



JULY 2025

GREYSTAR™



55+



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green.

MON	TUE	WED	THU	FRI	SAT	SUN
	10:00 Garden Club - AR ** 1 1:00 Chair Yoga with Suzanne - FC 2:00 Music and Sing-Along - Pub ** 4:00 Spanish Lesson - Pub ** 4:00 Paper Crafting w/Libby - AR ** 7:00 Bring a Friend Loteria- AR **	9:30 Low Impact Circuit -2 FC *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:30 Texas Hold'em - Pub **	9:30 Sit to Fit - FC *Diane 3 11:00 Beanbag Baseball -FC ** 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 3:00 42 Dominos Club ** - GR 5:00 4 th of July Social Hour - Menu: Cheese and Chicken Enchiladas Garden Salad Dessert	9:30 Aquatic Fitness FC 4 *Diane 11:30 Mat Pilates w/Aixa - FC ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews- GMR **	10:15 Gentle Yoga Flow 5 FC *Liz 12:00 - 2:00 Family Day 1:00 Rumicube Club - Pub ** 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **	2:00 Euchre Card Club ⁶ ** 2:00 Line Dancing w/ Marilyn
11:00 Total Strength w/Yesi 7 -FC 1:00 Bingo - AR ** 3:00 Game Time - Pub ** 3:00 42 Dominos - GR ** 6:00 Bible Study - Pub**	10:00 Garden Club - AR ** 8 10:30 Michelle de Guzman Medicare Presentation - THTR 11:30 Lunch Bunch: Black's Barbeque 1:00 Chair Yoga - FC *Suzanne 2:00 Music & Sing Along - Pub ** 4:00 Spanish Lesson - Pub ** 7:00 Bring a Friend Bingo - AR **	9:30 Low Impact Circuit - FC 9 *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:30 Dealer's Choice- Pub ** 7:00 Pickleball Lesson - PC	9:30 Aquatic Fitness - FC *Diane 10 1:00 Bingo - AR ** 3:00 Loteria ** 3:00 42 Dominos Club ** -GR 5:00 National Grilling Month Social Hour - Menu: Craig & Ed will be grilling up all your favorites!	10:00 Strength and Stretch 11 w/Suzanne - FC 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews - GMR ** 3:30 Smart Phone 101 w/David -AR	10:15 Gentle Yoga Flow FC 12 *Liz 12:00 - 2:00 Family Day 1:00 Rumicube Club - Pub ** 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **	2:00 Euchre Card Club ¹³ ** 2:00 Line Dancing w/ Marilyn
11:00 Total Strength w/Yesi 14 - FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 3:00 42 Dominos - GR ** 6:00 Bible Study - Pub **	10:00 Garden Club - AR ** 15 10:30 Pat Thomas Mary Kay Demonstration - THTR 1:00 Chair Yoga - FC *Suzanne 4:00 Christmas Cards in July w/Libby - AR ** 4:00 Spanish Lesson - Pub ** 6:00 Music & Sing Along - Pub ** 7:00 Bring a Friend Loteria- AR **	9:30 Mat Yoga w/Suzanne 16 10:30 Resident Meeting w/Kristina & Mike 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:30 Texas Hold Em' ** - Pub 7:00 Pickleball Lesson - PC	9:30 Sit to Fit - FC *Diane 17 11:00 Beanbag Baseball -FC ** 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 3:00 42 Dominos Club ** - GR 5:00 Taste of Summer Social Hour Menu: Taco Salad & Charro Beans w/Pico	10:00 Strength and Stretch 18 w/Suzanne - FC 11:30 Mat Pilates w/Aixa - FC 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews- GMR **	10:00 - 2:00 Market Day 19 12:00 - 2:00 Family Day 3:00 Rumicube Club - Pub ** 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **	2:00 Euchre Card Club ²⁰ ** 2:00 Line Dancing w/ Marilyn
10:00 Resident 21 Ambassador Meeting - Pub 11:00 Total Strength w/Yesi - FC 1:00 Bingo - AR ** 3:00 Game Time! - Pub ** 6:00 Bible Study - Pub **	10:00 Garden Club - AR ** 22 11:30 Lunch Bunch: Pat's Place 2:00 Hymn Sing! - Pub ** 4:00 Spanish Lesson - Pub ** 7:00 Bring a Friend Bingo- AR **	9:30 Low Impact Circuit - FC 23 *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 2:00 Painting with a Twist (20 person max) - AR 6:30 Dealer's Choice - Pub ** 7:00 Pickleball Lesson - PC	9:30 Aquatic Fitness - FC *Diane 24 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 3:00 42 Dominos Club ** - GR 5:00 Birthday Bash Social Hour Menu: Meatloaf w/Gravy Macaroni & Cheese w/ Garden Salad	9:30 Aquatic Fitness FC *Diane 25 11:30 Simple Stretching - FC *Aixa ** 1:00 Bring a Friend Bingo - AR ** 2:30 Billiards and Brews- GMR ** 3:30 Smart Phone 101 w/David - AR	10:15 Gentle Yoga Flow - FC 26 *Liz 12:00 - 2:00 Family Day 1:00 The Larkspur Cinema: 'The Green Mile' - THTR 1:00 Rumicube Club - Pub ** 3:00 Bring a Friend Loteria (Mexican Bingo) - AR **	2:00 Euchre Card Club ²⁷ ** 2:00 Line Dancing w/ Marilyn
11:00 Total Strength 28 w/Yesi - FC 1:00 Bingo - AR ** 3:00 Game Time - Pub ** 6:00 Bible Study - Pub **	10:00 Garden Club - AR ** 29 11:00 Denise Senior Financial Planning - THTR 1:00 Chair Yoga - FC *Suzanne 4:00 Spanish Lesson - Pub ** 7:00 Bring a Friend Loteria- AR **	9:30 Low Impact Circuit - FC 30 *Diane 12:00 Mahjong (Beginner Friendly) - Pub ** 1:00 Chair Yoga - FC *Liz 6:30 Dealer's Choice Poker - Pub ** 7:00 Pickleball Lesson - PC	9:30 Aquatic Fitness - FC *Diane 31 11:00 Beanbag Baseball -FC ** 1:00 Bingo - AR ** 3:00 Loteria (Mexican Bingo)- AR ** 3:00 42 Dominos Club ** - GR 5:00 Community Social Hour - Menu: Potluck	Room Legend: GR - Great Room AR - Art Room FC - Fitness Center THTR - Theater GMR - Game Room PC - Pickleball Court LIB - Library O - Outing ** - Resident Led	Social Hour Menu Legend: Bites- Munchies and Drinks Meal- Dinner and Drinks	

