

June Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Yoga w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 11:00 Calendar Talk 1:00 Sit, Stand, Repeat! 1:00 Mahjong (R) 2:30 Book Club (R) 4:00 Kickin' It at the Pool 5:00 Movie: Going in Style	2 9:00-10:00 Sip and Socialize 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Mexican Train (R) 2:00 Beginner Mahjong (R) 4:00 Resident Sing Along (R) 5:00 Sit Fit w/Beth (R) 5:30 Viking Cruise Event	3 9:30 Barefoot and Breath 10:00 Stretch and Balance 10:30 Sit, Stand, Repeat! 1:00 Remembering When... 2:00 Cards with Candace 3:00 Wii Games (R) 5:00 Strength and Stability 6:30 Garden Opening Uncorked	4 9:15 Coffee w/ Candace 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Brain Booster Games 2:00 New Resident Orientation 3:00 Silent Generation Planning Mtg 4:00-5:00 Happy Hour 5:30 Bingo Club (R)	5 9:00 Power Flow w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 11:30 ROMEO Club (R) 1:00 Sit Fit w/ Beth (R) 4:00 Sociable Singles (R) 4:30 Kickin' It at the Pool 7:00 Firepit Social (R)	6 8:00 Good Morning Walking Club (R) 2:00 Cards and Game Time (R) 3:00 Bocce Ball (R)
7 Hiking Club Outing TBA 9:00 Sunday School (R) 10:30 Worship Service (R) 2:00 Open Art Studio (R) 3:00 Puzzle Club (R) 7:00 Sunset Walking Club (R)	8 9:00 Yoga w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 1:00 Sit, Stand, Repeat! 1:00 Mahjong (R) 4:00 Popsicles by the Pool 4:00 Kickin' it at the Pool 5:00 Movie: In Her Shoes 6:00 Line Dancing (R)	9 9:30 June Birthday Breakfast 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Mexican Train (R) 2:00 Beginner Mahjong (R) 4:00 Resident Sing Along (R) 5:00 Sit Fit w/Beth (R) 6:30 Trivia @ Casual Pint Outing (R)	10 9:30 Barefoot and Breath 10:00 Stretch and Balance 10:30 Sit, Stand, Repeat! 11:00 Near Me Walk Over (\$) 1:00 Veterans' Group (R) 1:00 Garden Club Mtg (R) 2:00 Seashell Dish Craft 3:00 Wii Games (R) 5:00 Strength and Stability	11 9:15 Coffee w/ Candace 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Drawing w/ Holly (R) 2:00 Speed Friending - Building 1 meets Building 2 3:30 Signature Sips w/Ashley 4:00-5:00 Happy Hour 5:30 Bingo Club (R)	12 9:00 Power Flow w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 11:30 Ladies Who Lunch (R) 1:00 Sit Fit w/ Beth (R) 4:00 Water Volleyball 7:00 Firepit Social (R) 8:00 Outdoor Movie Night - Fun with Dick and Jane	13 8:00 Good Morning Walking Club (R) 8:00-12:00 Arise "Yard" Sale (R) 2:00 Cards and Game Time (R) 3:00 Bocce Ball (R)
14 9:00 Sunday School (R) 10:30 Worship Service (R) 2:00 Open Art Studio (R) 3:00 Puzzle Club (R) 4:00 Knit/Crochet Club (R) 7:00 Sunset Walking Club (R)	15 9:00 Yoga w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 1:00 Sit, Stand, Repeat! 1:00 Mahjong (R) 3:00 Summertime Bingo 5:00 Movie: Strangers on a Train 6:30 Pizza Party @ The Pool	16 9:00-10:00 Sip and Socialize 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Mexican Train (R) 2:00 Beginner Mahjong (R) 4:00 Resident Sing Along (R) 5:00 Sit Fit w/Beth (R) 5:30 Still Studios & B'ham Longevity Presentation	17 9:30 Barefoot and Breath 10:00 Stretch and Balance 10:30 Sit, Stand, Repeat! 1:00 Left, Right, Center (R) 2:00 Make/Take: Body Butter 3:00 Wii Games (R) 4:00-8:00 Private Event 5:00 Strength and Stability 7:00 BYOB Garden Hangout(R)	18 9:15 Coffee w/ Candace 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Brain Gym 2:00-4:00 Sip, Savor and Stroll (BBQ and Classic Cars) 5:30 Bingo Club (R) 7:30 Evening Swim (R)	19 9:00 Power Flow w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 1:00 Sit Fit w/ Beth (R) 2:00 Cards with Candace 3:00 Sip and Dip (in the pool) 4:00 Sociable Singles (R) 7:00 Firepit Social (R)	20 8:00 Good Morning Walking Club (R) 10:00 Outing to Shades Mountain Mercantile (R) 2:00 Cards and Game Time (R) 3:00 Bocce Ball (R)
21 9:00 Sunday School (R) 10:30 Worship Service (R) 2:00 Open Art Studio (R) 3:00 Puzzle Club (R) 3:00 Small Group Widow's Club (R) 7:00 Sunset Walking Club (R) HAPPY FATHER'S DAY	22 9:00 Yoga w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 1:00 Sit, Stand, Repeat! 1:00 Mahjong (R) 2:30 Book Club (R) 4:00 Kickin' It at the Pool 5:00 Resident Potluck (R) 6:00 Wii Games (R)	23 9:00-10:00 Sip and Socialize 10:30 Pilates (level 2) 11:00 Water Aerobics (45n) 1:00 Mexican Train (R) 2:00 Beginner Mahjong (R) 4:00 Resident Sing Along (R) 5:00 Sit Fit w/Beth (R) 8:00 Outdoor Movie Night	24 9:30 Barefoot and Breath 10:00 Stretch and Balance 10:30 Sit, Stand, Repeat! 10:30 Top Golf Outing (\$R) 1:00 Remembering When..(R) 3:00 Wii Games (R) 5:00 Grab & Go: for 9-5 Crew 5:00 Strength and Stability	25 9:15 Coffee w/ Candace 10:30 Pilates (level 2) 11:00 Water Aerobics (45m) 1:00 Logic and Word Puzzles 2:00 Drawing w/Holly (R) 4:00-5:00 "The Way We Built it" Legacy Social 5:30 Bingo Club (R) 7:30 Evening Swim (R)	26 9:00 Power Flow w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 11:30 Lunch Bunch Outing (R) 1:00 Sit Fit with Beth (R) 4:30-6:30 Complimentary Wine Tasting @ HSW Outing (RSVP on HSW website) (R) 7:00 Firepit Social (R)	27 8:00 Good Morning Walking Club (R) 2:00 Cards and Game Time (R) 3:00 Bocce Ball (R)
28 9:00 Sunday School (R) 10:30 Worship Service (R) 2:00 Open Art Studio (R) 3:00 Puzzle Club (R) 4:00 Knit/Crochet Club (R) 7:00 Sunset Walking Club (R)	29 9:00 Yoga w/ Michelle 10:00 Forever Strong 10:30 Stretch and Balance 1:00 Sit, Stand, Repeat! 1:00 Mahjong (R) 4:00 Kickin' It at the Pool 5:00 Movie: Monster-In-Law 6:00 Just Dance (R)	30 9:00-10:00 Sip and Socialize 10:30 Pilates(level 2) 11:00 Water Aerobics (45m) 1:00 Mexican Train (R) 2:00 Beginner Mahjong (R) 3:30 Pepper Pong (R) 4:00 Resident Sing Along (R) 5:00 Sit Fit w/Beth (R)				

