

Life Enrichment Spotlight for July 2026

Outings

July 10th: 4:30pm

- AJ'S On the Bayou

July 23rd: 9am

- Cordova Mall Shopping Trip

July 30th: 4:30pm

- 3rd Planet Tour and Music Bingo

Tammy's Journeys

-Come spend time with Tammy's Journeys two nights this month to learn about various cruise lines and destinations.

-Enjoy lite refreshments, show specials, and door prizes on both nights!

- July 8th at 5:30pm:
 - Viking Cruise Night in the Gates Building
- July 22nd at 5:30pm:
 - Silversea Special Cruise Event in the Gates Building

TRIVIA time!

July 9th 2pm Ballroom

Answer trivia questions to earn points, immunity idols, and redemptions! The team with the most points will be crowned the survivors and earn a prize!



* Sign-Up in the library by July 7th *

A Closer Look...

Trivia-Survivor Theme:

- Thursday July 9th at 2 pm.
- Answer trivia questions, solve puzzles, and take your team to the final fire!
- Collect the most points to become the winning team and collect a prize!
- Sign-up in the Library by July 7th



Thursday, July 30th
bus leaves at
4:30pm
\$4
for transportation

- Tour
- Music Bingo
- Food Trucks
- Beer & Wine



* Sign-Up at the FRONT DESK by July 28 *



3rd Planet Tour & Music Bingo:

- **Thursday July 30th at 4:30pm**
- Enjoy a tour of the 3rd Planet Brewing Company followed by Music Bingo with Food Trucks!
- \$4 for transportation
- Bring extra money for dinner and drinks!
- Sign-up at the Front Desk by July 28th

July 2026 Lounge Calendar

Calendar Subject to Change

Please contact BHV Life Enrichment to make reservations or changes

Current as of 6.24.26

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
V1	5:30P-7:30P Card Games	5:30P-7:30P Card Games	5:30P-7:30P Card Games	5:30P-7:30P Card Games	5:30P-7:30P Card Games	5:30P-7:30P Card Games	9A-9:30A Communion (except 1st)
							10A-11A Coffee (1st Saturday)
							3P-4P Communion (1st Saturday)
							5P-7P Happy Hour
V2	1:30P-4P Card Games	10-11:30A Bible Study w/Josie			2P-4P British Wives Club (1st/3rd Thursday)		10A-12P Coffee / Birthdays (1st Saturday)
		1-3:30P Games	6-8:30P Pinochle	4P-5:30P Prayer Meeting			1-3:30P Games
V3	2P-3:30P Cards			6P-8P Social Hour	1P-3P Euchre	4P-6P Sip N Grill	10A-12P Coffee & Birthdays (1st Saturday)
	6P-8P LCR (Game)			6P-8P Bingo (every other Wednesday)	7P-8:30P Wii Bowling		1P-3P Cards & Games
							6P Movie Night (Last Saturday)
V4	1P-4P Games	1P-4P Games		1P-4P Games		3P-5:30P Happy Hour	9:30A-10:30A Coffee (1st Saturday)
	4pm-6pm Birthdays (3rd Sunday)			6P-8P Board Games		5P-7P Pack Your Own Plate	4P-6P Private Party (3rd Saturday)
							6:30P-9P Bingo
V5	3P-4P Birthdays (2nd Sunday)			12P-5P Cards and Games		2P-4P 31 Cards	10A-11A Activity Meeting (1st Saturday)
						4P-6P Happy Hour	9A-12P Weekly Coffee
						6P-9P Card Games	12P-4P Cards
		6P-8:30P Pinochle	6P-8P Game Night		2P-4P Cards		1P-3P Mahjong
					6P-8P Mahjong		6P-8P Games
V6					12P-3P Social Knit & Crochet	3P-5P Social Gathering	10A-11A Coffee (1st Saturday)
		1P-4P Card Games		1P-4P Card Games			1P-5P Card Games
				4P-6P Birthdays (3rd Wednesday)	5:30P-9:30P Card Games (Every other Thursday)		

Notes

Lounge Activities are open to residents from other villages. The only exception is Wii Bowling for set teams.

If you are having a one-time event in your lounge/clubhouse, please contact the Life Enrichment Office to make sure the space has not already been reserved, or submit a request through Uniguest.



