Chair Yoga (WC) 10:30 Rise and F.I.T. (WC) 10:30 Eggery Class (CS) 11:30 Lifestyle-Activities for the Week W/Adriana (THTR) 1:00 Bridge (GR) 2:00 & 6:00 Movie (THTR) 2:30 Wellness Chat W/DeAndre (THTR) 4:00 Mojito Monday Social (Bistro)	20 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance Class-Legacy 2:00 & 6:00 Movie (THTR) 3:00 BINGO 4:00 Margarita Madness Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marble & Jokers/Card Games (GR)	21 9:30 Balance Class (WC) 10:30 Chair Yoga (WC) 1:00 Blood Pressure W/At Your Side (WC) 1:00 Balance Class (WC) 1:30 Speaker: <i>Robert Landau</i> (DR) 2:00 And 6:00 Movie (THTR) 3:30 Dumbbell Class (WC) 4:00 Wine Down Wednesday Social (Bistro)	22 10:30 Bible Study (ER) 10:30 Line Dancing (WC) 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance Class W/Legacy 1-3 Art Class (CS) 2 & 6 Movie (THTR) 3:00 BINGO (ER) 4:00 Daiquiris Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marbles & Jokers/Card Games (GR)	23 9:30 Walk (Park) 10:30 Isometric Strength (WC) 1-3 Art Class (CS) 2 & 6 Movie (THTR) 3:30 Balance Class (WC) 4:00 <i>New Resident Social</i> (Bistro) 6:00 Canasta (ER)	24 9:00 Walking Challenge * 10:30 Heart Healthy Stretch W/Caroline (outside) 11:00 Trip to 3:00 Virtual Aerobic Class (WC) 1:00 & 6:00 Movie (THTR) 4:00 Sangria Social Hour (Bistro)
25 8:30 Sunday Service With Pastor Bart (ER) 10:00 Newspaper & Coffee (BISTRO) 2 And 6 Movie (THTR) 3:00 Virtual Thai Chi (WC) 3:00 Root Beer Float Social (BISTRO)	26 9:30 Chair Yoga (WC) 10:30 Rise and F.I.T. (WC) 10:30 Eggery Class (CS) 11:30 Lifestyle-Activities for the Week W/Adriana (THTR) 1:00 Bridge 2 & 6 Movie (THTR) 3:30 Dumbbell Class (WC) 4:00 Mojito Monday Social (Bistro)	27 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance Class - Legacy 1:30 Wellness Trade Show (ROT) 3:00 BINGO (ER) 4:00 Margarita Madness Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marble/Jokers/Card Games (GR)	28 9:30 Balance Class (WC) 10:30 Chair Yoga (WC) 1:00 Blood Pressure W/At Your Side (UL) 1:00 Balance Class W/Legacy (WC) 1-3 Art Class (CS) 2 & 6 Movie (THTR) 3:30 Dumbbell Class (WC) 4:00 Wine Down Wednesday Social (Bistro)	29 10:30 Bible Study Class (ER) 10:30 Line Dancing (WC) 10:30 Water Aerobics (Pool) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy 1-3 Art Class (CS) 2 & 6 Movie (THTR) 3:00 BINGO (ER) 4:00 Daiquiris in the Bistro Social (Bistro) 5:00 Step & Sweat (WC) 6:00 Marbles & Jokers (GR)	30 9:30 Walk (Park) 10:30 Isometric Strength (WC) 1-3 Art Class (WC) 1:00 Balance Class (WC) 2 & 6 Movie (THTR) 3:30 Balance Class (WC) 4:00 Social Hour (Bistro) 6:00 Canasta (ER)	31 9:00 Walking Challenge * 10:30 Heart Healthy Stretch W/Caroline (outside) (BG) 1:00 Trip to the Woodlands Waterway (BUS) 1:00 & 6:00 Movie (THTR) 4:00 Sangria Social Hour (Bistro)