

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Seaside Hallandale Beach - Senior Living Activity Calendar

JULY 2022



8:15 CHIT CHAT NEWS ³ 10:00 SEASIDE FIT EXERCISE 10:30 DOMINOS 1:00 WALKING CLUB 1:00 BOARDGAMES/ CARDS 3:00 PING PONG / RUMMY KUBE 3:00 AFTERNOON MOVIE 7:00 EVENING MOVIE	JULY 4TH! 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT YOGA! 10:30 DOMINO'S 1:00 WORD GAME 2:00 MUSIC PETER BRAG 3:00 AFTERNOON MATINEE 7:00 DRAMA MOVIE	TUESDAY DR. APTS ⁵ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 1:00 ICE CREAM SOCIAL 2:00 WORD GAME 3:00 RUMMY KUBE 7:00 ADVENTURE MOVIE	WEDNESDAY DR. APTS ⁶ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINO'S 1:00 VISION BOARD FOCUS 3:00 PING PONG / RUMMY KUBE 7:00 DOCUMENTARY MOVIE	THURSDAY ⁷ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 11:00 OLIVE GARDEN (LUNCH) 1:00 CARDS AND GAMES 2:00 RON DUGON HAPPY HOUR! 3:00 RUMMY KUBE 7:00 ADVENTURE MOVIE	FRIDAY ⁸ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:00 TARGET TRIP 11:00 DOMINO'S 1:30 SHABBAT 2:00 WORD GAME 3:00 RUMMY KUBE 7:00 FRIDAY MOVIE	SATURDAY ⁹ 9:00 STRETCH & BREATHE 9:00 COLOR MEDITATION 10:00 SEASIDE FIT 10:30 BRAIN CRUNCHES 11:00 CHURCH / DOMINOS 1:00 PAINTING AND DRAWING 3:00 AFTERNOON MATINEE 7:00 MOVIE
8:15 CHIT CHAT NEWS ¹⁰ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINOS 1:00 WALKING CLUB 3:00 PING PONG / RUMMY KUBE 3:00 AFTERNOON MOVIE 7:00 EVENING MOVIE	MONDAY ¹¹ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT YOGA! 10:30 DOMINO'S 12:00 ASY VIOLINIST LUNCH 1:00 CONVERSATIONS W/ Nurse Amanda 3:00 AFTERNOON MATINEE 7:00 DRAMA MOVIE	TUESDAY ¹² 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 1:00 DISCUSSION ON DEHYDRATION / WATER BINGO FUN 2:00 WORD GAME 2:00 KAROKE SING ALONG 7:00 ADVENTURE MOVIE	WEDNESDAY ¹³ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINO'S 1:00 VISION BOARD FOCUS 3:00 PING PONG / RUMMY KUBE 7:00 DOCUMENTARY MOVIE	THURSDAY ¹⁴ 9:00 COLOR MEDITATION 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 11:15 PADRINO'S FOR LUNCH 1:00 CARDS AND GAMES 2:00 VICTOR LUIS HAPPY HOUR 3:00 RUMMY KUBE 7:00 ADVENTURE MOVIE	FRIDAY ¹⁵ 9:00 STRETCH & BREATHE 9:00 COLOR MEDITATION 10:00 SEASIDE FIT 10:00 WALMART TRIP 11:00 DOMINO'S 1:30 SHABBAT 2:00 WORD GAME 3:00 RUMMY KUBE	SATURDAY ¹⁶ 9:00 STRETCH & BREATHE 9:00 COLOR MEDITATION 10:00 SEASIDE FIT 10:30 BRAIN CRUNCHES 11:00 CHURCH / DOMINOS 1:00 PAINTING AND DRAWING 3:00 AFTERNOON MATINEE 7:00 MOVIE
