

July 2026

The Lifestyle Guide

Birthday Spotlight

- Lou Ardrey 7/1

Wes Lee 7/2

Debbie Hargrove 7/3

Dean McDonald 7/3

Kathy Jaggers 7/4

Weldon Burns 7/9

Chuck Rohr 7/9
- Jim Bright 7/10

Betty Rawls 7/15

Yvonne Lautzenheiser 7/23

Georgia Sherard 7/25

Dora Bowman 7/28

Steve Burleson 7/29



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
# + L - #Floor Lounge AS - Art Studio in the Lower Level BR - Billiards Room - 5th floor CB - Coffee Bar in the Dining Room CH99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room FR - Fitness Room (Gym) GR - Garden Room in Health Center HH - Heritage Hall L - Lobby LL - Lower Level MT - Movie Theater WS - Woodshop in Lower Level	Please stop by the table near the Bulletin Board to browse our Interest Book , featuring upcoming outings, events, and activities. If something interests you, please add your name to the list. Your feedback helps us plan future programs and excursions. Thank you!	Please Note: All activities are subject to change. Be sure to check the Community Chronicle , daily schedules, and the Bulletin Board regularly for updates, additions, changes, and cancellations.	1 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 2:00 Texas Road House 2:00 Coloring with Alice - AS 3:00 Patriotic Hymns and Scripture Readings with Nancy Anderson 6:00 Bible Reading- L 6:00 Card Games- CR	2 9:30 Healthy Lower Body - HH 11:15 Wheel of Fortune - MT 1:30 Video Exercise- CR 1:30 Harris Teeter 6:30 Young George Washington- Manchester Cinemas 6:00 Bible Reading- L 6:30 Dominoes- CR	3 10:00 Ebenezer Grill Brunch 3:00 Corn Hole- HH 6:00 Bible Reading- L	4 11:00 250th Independence Day Cook Out- DR 1:00 Rummikub - CR 1:30 Rummy - AS 1:15 July 4th Faith & Freedom Celebration at St. Philip Neri 2:00 Movies w/ Larry - MT The Hunt for Red October 6:00 Bible Reading- L 6:30 Bingo- HH
5 9:00 WPC Service on CH 98 2:00 Springs Farm Ice Cream 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading- L	6 9:30 Healthy Upper Body - HH 1:30 Exercise with Robin- CR 2:00 Activity Meeting- 4th 3:00 Pharmacy & Dollar Tree 6:00 Bible Reading- L	7 9:30 Healthy Lower Body - HH 1:30 Exercise with Robin- CR 2:00 Towers Stitchers - CR 3:00 Bingo- HH 3:45 Library Bookmobile - L 6:00 Bible Reading- L 6:30 Hymn Sing - CR	8 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Flipside Lunch 2:00 Freddy Trip- L 2:00 Coloring with Alice - AS 6:00 Card Games- CR 6:00 Bible Reading- L	9 9:30 Healthy Lower Body - HH 11:15 Wheel of Fortune - MT 1:30 Video Exercise- CR 1:30 Harris Teeter 2:00 First ARP Bible Study- CR 6:00 Bible Reading- L 6:30 Dominoes- CR	10 8:30 Neighborhood Walmart 3:00 Corn Hole - CR 4:30 Tokyo Japan Dinner 6:00 Bible Reading- L	11 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Larry - MT Tender Mercies 3:00 Patrick Hudson- HH 6:00 Bible Reading- L 6:30 Bingo- HH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 9:00 WPC Service on CH 98 2:00 Board Games - CR 2:45 Catholic Service - HH 4:00 Vespers - HH 6:00 Bible Reading - L	13 9:30 <i>Healthy Upper Body - HH</i> 1:30 <i>Exercise with Robin- CR</i> 3:00 Newport Walmart 6:00 Bible Reading - L 