



THE PEAKS

A Senior Living Community



JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Due to calendar space, all programs may not be reflected.</p> <p>To stay up to date with all events, please visit the GiGi Assistant® app.</p>	<p>1</p> <p>9:30 FIT Exercises, DR 10:15 Donuts & Coffee Social, DR 11:00 Bingo, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Beauty in Boutique, PB 3:15 Milkshake Mondays, DR 7:00 Rest & Relaxation, LR</p>	<p>2</p> <p>9:15 Spiritual Service, DR 10:00 FIT to be Strong®, DR 11:15 Songhearth w/ Meghan, LR 11:45 Dine and Prep, DR 1:00 Classical Piano Music, MR 1:15 Step & Stroll Club, OUT 2:30 Prize Bingo, BIS 3:45 Floral Creations, DR 7:00 Aromatherapy, LR</p>	<p>3</p> <p>9:30 Cardio Drumming, LR 10:30 Hymns and Devotions, DR 11:00 Patriotic Art, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Music with Tom, LR 3:00 Catholic Mass, MR 3:45 Daily Devotion, DR 6:30 Soothing Sounds and Visuals, LR</p>	<p>INDEPENDENCE DAY</p> <p>4</p> <p>8:00 Fourth of July Community Parade, OC 10:30 Music with Sara, DR 11:30 Threshold Choir, DR 11:45 Dine and Prep, DR 1:15 Patriotic Colorful Creations, LR 3:00 Catholic Rosary 3:45 Patriotic Classics, LR 7:00 Rest & Relaxation, LR</p>	<p>5</p> <p>9:00 Hymns with Doug, DR 10:30 FIT Class, DR 11:00 Armchair Travel, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Vintage Classics, LR 3:00 Patriotic Happy Hour: Music by Paul F., ALP</p>	<p>6</p> <p>9:15 Beauty and Grooming, DR 10:15 FIT Chair Yoga™, DR 11:00 Group Trivia, DR 1:45 Walking Club, OUT 2:15 Ice Cream Social, DR 3:00 Creative Crafters, DR 4:00 Dine and Prep, DR 6:30 Soothing Sounds and Visuals, LR</p>
<p>7</p> <p>8:30 Hymn Singing, DR 9:00 Catholic Service TV, LR 9:15 Beauty and Grooming, DR 10:00 FIT Class, DR 11:00 Bingo, DR 1:00 Church Service, MR 2:30 Sweet Sunday Social, LR 4:00 Dine and Prep, DR</p>	<p>8</p> <p>9:30 FIT Exercises, DR 10:15 Donuts & Coffee Social, DR 11:00 Bingo w/ NAU visitors, DR 11:45 Dine and Prep, DR 1:00 Family Fued, BP 1:15 Step & Stroll Club, OUT 2:15 Beauty in Boutique, PB 3:15 Milkshake Mondays, DR 7:00 Rest & Relaxation, LR</p>	<p>9</p> <p>9:15 Spiritual Service, DR 10:00 FIT to be Strong®, DR 11:45 Dine and Prep, DR 1:00 Classical Piano Music, MR 1:15 Step & Stroll Club, OUT 2:30 Prize Bingo, BIS 3:45 Floral Creations, DR 7:00 Aromatherapy, LR</p>	<p>10</p> <p>9:30 Cardio Drumming, LR 10:30 Hymns and Devotions, DR 11:00 Baking Bunch, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Music with Tom, LR 3:45 Daily Devotion, DR 6:30 Soothing Sounds and Visuals, LR</p>	<p>11</p> <p>9:00 Hymns with Doug, DR 10:00 FIT to Stretch®, DR 10:30 Music with Sara, DR 11:30 Scenic Drive & Picnic, OC 11:30 Threshold Choir, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 3:00 Catholic Rosary 3:45 Book Club, LR 7:00 Rest & Relaxation, LR</p>	<p>12</p> <p>9:00 Hymns with Doug, DR 10:30 FIT Class, DR 11:00 Armchair Travel, DR 11:45 Dine and Prep, DR 1:30 Guest Speaker: Charles S., BIS 2:15 Vintage Classics, LR 3:00 French Fry Happy Hour: Music by Vincent Z., ALP</p>	<p>13</p> <p>9:15 Beauty and Grooming, DR 10:15 FIT Chair Yoga™, DR 11:00 Group Trivia, DR 1:45 Walking Club, OUT 2:15 Ice Cream Social, DR 3:00 Creative Crafters, DR 4:00 Dine and Prep, DR 6:30 Soothing Sounds and Visuals, LR</p>
