









JULY



| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|--|---|--|--|---|-----------|-----------|
| 1 Summer Wellness Challenge Starts! Register in the Wellness Office  | 2 ***2:30 Current Clinical Trials in Alzheimer's Disease Brief by Rodney Guttman, Ph.D. (BR)  | 3 | 4  Offices Closed | 5 Activities Meeting 10AM-11AM (BR) | 6 | 7 |
| 8 | 9 ***12:00PM Silver Slipper Casino Trip \$30 | 10 | 11 | 12 | 13 | 14 |
| 9-12 July - Modelle's Meal Services To-Go due to construction project | | | | | | |
| 15 | 16 ***2:30PM Proper & Appropriate Wound Care Treatments by FWB Wound Care (BR)  | 17 12PM Book Club (Library)  | 18 ***1100 - AJ's on Bayou | 19 ***6:00PM BHV Movie Night (BR) | 20 | 21 |
| 22 | 23 ***2:30PM Medication Update Brief by Kindred (BR)  | 24 ***3-5 PM – Painting with a Twist (BR) \$35 | 25 ***8:00AM – Dolphin Cruise ***1:30 Nat'l Cremation & Burial Society (BR) ***3:00 Resident B-day (BR) | 26 ***2:00PM Incontinence Brief by Rehab Care (BR)  | 27 | 28 |
| 29 | 30 ***2:00pm Trivia (BR)  | 31 | *** Denotes = Sign-up at BHV Front Desk/Reception | | | |

Lounge Schedules

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---------------------------------------|---|---|---|---|--|---|
| V1 | 4pm: Happy Hour 6pm: Cards & Games | 4pm: Happy Hour | 4pm: Happy Hour | 1pm: Handwork & Visit 4pm: Happy Hour 6pm: Cards & Games | 4pm: Happy Hour | 4pm: Happy Hour 6pm: Cards & Games | 10am: Monthly Meeting (1st Saturday of month) 4pm: Happy Hour |
| V2 | 2pm: Cards | Any: Cards & Games 10am-12pm: Josies's Bible Study (2nd Mon) 3-5pm: Wii Bowling | Any: Cards 6-8pm: Wii Bowling | | 2-4pm: British Wives club (1st & 3rd Thurs) 6PM Movie Night | Any: Cards 4pm: Happy Hour | 10am: Coffee & Chat (1st Saturday) |
| V3 | 2pm: Chat & Games | 4pm: Happy Hour | 4pm: Happy Hour | 4pm: Happy Hour 6pm: Cards & Chat | 4pm: Happy Hour | 4pm: Happy Hour | 10am: Coffee (1st Sat) |
| V4 | 1pm: Card Games | Any: Puzzle/TV | Any: Puzzle/TV | 1pm: Card Games Any: Puzzle/TV | 1pm: Card Games | 4pm: Happy Hour | 9:30am: Coffee (1st Sat) |
| V5 | 3pm: Corn Hole Toss | 10am: Wii Bowling 1pm: Phase 10 2pm: Wii Bowling 4pm: Happy Hour 4pm: 31 Cards 6pm: Bridge | 9am: Wii Bowling 10am: Coffee 1pm: Wii Bowling 2pm: Bible Study 4pm: Happy Hour 4pm: Pinochle 4pm: 31 Cards | 10am: Wii Bowling 12pm: Cards (2nd & 4th Wed) 2pm: Wii Bowling 3pm: Backgammon 4pm: Happy Hour 4pm: Pinochle 4pm: 31 Cards | 10am: Wii Bowling 12pm: Social Knitting 1pm: Pinochle 2pm: Wii Bowling 4pm: Happy Hour 4pm: 31 Cards 6pm: Mahjong | 10am: Wii Bowling 1pm: Wii Bowling 4pm: Happy Hour 4pm: 31 Cards 6pm: Bridge | 10am: Coffee 2pm: Mahjong 7pm: Poker Night |

JULY WELLNESS CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|-------------------------|---------------------------------|---------------------------|-------------------------|
| 8AM EXERCISE GROUP (V5) | 8AM EXERCISE GROUP (V5) | 8AM EXERCISE GROUP (V5) | 8AM EXERCISE GROUP (V5) | 8AM EXERCISE GROUP (V5) |
| 9AM EXERCISE CLASS (FR) | 8AM CHAIR YOGA (FR) | 9AM EXERCISE CLASS (FR) | 8AM CHAIR YOGA (FR) | 9AM EXERCISE CLASS (FR) |
| 10AM WALKING CLUB (MC) | 11AM BALANCE CLASS (FR) | 10AM WALKING CLUB (MC) | 9:30AM CHAIR TAI CHI (BR) | 10AM WALKING CLUB (MC) |
| 11AM ADV LINE DANCING (FR) | | 10AM BLOOD PRESSURE CHECKS (SR) | 11AM BALANCE CLASS (FR) | |
| 12PM BEG LINE DANCING (FR) | | 11AM ZUMBA GOLD (FR) | 1:30PM POSTURE CLASS (FR) | <u>SATURDAY</u> |
| 1:30PM POSTURE CLASS (FR) | | 11AM Water Aerobics (MC) | | 10AM HULA DANCING (BR) |

Grief Support Group (SR): 1st & 3rd Friday @ 11am

Kindred provides an onsite counselor to help residents work through emotions and hard times. You are not alone, join the group.

Blood Pressure Checks (SR): Every Wednesday @ 10am

A registered nurse from Covenant Care provides blood pressure readings weekly. Keep track on a provided card.

Book Club (Library) Every 3rd Tuesday @ 12pm

Note Location Change. This month we will be discussing "The Little Old Lady Who Struck Lucky Again". If you did not attend the last meeting and would like to read the book prior to the meeting, stop by the Wellness Office to pick up a copy.

Current Clinical Trials in Alzheimer's Disease (BR) July 2 @ 2:30pm

University of West Florida Professor, Rodney Guttman, Ph.D. will discuss new studies and participation trials for people with agitation secondary to dementia of the Alzheimer's type. Don't miss this! Sign up at the front desk.

JULY WELLNESS CALENDAR

“Proper/Appropriate Wound Care Treatments” (BR) July 16 @ 2:30pm

Fort Walton Beach Wound Care Center will brief the proper way to treat your wounds. Sign up at the front desk.

Medication Update (BR) July 23 @ 2:30pm

Want to know what's new in medicine? This class will be presented by a licensed pharmacist, Lisa Hemond. Sign up at the front desk.

“Let's Talk Leakage” (BR) July 26 @ 2pm

Incontinence briefed by Caroline Maxwell- OT. Let's discuss Urinary Incontinence and how to manage it. Sign up at the front desk.

Trivia (BR) July 30 @ 2pm

Gather your Village Teammates for a friendly competition between Villages. Let's Play Trivia! Sign up at the front desk.

Community Resources (BR) Date Coming (watch for flyer)

Activities Dept. presents: North West Florida on Aging representative, Gwen Rhodes will provide a briefing on valuable community resource information and where to find services.

Summer Wellness Challenge July 1—Aug 15

Back by popular demand! If you would like to participate, sign up with the Wellness Director.

Rules:

- 5 points for every day you exercise a minimum of 30 minutes.
- 10 points for every wellness or fitness program you attend that is annotated on this calendar
- 30 points for referring a neighbor (who participates) that did not participate in the last challenge

A scorecard will be provided upon registration. Scorecards will be due to the Wellness Director by Sept 4.

Acronym Key:

FR- FITNESS ROOM

MC- MEET AT COMMONS

V5- VILLAGE 5 CLUBHOUSE

SR- SOPHIA ROOM

BR- BALLROOM