

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>9:00-Craft Social, Redbud 12:30-Ukulele Band, Post Oak-B 12:30-Melody Makers: All Instruments, Redbud 1:30-Drum/Percussion Circle, Redbud 2:30-Hula Hoop, Elm</p>	<p>5</p> <p>9:00-Bridge, Post Oak-B 11:00-Games, Post Oak-B 1:00-American Mah Jongg-Open Play, Redbud</p>	<p>6</p> <p>9:00-Shrinky Dinks, Redbud, \$2 11:00-Games, Post Oak-B 12:30-Music Sing Along with Bill, Easy Karaoke Songs, Redbud 1:00-Tech Connect, Post Oak-A 2:00-How to Register for Classes Online, Post Oak-A 2:30-Walking Club, Social Lobby</p>	<p>7</p> <p>9:00-Pinochle, Post Oak-B 11:00-Games, Post Oak-B 1:00-Fresh Summer Fruit Tart Cooking Class, Kitchen, \$15 1:30-42 Dominos, Post Oak-B</p>	<p>August 1/8</p> <p>9:00-American Mah Jongg, Open Play Post Oak-B 10:00-Lesson 1&2-Bridge Class, 2-hrs., Redbud 12:30-Experienced Bridge, Redbud August 8 11:30-August Birthday Karaoke, Post Oak-A</p>
<p>11</p> <p>9:00-Craft Social, Redbud 12:30-Ukulele Band, Post Oak-B 12:30-Melody Makers, Redbud 1:30-Drum/Percussion Circle, Redbud 2:30-Hula Hoop, Elm</p>	<p>12</p> <p>9:00-Book Club AM, Redbud 9:00-Bridge, Post Oak-B 11:00-Games, Post Oak-B 1:00-American Mah Jongg, Open Play, Redbud 1:00-Bingo, Post Oak-A \$2 3:30-Book Club PM, Redbud</p>	<p>13</p> <p>9:00-Clay Creations-Sunflower Bowl. Redbud, \$2 11:00-Games, Post Oak-B 12:30-Music Sing Along with Guitar Jim, Redbud 1:00-Tech Connect, Post Oak-A 2:30-Walking Club, Social Lobby</p>	<p>14</p> <p>9:00-Canasta, Post Oak-B 11:00-Games, Post Oak-B 1:00-Ping Pong-Beginner Friendly Competition, \$2 1:30-42 Dominos, Post Oak-B</p>	<p>15</p> <p>9:00-American Mah Jongg, Open Play Post Oak-B 10:00-Lesson 3-Bridge Class, 2-hrs., Redbud 12:30-Experienced Bridge, Redbud</p>
<p>18</p> <p>9:00-Craft Social, Redbud 12:30-Ukulele Band, Post Oak-B 12:30-Melody Makers, Redbud 1:30-Drum/Percussion Circle, Redbud 2:30-Hula Hoop, Elm</p>	<p>19</p> <p>9:00-Bridge, Post Oak-B 11:00-Games, Post Oak-B 1:00-American Mah Jongg, Open Play, Redbud</p>	<p>20</p> <p>9:00-Paper Sunflower Mandala Redbud, \$2 10:00-Power Talk: Cholesterol 101, Post Oak-A 11:00-Games, Post Oak-B 12:30-Music Sing Along with Bill, Easy Karaoke Songs, Redbud 1:00-Tech Connect, Post Oak-A 1:00-How to Register for Classes Online, Post Oak-A 2:30-Walking Club, Social Lobby</p>	<p>21</p> <p>11:00-Games, Redbud 1:30-42 Dominos, Redbud 4:00-Burgers & Boots Special Event, Post Oak Hall, \$5</p>	<p>22</p> <p>8:45-Power Talk: Hearing Health-Post Oak-A 9:00-Doubles Eight-Ball Pool Tourney, \$2 9:00-American Mah Jongg, Open Play Post Oak-B 10:00-Lesson 4-Bridge Class, 2-hrs., Redbud 1:30-Spuds&Show, Post Oak-A</p>
<p>25</p> <p>9:00-Craft Social, Redbud 12:30-Ukulele Band, Post Oak-B 12:30-Melody Makers, Redbud 1:30-Drum/Percussion Circle, Redbud 2:30-Hula Hoop, Elm</p>	<p>26</p> <p>9:00-Garden Club, Redbud 9:00-Bridge, Post Oak-B 11:00-Games, Post Oak-B 1:00-American Mah Jongg, Open Play, Redbud 1:00-Bingo, Post Oak-A 2:30-The Great Popsicle Social, Post Oak-A</p>	<p>27</p> <p>9:00-Rock Painting, Redbud-\$2 11:00-Games, Post Oak-B 12:30-Music Sing Along with Guitar Jim, Redbud 1:00-Stargazer Water Lily Art Watercolor, Redbud, \$40 1:00-Tech Connect, Post Oak-A 2:30-Walking Club, Social Lobby</p>	<p>28</p> <p>11:00-Games, Post Oak-B 1:00-Music Bingo, Post Oak, \$2 1:00-1 Chicken-3 Delicious Meals Cooking Class, Redbud, \$15 1:30-42 Dominos, Post Oak-B</p>	<p>29</p> <p>9:00-American Mah Jongg, Open Play Post Oak-B 10:00-Lesson 5-Bridge Class, 2-hrs., Redbud 12:30-Experienced Bridge, Redbud 2:00-Travel Photography 101, Post Oak-A</p>

