



Live here
Live well.

AUGUST 2025

Mon	Tue	Wed	Thu	Fri 1	Sat 2	Sun 3
Resident Led Team Led Vendor Led Offsite Event				9:30 Aquatic Strength- Pool 11:30 Mat Pilates w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards and Brews - GMR	10:15 Gentle Yoga - FC 12:00 - 2:00 Family Day 1:00 Romicube Club - Pub 3:00 Bring a Friend Loteria - AR	2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn
Mon 4 9:00 Pickleball Lesson - PC 11:00 Total Strength and Stretch - FC 12:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 5 10:00 Garden Club - AR 10:30 Chris Elmo Insurance Demonstration - THTR 1:00 Chari Yoga - FC 2:00 Music and Sing-Along - Pub 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Loteria - AR	Wed 6 9:30 Low-Impact Circuit - FC 12:00 Mahjong - Pub 1:00 Chair Yoga - FC 6:30 Texas Hold-Em - Pub	Thu 7 9:30 Sit to Fit - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 3:00 Loteria - AR 3:00 42 Dominoes Club - GR 5:00 Birthday Bash Social Hour Menu: Pizza, Salad, & Dessert	Fri 8 9:30 Aqua Strength - Pool 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR 3:30 Smart Phone 101 w/David	Sat 9 10:15 Gentle Yoga - FC 11:30 Day Trippers Meeting - THTR 12:00 - 2:00 Family Day 1:00 Romicube Club - Pub 3:00 Bring a Friend Loteria - AR	Sun 10 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn
Mon 11 11:00 Total Strength and Stretch - FC 12:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 12 10:00 Garden Club - AR 10:30 Michelle de Guzman Fall Prevention Demonstration 11:30 Lunch Bunch: Saltgrass Steakhouse 1:00 Chair Yoga - FC 2:00 Music & Sing-Along - Pub 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Bingo - AR	Wed 13 9:30 Low-Impact Circuit - FC 10:30 Resident Meeting w/Kristina & Mike 12:00 Mahjong- Pub 1:00 Chair Yoga - FC 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC	Thu 14 9:30 Aquatic Strength- Pool 1:00 Bingo - AR 3:00 Loteria 3:00 42 Dominoes Club- GR 5:00 Sunchella Social Hour - Menu: Grillin' w/Chuck Hotdogs, Hamburgers and Fixin's with Dessert	Fri 15 9:30 Aqua Strength - Pool 11:30 Mat Pilates w/ Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR	Sat 16 10:15 Gentle Yoga - FC 12:00 - 2:00 Family Day 1:00 Romicube Club - Pub 3:00 Bring a Friend Loteria - AR	Sun 17 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn
Mon 18 9:00 Pickleball Lesson - PC 10:00 Resident Ambassador Meeting - Pub 11:00 Total Strength and Stretch - FC 12:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 19 10:00 Garden Club - AR 10:30 Jessica Bordon Podiatry Demonstration - THTR 1:00 Chair Yoga - FC 4:00 Spanish Lesson - Pub 6:00 Music & Sing -Along - PUB 7:00 Bring a Friend Loteria - AR	Wed 20 9:30 Low-Impact Circuit - FC 12:00 Mahjong - Pub 1:00 Chair Yoga - FC 6:30 Texas Hold-Em - Pub	Thu 21 9:30 Sit to Fit - FC 11:00 Beanbag Baseball - FC 1:00 Bingo - AR 3:00 Loteria - AR 3:00 42 Dominoes Club - GR 5:00 National Senior Citizens Day Social Hour Menu: Finger Sandwiches, Potato Salad, Baked Beans, & Dessert	Fri 22 9:30 Aquatic Strength - Pool 11:30 Simple Stretch w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards & Brews - GMR 3:30 Smart Phone 101 w/David - AR	Sat 23 12:00 - 2:00 Family Day 1:00 Romicube Club - Pub 3:00 Bring a Friend Loteria - AR	Sun 24 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn
Mon 25 11:00 Total Strength and Stretch - FC 12:00 Bingo - AR 3:00 Game Time - Pub 6:00 Bible Study - Pub	Tue 26 10:00 Garden Club - AR 11:30 Lunch Bunch: McAdoo's Seafood Company 1:00 Chair Yoga - FC 2:00 Music & Sing-Along - Pub 4:00 Spanish Lesson - Pub 7:00 Bring a Friend Bingo - AR	Wed 27 9:30 Low-Impact Circuit - FC 12:00 Mahjong- Pub 1:00 Chair Yoga - FC 6:30 Dealer's Choice Poker - Pub 7:00 Pickleball Lesson - PC	Thu 28 9:30 Aquatic Strength- Pool 1:00 Bingo - AR 3:00 Loteria 3:00 42 Dominoes Club- GR 5:00 Community Social Hour - Menu: Lasagna, Chicken Alfredo, Garlic Bread, Salad, & Dessert!!	Fri 29 9:30 Aquatic Strength - Pool 11:30 Mat Pilates w/Aixa - FC 1:00 Bring a Friend Bingo - AR 2:30 Billiards and Brews - GMR	Sat 30 10:15 Gentle Yoga - FC 12:00 - 2:00 Family Day 1:00 Romicube Club - Pub 3:00 Bring a Friend Loteria - AR	Sun 31 2:00 Euchre Card Club 2:00 Line Dancing w/Marilyn

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



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