8:15 CHIT CHAT NEWS ¹⁷ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINOS 2:00 SUNDAY MUSIC WITH EBONY! 3:00 PING PONG / RUMMY KUBE 7:00 EVENING MOVIE	MONDAY ¹⁸ 3:00 AFTERNOON MATINEE 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT YOGA! 10:30 DOMINO'S 1:00 TALK WITH THE CHEF! 3:00 AFTERNOON MATINEE 7:00 DRAMA MOVIE	TUESDAY ¹⁹ 8:15 CHIT CHAT NEWS 9:00 STREACH IN THE PATIO 10:00 SEASIDE FIT 1:00 RESIDENT COUNCIL MEETING 2:00 WORD GAME 3:00 TALENT CONTEST AT SEASIDE 7:00 ADVENTURE MOVIE	WEDNESDAY ²⁰ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINO'S 1:00 VISION BOARD FOCUS 3:00 PING PONG / RUMMY KUBE 7:00 DOCUMENTARY MOVIE	THURSDAY ²¹ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 HOLLYWOOD BEACH 1:00 CARDS AND GAMES 2:00 PAMIR HAPPY HOUR 3:00 RUMMY KUBE 7:00 ADVENTURE MOVIE	FRIDAY ²² 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:00 PUBLIX TRIP 11:00 DOMINO'S 1:30 SHABBAT 2:00 WORD GAME 3:00 RUMMY KUBE 7:00 FRIDAY MOVIE	SATURDAY ²³ 9:00 STRETCH & BREATHE 9:00 COLOR MEDITATION 10:00 SEASIDE FIT 10:30 BRAIN CRUNCHES 11:00 CHURCH / DOMINOS 1:00 PAINTING AND DRAWING 3:00 AFTERNOON MATINEE 7:00 MOVIE
9:00 COLOR MEDITATION ²⁴ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINOS 1:00 WALKING CLUB 3:00 PING PONG / RUMMY KUBE 3:00 AFTERNOON MOVIE 7:00 EVENING MOVIE	MONDAY ²⁵ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT YOGA! 10:30 DOMINO'S 3:00 PING PONG / RUMMY KUBE 7:00 DRAMA MOVIE	TUESDAY ²⁶ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 1:00 ICE CREAM SOCIAL 2:00 WORD GAME 3:00 RUMMY KUBE 7:00 ADVENTURE MOVIE	WEDNESDAY ²⁷ 8:15 CHIT CHAT NEWS 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 DOMINO'S 1:00 VISION BOARD FOCUS 3:00 PING PONG / RUMMY KUBE 7:00 DOCUMENTARY MOVIE	THURSDAY ²⁸ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 11:00 HOLY SNITZEL LUNCH 1:00 CARDS AND GAMES 2:00 WORD GAME 2:00 RUEBAN GONZALES (SAX) 7:00 ADVENTURE MOVIE	FRIDAY ²⁹ 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:00 BANK TRIP 11:00 DOMINO'S 1:30 SHABBAT 2:00 WORD GAME 3:00 RUMMY KUBE 7:00 FRIDAY MOVIE	SATURDAY ³⁰ 9:00 COLOR MEDITATION 9:00 STRETCH & BREATHE 10:00 SEASIDE FIT 10:30 BRAIN CRUNCHES 11:00 CHURCH / DOMINOS 1:00 PAINTING AND DRAWING 3:00 AFTERNOON MATINEE 7:00 ADVENTURE MOVIE 7:00 MOVIE
9:00 STRETCH & BREATHE ³¹ 10:00 SEASIDE FIT 10:30 DOMINO'S 1:00 WALKING CLUB 2:00 SUNDAY MUSIC WITH EDIE! 3:00 PING PONG / RUMMY KUBE 7:00 EVENING MOVIE						KEY LIBRARY.....FLOOR 2 LARGE ACTIVITY.....FLOOR 1 ROOM DINING ROOM.....FLOOR 1 OUTSIDE TRIP.....BUS PATIO / POOL AREA.....POOL COMPUTER.....FLOOR 2 ACTIVITY ROOM GATHERING ROOM..FLOOR 1



Freedom is one of the deepest and noblest aspirations of the human spirit.