UPCOMING PROGRAMS & EVENTS

Post Oak-A

Birthday Karaoke with Monica

Friday, August 8, at 11:30 AM-12:30 PM

Spuds & Show

Friday, August 22 at 1:30-3:30 PM./ \$5

Travel Photography 101 with Terry Ip

Friday, August 29, from 2-3 PM

Cedar Lounge

Beginner Ping Pong Friendly-Competition

Thursday, August 14 at 1-3 PM /\$2

Doubles 8-Ball Pool Tournament

Friday, August 22 at 9 AM-Noon / \$2

Redbud/Kitchen

Fresh Summer Fruit Tart Cooking Class

Thursday, August 7 at 1-3 PM / \$15

One Chicken, Three Delicious Meals Cooking Class

Stir Fry, Waldorf Salad, Stuffed Grilled Tomato

Thursday, August 28 at 1-3 PM / \$15



**You Can Paint
Watercolor Stargazer Lily
with Christen Garden Art
Wednesday, August 27
1:00 PM to 4:00 PM
\$40.00 per class.
All supplies included.**



Tuesday, October 14

Esports Arlington, 1200 Ballpark Way
Health professionals, screenings, & free lunch.
Call 817-575-3400 to register
or see the front desk.

POWER TALKS IN POST OAK-A

Friday, August 8: CapTel caption-phone in the active lobby from 8 AM to Noon.

Wednesday, August 20 at 10 AM: Cholesterol 101 with Monica, Health Hive. Breakfast provided.

Friday, August 22: 8:45 AM: Hearing Health Matters-A Closer Look at Hearing Loss with Audiology Experts. Breakfast provided.

Join us for fun, prizes, and friendly competition—come shout

BINGO with us! \$2/person

Tuesday, August 12, at 1 – 2 PM

Tuesday, August 26, at 1 – 2 PM

Thursday, August 28, at 1 – 2 PM (Music)

Burgers & Boots

A Line Dancing Bash

Thursday, August 21; 4:00 – 6:30 PM

Post Oak Hall. We'll kick things off with line dancing and wrap it up with a delicious burger. Don't forget to wear your favorite attire for an extra dose of fun! \$5/person

The Great Popsicle Social

Tuesday, August 26, at 2:30-3:15 PM
in Post Oak Hall-A. Free popsicles,
beach music, and good company.

Must pre-register.

Sponsored by Reserve at Mayfield



**2061 W. GREEN OAKS BLVD
ARLINGTON, TX 76013**

PHONE: 817-575-3400

**AUGUST
2025**

**SOCIAL SIDE HOURS:
(WEST ENTRANCE)**

Monday-Friday 8AM-5PM

**ACTIVE SIDE HOURS:
(SOUTH ENTRANCE)**

Monday-Friday 6AM - 8PM

Saturday 8AM - 4PM

Sunday 12PM-4PM

