

JULY 2019 ACTIVITY CALENDAR

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8:30 to 10:30 THRIFT STORE	9:15 BINGO	8:30 to 10:30 THRIFT STORE	9:15 BINGO	10:00 DANCE AEROBICS
10:00 DANCE AEROBICS	9:30 PROJECT CARE FREE SCREENINGS FOR BLOOD PRESSURE BLOOD SUGAR BLOOD OXYGEN WEIGHT	10:00 OSTEO EXERCISE W/ CHARLENE	9:45 JULY 11TH FAN FOOD	10:30 ZUMBA GOLD
10:30 JULY 8, 15, 22, 26, 29 SIT & STRETCH	9:00 TO 12:30 JULY 16TH SR. ADVOCATE FRANK MASTERSON	10:30 DANCE AEROBICS	WALMART TRIPS TO BE ANNOUNCED!	10:30 JULY 8, 15, 22, 26, 29 SIT & STRETCH
10:30 ZUMBA GOLD	10:00 CHAIR ZUMBA W/ IRINA	10:30 SPEAKER DIABETES JULY 10TH	<u>CENTER CLOSED</u> <u>JULY 4TH</u>	<u>JULY 12TH</u> <u>11:30 TO 2:30</u> <u>MONTHLY DANCE</u>
12:30 MOVIE	<u>NO CLASS JULY 2ND !!</u>	12:30 MOVIE !!!!!		<u>10:00 JULY 19TH</u> <u>HORSE COMPANION DAY</u> <u>SPECIAL EVENT !!!</u>
1:00 LINE DANCING		11:15 JULY 31ST SPEAKER HEALTHY AGING BY DR. CHOWDHURY DR. SAAD	<u>ARE YOU 60 YEARS OLD</u> <u>OR ABOVE?</u> <u>DON'T FEEL LIKE MAKING</u> <u>A MEAL?</u> <u>COME TO THE CENTER</u> <u>FILL OUT A REGISTRATION</u> <u>CARD AND HAVE A NOON</u> <u>TIME MEAL WITH US AT</u> <u>THE SENIOR CENTER</u>	12:30 REIKI CIRCLE JULY 26TH LET OFFICE KNOW IF YOU ARE ATTENDING PLEASE
<u>DO YOU KNOW A SENIOR</u> <u>WHO WOULD LIKE A</u> <u>FRIENDLY PHONE CALL ?</u> <u>JOIN OUR</u> <u>"SKIT" PROGRAM</u> <u>"SENIORS KEEPING</u> <u>IN TOUCH"</u> <u>AND YOU WILL RECEIVE</u> <u>A FRIENDLY HELLO</u> <u>MONDAY THRU FRIDAY</u>	JULY17TH 7PM TO 8:30PM IN AUDITORIUM MEDICARE SEMINAR			

