

JULY 2026

G
THE GOLDTON
 AT LAKE NONA

(321)850-2790
 9682 Lake Nona Village PL
 Orlando, FL 32827

SUNDAY**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**Location Key

Activity Room-AR

Red writing -Bus Trips

Dining Hall - DH

Entertainment***Special***

5
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Menchie's Ice Cream \$10
 4:00 Corn Hole
 7:00 Resident Lead Chat

6
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
4:00 Jewish Pavilion
 7:00 Resident lead games

7
 10:00 Outdoor Walk
 10:30 Trivia
 1:30 Bible Study
3:00 Walmart
 4:00 Baking
 4:30 The G General Store

8
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Trivia
 1:30 Bingo
3:00 Happy Hour ENT Nathan Scott
 7:00 Movie

9
 10:00 Chair Yoga
 10:30 Trivia
11:00 Outback Steakhouse \$30
 2:00 Arts & Crafts
 4:00 Hangman
 7:00 Resident Lead Games

10
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 11:15 Trivia
 3:00 Happy Hour Social
 4:00 UNO
 7:00 Resident lead Games

11
 10:00 Painting
 11:00 Ax Throwing
 1:30 Trivia
 2:00 Bingo
 3:30 Movie
 7:00 Resident lead Games

12
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Ax Throwing
 7:00 Resident Lead Chat

13
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Fancy Goldton Nails
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

14
 10:00 Outdoor Walk
 10:30 Trivia
 1:30 Bible Study
3:00 Publix
 4:00 Baking

15
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Trivia
 1:30 Bingo
3:00 Happy Hour ENT Andy Costantini
 7:00 Movie

16
 10:00 Chair Yoga
 10:30 Trivia
11:00 Carrabba's \$30
 1:30 STEM Class
 3:00 Tunes & Stroll
5:00 \$ Casino Night \$
 7:00 Resident Lead Games

17
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 11:15 Trivia
 4:00 Word in Word
 7:00 Resident lead Games

18
 10:00 Painting
 11:00 Ax Throwing
 1:30 Trivia
 2:00 Bingo
 3:30 Movie
 7:00 Resident lead Games

19
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Menchie's Ice Cream \$10
 4:00 Corn Hole
 7:00 Resident Lead Chat

20
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
4:00 Gardening
 7:00 Resident lead games

21
 10:00 Outdoor Walk
 10:30 Trivia
 1:30 Bible Study
3:00 Target
 4:00 Baking
 4:30 The G General Store

22
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Trivia
 1:30 Bingo
 3:00 Happy Hour Social
 7:00 Movie

23
 10:00 Chair Yoga
 10:30 Trivia
12:30 Rolins Art Museum
 1:30 STEM Class
 3:00 Arts & Crafts
 4:00 Hangman
 7:00 Resident Lead Games

24
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 11:15 Trivia
 1:30 Family Feud
3:00 Happy Hour ENT Deanna Giron
 7:00 Resident lead Games

25
 10:00 Painting
 11:00 Ax Throwing
 1:30 Trivia
 2:00 Bingo
 3:30 Movie
 7:00 Resident lead Games

26
 9:45 Tunes & Trail Stroll
 10:30 Trivia
 1:30 Bingo
 2:30 Sing-a-Long
 4:00 Ax Throwing
 7:00 Resident Lead Chat

27
 10:00 Gentle Chair Yoga
 10:30 Trivia
 1:15 Bingo
 3:00 Choir
 4:00 Family Feud
 7:00 Resident lead games

28
 10:00 Outdoor Walk
11:00 Residents Council
 1:30 Bible Study
3:00 Dollar Tree
 4:00 Baking

29
 9:30 Gentle Chair Yoga
 10:00 Catholic Service
 11:00 Trivia
 1:30 Bingo
 3:00 Happy Hour Social
 7:00 Movie

30
 10:00 Chair Yoga
 10:30 Trivia
12:00 Drive through Safari \$30
 1:30 STEM Class
 3:00 Tunes & Stroll
 7:00 Resident Lead Games

31
 10:00 Low Impact Cardio
 10:30 Praying with Rosary
 11:15 Trivia
 3:00 Happy Hour Social
 4:00 UNO
 7:00 Resident lead Games

