

July 2025 Independent Living Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Happy Birthday!
		10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 Family Feud 6:30 Sound Healing with Tasha	AD National UFO Day AD Spirit Day - Dress Like a UFO or Alien 9:30 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 History of UFOs 4:00 Alien Bingo 6:30 Out of This World Movie Night: "E.T. the Extra-Terrestrial" (1982)	10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games	AD Spirit Day - Dress in Red, White & Blue (Patriotic) 9:00 City of Carrollton's 4th of July Parade 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Captain America: The First Avenger" 4:30 Friday Mocktails & Cocktails 8:15 Carrollton Symphony Orchestra's Sounds of Liberty Concert 9:30 City of Carrollton's Fireworks	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 9:30 Resident-led Walking Club 2:00 Bingo Bonanza	Marla E. - July 8th Frank K. - July 31st
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	AD National Rock-n-Roll Day AD Spirit Day - Dress Like a Rock-n-Roll Star 9:30 Resident-led Walking Club 11:00 Jeopardy 11:15 Yoga For Every Body 1:00 Bingo Bonanza 3:30 Courtyard Games	10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 Family Feud 1:00 Carrollton High School Football Players Host Bingo 3:00 Shopping Trip to TJ Maxx	AD National Sugar Cookie Day 9:30 Resident-led Walking Club 10:00 Write Thank You Notes to City of Carrollton Fire Fighters 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Deliver Sugar Cookies and Thank You Notes to City of Carrollton Fire Fighters	10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games	9:30 Resident-led Walking Club 10:00 Nourish & Flourish - Cooking with Gail 11:30 Chef's Chat 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Jaws" 4:30 Friday Mocktails & Cocktails 7:00 Day Outing to Night Market	8:00 Day Outing: Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 9:30 Resident-led Walking Club 2:00 Bingo Bonanza	
AD National Barn Day 9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	9:30 Resident-led Walking Club 11:00 Jeopardy 11:15 Yoga For Every Body 1:00 Bingo Bonanza 3:30 AL/IL Mix & Mingle	AD National Be a Dork Day AD Spirit Day - Dress Like a Dork or Nerd 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 Family Feud 3:30 Learn to Play Bunco 6:30 Sound Healing with Tasha	AD National Hot Dog Day 9:30 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 5:00 Hot Dog Bar	10:00 Zumba 11:00 Vocalist/Keyboardist Karen Vance 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games	9:30 Resident-led Walking Club 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Fly Me To The Moon" 4:30 Friday Mocktails & Cocktails	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 9:30 Resident-led Walking Club 2:00 Bingo Bonanza	<div>Location Key</div> <div>Light Green = Get Healthy, Live Well</div> <div>Teal Blue = Birches on Maple</div>
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	9:30 Resident-led Walking Club 11:00 Day Outing: Monday Morning Masterpieces at Neva Lomason Memorial Library 11:00 Jeopardy 11:15 Yoga For Every Body 1:00 Bingo Bonanza 3:30 Courtyard Games	10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 Family Feud 4:00 Independent Living Town Hall	9:30 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Ladies' Tea: Topic is Favorite Celebrity (Movie Star, Musician, Athlete, etc.)	10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games	9:30 Resident-led Walking Club 11:00 Managers Uncorked: Fashion With a Twist 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Dirty Dancing" 6:00 Family Special Event: Pelican SnoBalls	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 9:30 Resident-led Walking Club 2:00 Bingo Bonanza	Orange = City of Carrollton Light Blue = City Station Dark Blue = UWG Gold = Misc. Organizations
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	9:30 Resident-led Walking Club 10:00 Town Hall 11:00 Jeopardy 11:15 Yoga For Every Body 1:00 Bingo Bonanza 3:30 Courtyard Games	10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 Family Feud 3:30 Learn to Play Bunco	9:30 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:30 Midweek Melody Hymn Sing-along	10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games			<div> THE BIRCHES ON MAPLE</div>