

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:00 Continental Breakfast 10:00 Yoga Flow & Gentle Yoga 4:00 – 6:00 Fashion Show & Shopping Event	2 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour	3 8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics	4 8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 5:00 Happy Hour	5 8:00 Pastry Bar 11:15 Yoga Flow & Gentle Yoga 5:00 Potluck by the Pool	6 8:00 Continental Breakfast 9:00 Walk Meet 11:00 Cooking Class 5:00 Social Hour by the Pool
7 9:00 Walk Meet 10:00 Coffee w/Friends 1:10 Twins Game Viewing 6:00 "Change Your Mind" (Netflix Series)	8 8:00 Continental Breakfast 10:00 Yoga Flow & Gentle Yoga 1:00 Art Class w/Vanessa 4:00 Book Club 7:00 Night Cap Water Aerobics	9 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour	10 8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics	11 8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 5:00 Happy Hour	12 8:00 Yogurt Parfait 10:00 Coffee Chat w/Vanessa 11:15 Yoga Flow & Gentle Yoga 1:00 Smoothies by the Pool	13 8:00 Continental Breakfast 9:00 Walk Meet 4:00 Board Games 5:00 Social Hour by the Pool
14 9:00 Walk Meet 10:00 Coffee w/Friends 11:30 Lunch on the Town: Edina Grill 3:00 Twins Game Viewing 6:00 "Change Your Mind" (Netflix Series)	15 8:00 Continental Breakfast 10:00 Yoga Flow & Gentle Yoga 1:00 Ride Care Info Meeting 7:00 Night Cap Water Aerobics	16 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour	17 8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics	18 8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 5:00 Happy Hour	19 8:00 Quiche 10:00 Coffee Chat w/Vanessa 11:15 Yoga Flow & Gentle Yoga 12:00 Art Class w/3Clicks	20 8:00 Continental Breakfast 9:00 Walk Meet 4:00 Board Games 5:00 Social Hour by the Pool
21 9:00 Walk Meet 10:00 Coffee w/Friends 1:10 Twins Game Viewing 6:00 "Change Your Mind" Netflix Series)	22 8:00 Continental Breakfast 10:00 Yoga Flow & Gentle Yoga 1:00 Art Class	23 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour "Meet & Greet" w/New Residents	24 8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics	25 8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 5:00 Happy Hour	26 8:00 Rolled Oats 11:15 Yoga Flow & Gentle Yoga 1:00 Smoothies by the Pool	27 8:00 Continental Breakfast 9:00 Walk Meet 4:00 Board Games 5:00 Social Hour by the Pool
28 9:00 Walk Meet 10:00 Coffee w/Friends 1:10 Twins Game Viewing 6:00 "Change Your Mind" Netflix Series)	29 8:00 Continental Breakfast 8:00 State Fair w/Avidor Residents 10:00 Yoga Flow & Gentle Yoga 7:00 Night Cap Water Aerobics	30 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 10:00 Marty Chiropractic 11:00 Strength 1:00 Mahjong 4:00 – 6:00 End of Summer Hoedown	31 8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics			Ways to Wellness Physical Emotional Intellectual Spiritual Environmental Social Occupational

EVENTS

Lunch on the Town

Meet other Avidor Edina residents at our local restaurant. Enjoy a new atmosphere with great food at the Edina Grill.

End of Summer Hoedown

Come and beat the heat by the pool and enjoy live country music, great food, and specialty drinks.

Potluck by the Pool

Eat, drink, and be merry with other residents by the pool. Sign up with a food item that you would like to share.