6:30 All Voices Choir- HH	14 9:30 <i>Healthy Lower Body - HH</i> 1:30 <i>Exercise with Robin- CR</i> 2:00 Towers Stitchers - CR 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	15 9:00 Food Lion & Publix 9:30 <i>Video Exercise- HH</i> 11:30 Olive Garden Lunch 1:30 <i>Video Exercise- CR</i> 1:30 Emily on the Piano- L 2:00 Coloring with Alice - AS 3:00 Church Service with Jon Oliphant- First ARP 6:00 Bible Reading - L 6:00 Card Games - CR	16 9:30 <i>Healthy Lower Body - HH</i> 11:00 Audiology- CR 11:15 Wheel of Fortune - MT 1:30 Gaulden Monuments Tour 1:30 <i>Video Exercise- CR</i> 1:30 Harris Teeter 2:15 Wellness Snack- L 6:00 Bible Reading - L 6:30 Dominoes - CR	17 9:30 Doughnut Day- CB 10:00 Lunch at McLeod's Farm and Roadside Market in McBee, SC 3:00 Corn Hole- HH 6:00 Bible Reading - L	18 10:30 Choir Meeting - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Larry - MT <i>Cold Mountain</i> 6:00 Bible Reading - HH 6:30 Bingo- HH
19 9:00 WPC Service on CH 98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L	20 9:30 <i>Healthy Upper Body - HH</i> 1:30 <i>Video Exercise- CR</i> 2:00 Windows Meeting- 2L 3:00 Pharmacy & Dollar Tree 6:00 Bible Reading - L	21 9:30 <i>Healthy Lower Body - HH</i> 1:30 <i>Video Exercise- CR</i> 2:00 Towers Stitchers - CR 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading - L 6:00 Catawba Nation's Role in the Revolutionary War at Catawba Cultural Center 6:30 Hymn Sing - CR	22 9:00 Food Lion & Publix 9:30 <i>Healthy Upper Body - HH</i> 11:30 Front Porch Lunch 1:30 <i>Video Exercise- CR</i> 2:00 Coloring with Alice - AS 3:00 Quandts Sing-a-long 6:00 Bible Reading - L 6:00 Card Games - CR	23 9:30 <i>Healthy Lower Body - HH</i> 11:15 Wheel of Fortune - MT 1:30 <i>Video Exercise- CR</i> 1:30 Harris Teeter 6:00 Bible Reading - L 6:30 Dominoes - CR	24 8:30 Neighborhood Walmart 2:00 Birthday Bash- HH 3:00 Corn Hole- HH 4:30 Trios Dinner 6:00 Bible Reading - L	25 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Larry - MT <i>Good Will Hunting</i> 2:30 90th Birthday Party For Georgia Sherard - HH 4:00 Not Just Another Love Story- Narrowway Theater 6:00 Bible Reading - L 6:30 Bingo- HH
26 9:00 WPC Service on CH 98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L	27 9:30 <i>Healthy Upper Body - HH</i> 1:30 <i>Exercise with Robin- CR</i> 3:00 Newport Walmart 6:00 Bible Reading - L	28 9:30 <i>Healthy Lower Body - HH</i> 1:30 <i>Exercise with Robin- CR</i> 2:00 Towers Stitchers - CR 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR	29 9:00 Food Lion & Publix 9:30 <i>Healthy Upper Body - HH</i> 1:30 <i>Video Exercise- CR</i> 2:00 Coloring with Alice - AS 3:00 Music by Scott Griffin - HH 4:30 Waldhorn Dinner 6:00 Bible Reading - L 6:00 Card Games - CR	30 9:30 <i>Healthy Lower Body - HH</i> 11:15 Wheel of Fortune - MT 1:30 <i>Video Exercise- CR</i> 1:30 Harris Teeter 6:00 Bible Reading - L 6:30 Dominoes - CR	31 11:00 Mary's Café Lunch 3:00 Corn Hole- HH 6:00 Bible Reading - L	Due to limited seating for outings, if you sign up for an outing and are unable to attend, please remove your name from the sign-up sheet. This allows another resident to participate.