July 2026

L- Lobby
 LB- Library
 BR- Ballroom
 GR- Game Room
 GB- Gates Building

CP- Common's Parking Lot
 KFC- Kellogg Fitness Center
 P- Commons Pool
 ***- Required Sign Up
 \$- Cost Money

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

20	21	22	23	24	25	26
8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) 9:45am Chair & Floor Yoga (KFC) 10am Water aerobics (P) 10:30am Women Veterans Group (GR) 11am Sit n Serve Volleyball (KFC)	8am Cardio Class (KFC) 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am <ul style="list-style-type: none"> Water Aerobics (P) Chair Tai Chi (KFC) Diamond Art (GR) 11am <ul style="list-style-type: none"> T.O.P.S. Weight Loss (KFC) Millie the Mobile Market (CP) 1pm <ul style="list-style-type: none"> Balance Class (KFC) Inner Wellness (GR) 2:30 Bingo (BR)	8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) 10am Water Aerobics (P) 1pm <ul style="list-style-type: none"> Zumba Gold (KFC) Crafters Corner (GR) 4pm Hula: Advanced Class (KFC) 5:30pm Tammys Journey (GB)	8am Cardio Class (KFC) 8:55am Chair Yoga (KFC) 9am <ul style="list-style-type: none"> Water Aerobics (P) Cordova Mall Outing \$ *** 10am <ul style="list-style-type: none"> Water Aerobics (P) Chair Tai Chi (KFC) 11am Injury Prevention & Memory (KFC) 1pm Balance Class (KFC) 3:30pm Hula: Beginner Class (KFC) 6pm Bible Study (SR)	8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) Tole Painting (GR) *** 10am Water Aerobics (P) 5pm Blue Moon Gala: Children in Crisis (Women Only)***\$	8am / 12pm / 6pm Ch 1993 Featured Weekend Movie: Batteries Not Included – PG – 1987 [Sci-Fi / Comedy / Family]	7am / 12pm / 6pm
27	28	29	30	31		
8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) 9:45am Chair & Floor Yoga (KFC) 10am Water aerobics (P) 11am Sit n Serve Volleyball (KFC)	8am Cardio Class (KFC) 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am <ul style="list-style-type: none"> Water Aerobics (P) Chair Tai Chi (KFC) Diamond Art (GR) 11am T.O.P.S. Weight Loss (KFC) 1pm <ul style="list-style-type: none"> Balance Class (KFC) Inner Wellness (GR) 2:30 Bingo (BR)	8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) 10am Water Aerobics (P) 1pm Zumba Gold (KFC) 4pm Hula: Advanced Class (KFC)	8am Cardio Class (KFC) 8:55am Chair Yoga (KFC) 9am Water Aerobics (P) 10am <ul style="list-style-type: none"> Water Aerobics (P) Chair Tai Chi (KFC) 11am Injury Prevention & Memory (KFC) 1pm Balance Class (KFC) 1:30pm Bunco (GR) \$ *** 3:30pm Hula: Beginner Class (KFC) 4:30pm 3rd Planet Tour \$ *** 6pm Bible Study (SR)	8am Cardio Class (KFC) 9am <ul style="list-style-type: none"> Chair Exercise (KFC) Water Aerobics (P) Pickleball (P) 10am Water Aerobics (P) 11am Book Club (GR)		

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



L- Lobby
 LB- Library
 BR- Ballroom
 GR- Game Room
 GB- Gates Building
 SR- Sophie Room

CP- Commons Parking Lot
 KFC- Kellog Fitness Center
 P- Commons Pool
 *** - Required Sign Up
 \$- Cost Money

1
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am Water Aerobics (P)
 11am Sign Ups (L)
 1pm Zumba Gold (KFC)
 3pm Passports: France (BR) ***
 4pm Hula: Advanced Class (KFC)

2
 8am Cardio Class (KFC)
 8:55am Chair Yoga (KFC)
 9am Water Aerobics (P)
 9:30am Style Squad (BR)
 10am
 • Water Aerobics (P)
 • Chair Tai Chi (KFC)
 11am
 • Injury Prevention & Memory (KFC)
 • Sign Ups (L)
 1pm Balance Class (KFC)
 2pm-4pm Happy Hour (BR) ***
 3:30pm Hula: Beg. Class (KFC)
 6pm Bible Study (SR)

3
Offices Closed
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am Water Aerobics (P)

4
4th of July
 8am / 12pm / 6pm
 Ch 1993 Featured Weekend Movie:
Independence Day – PG-13 – 1996
 [Action, Adventure, Sci-Fi]

5
 7am / 12pm / 6pm

6
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 9:45am Chair & Floor Yoga (KFC)
 10am Water aerobics (P)
 11am Sit n Serve Volleyball (KFC)
 12pm EC Chorus (BR)

7
 8am Cardio Class (KFC)
 8:55am Chair Yoga (KFC)
 9am Water Aerobics (P)
 10am
 • Water Aerobics (P)
 • Chair Tai Chi (KFC)
 • Diamond Art (GR)
 11am
 • T.O.P.S. Weight Loss (KFC)
 • Vote on August Outing (L)
 1pm
 • Balance Class (KFC)
 • Inner Wellness (GR)
 2:30 Bingo (BR)

