

JUNE

2025

SUN	MON	TUES	WED	THUR	FRI	SAT	
	1 2:00 Euchre Card Club **	2 9:30 Line Dance w/Jane - FC ** 11:00 Total Strength w/Yesi -FC 1:00 Bingo-AR ** 3:00 Game Time-Pub ** 6:00 Bible Study-Pub** 6:00 Picleball w/Melyn - PC	3 10:30 Senior Tech Navigators Digital Safety Demonstration 10:00 Garden Club** 11:30 Lunch Bunch (Garcia's Restaurant) 1:00 Chair Yoga with Suzanne - FC 2:00 Music and Sing-Along - Pub ** 4:00 Spanish Lesson - Pub ** 7:00 Bring a Friend Loteria- GR**	4 9:30 Low Impact Circuit - FC *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 2:00 Puzzle Glue Tutorial - AR 6:30 Texas Hold'em - Pub **	5 9:30 Sit to Fit - FC *Diane 11:00 Beanbag Baseball - FC ** 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 5: 00 Birthday Bash Social Hour - GR -Meal	6 9:30 Aquatic Fitness FC *Diane 11:30 Mat Pilates w/Aixa - FC ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews-GMR **	7 10:15 Gentle Yoga Flow FC *Liz 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **
	8 2:00 Euchre Card Club **	9 9:30 Line Dance w/Jane - FC ** 11:00 Total Strength w/Yesi -FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 6:00 Bible Study - Pub **	10 10:00 Garden Club - AR ** 10:30 Patricia Thomas Mary Kay Demo 1:00 Chair Yoga - FC *Suzanne 4:00 Spanish Lesson - Pub ** 6:00 Music & Sing Along - Pub ** 7:00 Bring a Friend Bingo- GR **	11 9:30 Day Trippers (Austin Capital) 9:30 Low Impact Circuit - FC *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:00 Pickleball w/Melyn - PC 6:30 Dealer's Choice Poker-Pub **	12 9:30 Sit to Fit w/ Diane 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 5:00 Summer Solstice Celebratory Social Hour - Bites	13 10:00 Strength and Stretch w/ Suzanne 11:30 Simple Stretching w/Aixa - FC ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews- GMR **	14 10:15 Gentle Yoga Flow FC *Liz 11:30 Day Trippers 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **
	15 2:00 Euchre Card Club ** 2:00 Line Dancing w/ Marilyn - FC** 	16 11:00 Mat Yoga w/Suzanne -FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 6:00 Bible Study - Pub **	17 10:00 Garden Club - AR 10:30 Lane Jones Medicare Demo 11:30 Lunch Bunch: Clear Springs Restaurant 1:00 Chair Yoga - FC *Suzanne 2:00 Music & Sing Along - Pub ** 4:00 Spanish Lesson- Pub ** 7:00 Bring a Friend Loteria- GR **	18 9:30 Low Impact Circuit - FC *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:00 Pickleball w/ Melyn - FC 6:30 Texas Hold'em - Pub **	19 9:30 Sit to Fit - FC *Diane 11:00 Beanbag Baseball - FC ** 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 5:00 Italian Night Social Hour- Meal	20 9:30 Aquatic Fitness FC *Diane 10:30 Resident Meeting w/Kristina & Mike 11:30 Mat Pilates w/Aixa - FC ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews-GMR **	21 11:00 Canine Aggression Class - DP 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **
	22 2:00 Euchre Card Club ** 2:00 Line Dancing w/ Marilyn - FC**	23 10:00 Resident Ambassador meeting 11:00 Total Strength w/Yesi -FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 6:00 Bible Study - Pub **	24 10:00 Garden Club - AR ** 1:00 Hear In Texas Presentation-THTR 1:00 Chair Yoga - FC *Suzanne 2:00 Hymn Sing! - Pub ** 4:00 Spanish Lesson - Pub ** 7:00 Bring a Friend Bingo- AR **	25 9:30 Low Impact Circuit - FC *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 5:30 Larkspur Cinema Presents: "The Right Stuff" 6:00 Pickleball Lesson - PC 6:30 Dealer's Choice Poker-Pub **	26 9:30 Aquatic Fitness w/ Diane 10:30 Heidi (Physical Therapy Demo) 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 5:00 Tropical Tiki Party Social Hour- Bites	27 9:30 Aquatic Fitness FC *Diane 10:00 Resident Ambassadors Meeting 11:30 Simple Stretching w/Aixa - FC ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews-GMR **	28 10:15 Gentle Yoga Flow FC *Liz 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **
	29 2:00 Euchre Card Club ** 2:00 Line Dancing w/ Marilyn - FC**	30 11:00 Total Strength w/Yesi -FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 6:00 Bible Study - Pub **	<u>Room Legend:</u> GR - Great Room AR - Art Room FC - Fitness Center THTR - Theater GMR - Game Room PC - Pickleball Court LIB - Library O - Outing ** - Resident Led	<u>Social Hour Menu Legend:</u> <u>Bites- Munchies and Drinks</u> <u>Meal- Dinner and Drinks</u>	 Embrace Active Living		
 55+  redefining green							

GREYSTAR™



55+



redefining green

Larkspur Creekside

June

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11am Total Strength/Stretch -FC Yesi	3 1pm Chair Yoga-FC Liz	4 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	5 9:30am Sit to Fit -FC Diane	6 9:30am Aqua Strength-Diane	7 Gentle Yoga @ 10:15am Liz
8	9 11am Total Strength/Stretch -FC Yesi	10 1pm Chair Yoga-FC Liz	11 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	12 9:30am Sit to Fit-FC Suzanne	13 10am Strength/Stretch - Suzanne	14 Gentle Yoga @ 10:15am Liz
15	16 11am Mat Yoga Suzanne	17 1pm Chair Yoga-FC Suzanne	18 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	19 9:30am Sit to Fit -FC Diane	20 9:30am Aqua Strength-Diane	21 No Class
22	23 11am Total Strength/Stretch -FC Yesi	24 1pm Chair Yoga-FC Suzanne	25 9:30am Low Impact Circuit-FC Diane 1pm Chair Yoga-FC Liz	26 9:30am Aqua Fit-FC Diane	27 9:30am Aqua Strength-Diane	28 Gentle Yoga @ 10:15am Liz
29	30 11am Total Strength/Stretch -FC Yesi					



Shape Up Fitness offers FREE classes to all residents.

If you're interested in a 30-minute **Fitness Orientation**,

Contact Shape Up @ 512.415.2828 & schedule an appt. to receive a complimentary session.



Join us for Fitness!

LARKSPUR LOWDOWN

PET OF THE MONTH:

Ruby



Pet Parent:

Diane



Biography:

Diane and Ruby moved to our beautiful town from the Windy City/Chicago, IL two years ago, and moved into Larkspur at Creekside 7 months ago. “We both love it here,” exclaimed Diane, explaining Ruby just turned four years old on April 30th. It’s a bit late, but lets all take some time to wish Ruby a happy birthday when you see them out and about! 😊