Thursday

The Larkspur Lowdown

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11am Total Strength/Stretch w/ Yesi - FC	1pm Chair Yoga-FC Suzanne ¹	9:30am Low Impact Circuit-FC Diane ² 1pm Chair Yoga-FC Liz	9:30am Aqua Fit-FC Diane ³	9:30am Aqua Strength-Diane ⁴	Gentle Yoga @ 10:15am Liz ⁵
⁶	11am Total Strength/Stretch w/ Yesi - FC ⁷	1pm Chair Yoga-FC Suzanne ⁸	9:30am Low Impact Circuit-FC Diane ⁹ 1pm Chair Yoga-FC Liz	9:30am Aqua Fit-FC Diane ¹⁰	10am Total Strength/Stretch w/ Suzanne - FC ¹¹	Gentle Yoga @ 10:15am Liz ¹²
¹³	11am Total Strength/Stretch w/ Yesi - FC ¹⁴	1pm Chair Yoga-FC Suzanne ¹⁵	9:30am Mat Yoga Suzanne ¹⁶ 1pm Chair Yoga-FC Liz	9:30am Sit to Fit-FC Suzanne ¹⁷	10am Total Strength/Stretch w/ Suzanne - FC ¹⁸	No Class ¹⁹
²⁰	11am Total Strength/Stretch w/ Yesi - FC ²¹	No Class ²²	9:30am Low Impact Circuit-FC Diane ²³ 1pm Chair Yoga-FC Liz	9:30am Aqua Fit-FC Diane ²⁴	9:30am Aqua Strength-Diane ²⁵	Gentle Yoga @ 10:15am Liz ²⁶
²⁷	11am Total Strength/Stretch w/ Yesi - FC ²⁸	1pm Chair Yoga-FC Suzanne ²⁹	9:30am Low Impact Circuit-FC Diane ³⁰ 1pm Chair Yoga-FC Liz	9:30am Aqua Fit-FC Diane ³¹		



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.

PET OF THE MONTH:



PET PARENT:



PET BIOGRAPHY

HELLO EVERYONE, MY NAME IS FRAZIER, AND THIS IS MY MOM JOSEPHINE. I AM FIFTEEN YEARS YOUNG, AND A PROUD PAPILLION DOGGO!

I WAS LUCKY WHEN I FOUND JOSEPHINE, SHE IS AN EXCELLENT DOG TRAINER AND REALLY SHOWED ME THE ROPES!! MAKE SURE TO SAY HI WHEN YOU SEE ME IN THE HALLS!