8
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am
 • Water Aerobics (P)
 • Healthy Living (GR) ***
 11am Vote on August Outing (L)
 1pm
 • Zumba Gold (KFC)
 • Crafters Corner (GR)
 4pm Hula: Advanced Class (KFC)
 5:30pm Viking Cruise Night (GB)

9
 8am Cardio Class (KFC)
 8:55am Chair Yoga (KFC)
 9am Water Aerobics (P)
 10am
 • Water Aerobics (P)
 • Chair Tai Chi (KFC)
 11am Injury Prevention & Memory (KFC)
 1pm Balance Class (KFC)
 2pm Trivia: Survivor (BR) ***
 3:30pm Hula: Beginner Class (KFC)
 6pm Bible Study (SR)

10
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am Water Aerobics (P)
 1:30pm Ice Cream Social: Gentiva Hospice (BR) ***
 4:30pm AJ's Outing \$ ***

11
 8am / 12pm / 6pm
 Ch 1993 Featured Weekend Movie:
Failure to Launch – PG-13 – 2006
 [Romantic Comedy]

12
 7am / 12pm / 6pm

13
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 9:45am Chair & Floor Yoga (KFC)
 10am
 • Water aerobics (P)
 • Nutrition Class (BR) ***
 11am Sit n Serve Volleyball (KFC)

14
 8am Cardio Class (KFC)
 8:55am Chair Yoga (KFC)
 9am Water Aerobics (P)
 10am
 • Water Aerobics (P)
 • Chair Tai Chi (KFC)
 • Diamond Art (GR)
 • Volunteer:United Way (BR) ***
 11am T.O.P.S. Weight Loss (KFC)
 1pm
 • Balance Class (KFC)
 • Inner Wellness (GR)
 2:30 Bingo (BR)

15
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am Water aerobics (P)
 1pm Zumba Gold (KFC)
 2:30pm Resident Council (BR)
 4pm Hula: Advanced Class (KFC)

16
 8am Cardio Class (KFC)
 8:55am Chair Yoga (KFC)
 9am Water Aerobics (P)
 10am
 • Water Aerobics (P)
 • Chair Tai Chi (KFC)
 11am Injury Prevention & Memory (KFC)
 1pm
 • Balance Class (KFC)
 • Card Making with Raye (GR) ***
 3pm Computer Help Club (GR)
 3:30pm Hula: Beginner Class (KFC)
 6pm Bible Study (SR)

17
 8am Cardio Class (KFC)
 9am
 • Chair Exercise (KFC)
 • Water Aerobics (P)
 • Pickleball (P)
 10am
 • Water aerobics (P)
 • Coffee Talk (BR)
 11am
 • Blood Pressure Checks (L)
 • Grief Support (SR)

18
 8am / 12pm / 6pm
 Ch 1993 Featured Weekend Movie:
The Bone Collector – R – 1999
 [Horror, Crime Thriller, Mystery, Action]

19
 7am / 12pm / 6pm

July

MON. – FRI. 11AM-1PM



30 HOLLY AVE.
SHALIMAR, FL 32579
(850) 376-1916
CALL FOR AFEV CAMPUS
DELIVERY

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 MEATLOAF, mashed potatoes & veg	2 COOKOUT grilled burgers & dogs (no regular menu)	3 *CLOSED*	4
5	6 FRIED CHICKEN, mac-n-cheese & veg	7 HAWAIIAN GRILLED CHICKEN SALAD BOWL	8 BEEF POT PIE & side salad	9 PORK SCHNITZEL, German potato salad & braised cabbage	10 SEAFOOD SALAD CROISSANT & pasta salad	11
12	13 SLOPPY JOE, tots & slaw	14 SALISBURY STEAK, mashed potatoes & vegetable	15 RED BEANS & RICE w/SAUSAGE & salad	16 LIVER AND ONIONS, mashed potatoes & veg	17 FISH & CHIPS	18
19	20 CHICKEN PARMESAN, spaghetti & salad	21 BEEF TACOS, chips & queso	22 MARRY ME PORK TENDERLOIN, mashed potatoes & veg	23 CUBAN SANDWICH & French fries	24 STUFFED FLOUNDER, rice & vegetable	25
26	27 CHICKEN FRIED STEAK, mashed potatoes & veg	28 GYRO PLATE & Greek salad	29 LASAGNA, garlic bread & salad	30 CHICKEN & WAFFLES w/fruit salad	31 FISH TACOS, pineapple slaw & rice	