<p>14</p> <p>8:30 Hymn Singing, DR 9:00 Catholic Service TV, LR 9:15 Beauty and Grooming, DR 10:00 FIT Class, DR 11:00 Bingo, DR 1:00 Church Service, MR 2:30 Sweet Sunday Social, LR 4:00 Dine and Prep, DR</p>	<p>15</p> <p>9:30 FIT Exercises, DR 10:15 Donuts & Coffee Social, DR 11:00 Bingo, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Beauty in Boutique, PB 3:00 Engineering Box, DR 3:15 Milkshake Mondays, DR 7:00 Rest & Relaxation, LR</p>	<p>16</p> <p>9:15 Spiritual Service, DR 10:00 FIT to be Strong®, DR 11:15 Songhearth w/ Meghan, LR 11:45 Dine and Prep, DR 1:00 Classical Piano Music, MR 1:15 Step & Stroll Club, OUT 2:30 Prize Bingo, BIS 3:45 Floral Creations, DR 7:00 Aromatherapy, LR</p>	<p>17</p> <p>9:30 Cardio Drumming, LR 10:30 Hymns and Devotions, DR 11:00 Arts & Crafts, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Monthly Birthday Party: Music by Tom, DR 3:15 Pearl Garden Council, DR 3:45 Daily Devotion, DR</p>	<p>18</p> <p>9:00 Hymns with Doug, DR 10:00 FIT to Stretch®, DR 10:30 Music with Sara, DR 11:30 Threshold Choir, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 1:30 Puppies & Smiles, ALP 3:00 Catholic Rosary 3:45 Book Club, LR 7:00 Rest & Relaxation, LR</p>	<p>19</p> <p>9:00 Hymns with Doug, DR 10:30 FIT Class, DR 11:00 Armchair Travel, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Vintage Classics, LR 3:00 Luau Happy Hour: Flagstaff Ukulele Group, ALP</p>	<p>20</p> <p>9:15 Beauty and Grooming, DR 10:15 FIT Chair Yoga™, DR 11:00 Group Trivia, DR 1:45 Walking Club, OUT 2:15 Ice Cream Social, DR 3:00 Creative Crafters, DR 4:00 Dine and Prep, DR 6:30 Soothing Sounds and Visuals, LR</p>
<p>21</p> <p>8:30 Hymn Singing, DR 9:00 Catholic Service TV, LR 9:15 Beauty and Grooming, DR 10:00 FIT Class, DR 11:00 Bingo, DR 1:00 Church Service, MR 2:30 Sweet Sunday Social, LR 4:00 Dine and Prep, DR</p>	<p>22</p> <p>9:30 FIT Exercises, DR 10:15 Donuts & Coffee Social, DR 11:00 Bingo, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Beauty in Boutique, PB 3:15 Milkshake Mondays, DR 7:00 Rest & Relaxation, LR</p>	<p>23</p> <p>9:15 Spiritual Service, DR 10:00 FIT to be Strong®, DR 11:45 Dine and Prep, DR 1:00 Classical Piano Music, MR 1:15 Step & Stroll Club, OUT 2:30 Prize Bingo, BIS 3:45 Floral Creations, DR 7:00 Aromatherapy, LR</p>	<p>24</p> <p>9:30 Cardio Drumming, LR 10:30 Hymns and Devotions, DR 11:00 Creative Chefs, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Music with Tom, LR 3:45 Daily Devotion, DR 6:30 Soothing Sounds and Visuals, LR</p>	<p>25</p> <p>9:00 Hymns with Doug, DR 10:00 FIT to Stretch®, DR 10:30 Music with Sara, DR 11:00 Bowling/ Lunch Out, OC 11:30 Threshold Choir, DR 1:15 Step & Stroll Club, OUT 3:00 Catholic Rosary 3:45 Book Club, LR 7:00 Rest & Relaxation, LR</p>	<p>26</p> <p>9:00 Hymns with Doug, DR 10:30 FIT Class, DR 11:00 Armchair Travel, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Vintage Classics, LR 3:00 Bday Bash Happy Hour: Music by Doug, ALP</p>	<p>27</p> <p>9:15 Beauty and Grooming, DR 10:15 FIT Chair Yoga™, DR 11:00 Group Trivia, DR 1:45 Walking Club, OUT 2:15 Ice Cream Social, DR 3:00 Creative Crafters, DR 4:00 Dine and Prep, DR 6:30 Soothing Sounds and Visuals, LR</p>
<p>28</p> <p>8:30 Hymn Singing, DR 9:00 Catholic Service TV, LR 9:15 Beauty and Grooming, DR 10:00 FIT Class, DR 11:00 Bingo, DR 1:00 Church Service, MR 2:30 Sweet Sunday Social, LR 4:00 Dine and Prep, DR</p>	<p>29</p> <p>9:30 FIT Exercises, DR 10:15 Donuts & Coffee Social, DR 11:00 Bingo, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Beauty in Boutique, PB 3:15 Milkshake Mondays, DR 7:00 Rest & Relaxation, LR</p>	<p>30</p> <p>9:15 Spiritual Service, DR 10:00 FIT to be Strong®, DR 11:15 Songhearth w/ Meghan, LR 11:45 Dine and Prep, DR 1:00 Classical Piano Music, MR 1:15 Step & Stroll Club, OUT 2:30 Prize Bingo, BIS 3:45 Floral Creations, DR 7:00 Aromatherapy, LR</p>	<p>31</p> <p>9:30 Cardio Drumming, LR 10:30 Hymns and Devotions, DR 11:00 Arts & Crafts, DR 11:45 Dine and Prep, DR 1:15 Step & Stroll Club, OUT 2:15 Music with Tom, LR 3:45 Daily Devotion, DR 6:30 Soothing Sounds and Visuals, LR</p>	<p>LOCATIONS</p> <p>Alpine Room, ALP Malapais Room, MR PG Dining Room, DR</p> <p>Back Patio, BP Off-Campus, OC PG Living Room, LR</p> <p>Bistro, BIS Outside, OUT Pearly Pearl Boutique, PB</p>		