LEGEND

The Gentry

The Club Room

Wellness Center

Fitness Studio

Studio 205

The Press

Community Garden

Dog Park

Bocce Ball Court

The Preserve

Saltwater Pool

The View

Grill Area

- Please note a level 2 exercise class would include floor work
- (R) means resident run
- Daily Devotional Group (R) 11:00 every weekday in the Gentry

Sweet Summertime

June is the perfect time to slow down and enjoy the simple joys of summer. There's something good for the soul about warm sunshine, longer days, fresh-cut grass, porch conversations, watermelon slices, and hearing birds sing in the morning. Spending even a little time outdoors can boost your mood, reduce stress, and help you feel more energized and connected. Whether it's a short walk, sitting by the pool, tending to flowers, or enjoying an evening sunset, sunshine has a special way of lifting spirits and bringing people together.

As temperatures rise, it's also important to stay hydrated and take care of your health during the summer months. Drinking water throughout the day helps keep energy levels up, supports healthy joints and muscles, and prevents fatigue and dizziness. Try carrying a water bottle, enjoying hydrating foods like watermelon and cucumbers, and limiting too much time in the afternoon heat. Even adding lemon, berries, or mint to water can make hydration more enjoyable. This summer, take time to appreciate the little things — a cold glass of sweet tea, laughter with friends, music playing in the background, and the warmth of the sun on your face. Sometimes the simplest moments become the sweetest memories.

Happy Birthday

June 2nd -Wanda V.

June 3rd - June B.

June 5th - Sharon E.

June 7th - Audrey H. and Leslie M.

June 10th - Ginger I.

June 15th - Carl W.

June 19th - Karen H. and Sandy R.

June 20th - Karen H.

June 23rd - Nancy F.

June 24th - Cindy M.

June 25th - Peggy S.

June 28th - Ted W.

Clubs and Outings

One of the best ways to connect with others at Arise is by joining a group or attending an outing that interests you. Shared activities create meaningful connections and give you the opportunity to meet neighbors, build friendships, and feel more involved in the community.

This month, consider trying a new club or activity—or even suggesting a new club you'd enjoy helping lead. You might also sign up for an outing that sounds fun and step outside your usual routine. Building connections is an important part of overall happiness and well-being, and there's always a place for you here at Arise.

JUNE 2026



COMMUNITY NEWSLETTER

Let's Celebrate Our Residents

Join us for "The Way We Built It: Legacy Social," a special event honoring the Silent Generation and the lasting impact they made through resilience, hard work, and strong community values. Together, we'll celebrate the music, memories, traditions, and stories that shaped a remarkable generation.

Silent Generation residents are invited to help plan this meaningful event by attending our planning meeting on June 4th to share ideas and memories. The Legacy Social will take place on June 25th. We look forward to celebrating the generation that helped build the world we know today.

"Live in the sunshine, swim in the sea, drink the wild air." — Ralph Waldo Emerson

Get ready for a fun month of connection and community!

Join us for Speed Friending on Thursday, June 11 featuring Building 1 meets Building 2! This fun social event is designed to help neighbors connect, spark conversations, and make new friends in the community. Whether you're new here or have lived here for a while, it's a wonderful opportunity to meet someone new or learn more about friends you already have!

On Saturday, June 13th from 8:00 AM-12:00 PM, we'll be hosting a Community-Wide Yard Sale in the Club Room. Residents are invited to grab a table and set up their own little yard sale space. It's a great chance to clean out, shop around, and visit with neighbors while hunting for hidden treasures!