

















July 2024

ACTIVITY CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
1  9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 International Joke Day, Open Mic 1:30 Afternoon Activities	2 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) <i>*Last Tuesday Tai Chi until Sept. 3</i>	3 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Picnic Lunch 12:30 4th of July Fun	4 	5 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
8  9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting 12:00 Community Lunch 11:30-1:00 Be a Kid Day 12:30 Water Gun Fight	9  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30 Billiards (LL)	10 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	11 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch	12  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time
15  9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	16  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30-1:30 Billiards (LL)	17 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	18  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 1:00 Ice Cream Social	19  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo
22 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	23  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:45 Special Needs Financial Planning 12:30 Billiards (LL)	24  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Cowboy Day Popcorn & a Western	25 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Christmas Lunch 12:30 Christmas in July Fun & Gift Exchange	26  9:00 Chair Yoga 10:30 Outing: YMCA 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Bocce w/ Hunter
29  9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities	30 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30 Billiards (LL) 2:00 Welcome to The Center	31  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	 <div style="border: 1px solid black; padding: 5px;"> Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i> </div>	 <i>Programming in main room unless otherwise specified. LL=Lower Level</i>

RSVP dates help us prepare and some programs have attendance requirements. Encouraged or required RSVP dates are to ensure there is enough food and supplies and or room setup.