ACTIVITIES JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 Line Dancing $ 10-12 Tech Tutor 12:00 Lunch **1:00 Senate Office Hours**	**2** 9:30 Osteo 10-12 Tech Tutor 11:15 Tai Chi $ 12:00 Soup & Sandwich $ 1:00 Knitting	**3** 9:00 Veteran's Agent **10:00 Intro to Computers**	**4** **HAPPY INDEPENDENCE DAY!** **SENIOR CENTER CLOSED TODAY**	**5** 8:30 Strength & Mobility $ 9:00 Pitch 10-12 Tech Tutor 11:00 Chair Yoga $	**6**
7 1:00 **Sunday Lunch** HOST: BFCN	**8** 9:30 Line Dancing $ 10-12 Tech Tutor 12:00 Lunch **12:30 Ice Cream Social with Bane Care**	**9** 9:30 Osteo 10-12 Tech Tutor ~~11:15 Tai Chi $~~ 12:00 Soup & Sandwich $ 1:00 Knitting	**10** 9:00 Veteran's Agent 10:00 Shake Y' Soul $ **3:30 COA BOARD** **10:00 Intro to Computers**	**11** 9:30 Osteo 10-12 Tech Tutor 12:00 Lunch CHP 10-12 12:00 Quilting 1:00 Bridge Cribbage **1:00 MOVIE: On the Basis of Sex**	**12** 8:30 Strength & Mobility $ 9:00 Pitch 10-12 Tech Tutor 11:00 Chair Yoga$ **1:00 Life After Loss Group**	**13**
14	**15** 9:30 Line Dancing $ 10-12 Tech Tutor 12:00 Lunch	**16** 9:30 Osteo 10-12 Tech Tutor 11:15 Tai Chi $ 12:00 Soup & Sandwich $ 1:00 Knitting	**17** 9:00 Foot Care 9:00 Veteran's Agent 10:00 Shak Y Soul $ **10:00 Intro to Computers** **1:00 TRIAD PICNIC VFW Pavilion**	**18** 9:30 Osteo 10-12 Tech Tutor 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage **5:30 Volunteer Appreciation!**	**19** 8:30 Strength & Mobility $ 10-12 Tech Tutor 9:00 Pitch 11:00 Chair Yoga $	**20** It's **DALTON DAY 11:00-3:00** Free & open to the public First & Field
21 1:00 **Sunday Lunch** HOST: Knights of Columbus	**22** 9:30 Line Dancing $ 12:00 Lunch 1:00 Hybrid video & Discussion	**23** 9:30 Osteo 11:15 Tai Chi $ 12:00 Soup & Sandwich $ 1:00 Knitting	**24** 9:00 Veteran's Agent 10:00 Shake Your Soul $ **10:00 Intro to Computers**	**25** 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Bridge & Cribbage	**26** 8:30 Strength & Mobility $ 9:00 Pitch 11:00 Chair Yoga $ 11-2:30 HNE Cornhole Tournament	**27**
28	**29** 9:30 Line Dancing $ 10-12 Tech Tutor 12:00 Lunch **1:00 BINGO**	**30** 9:30 Osteo 10-12 Tech Tutor 11:15 Tai Chi $ 12:00 Soup & Sandwich $ 1:00 Knitting	**31** 9:00 Veteran's Agent 10:00 Shake Your Soul $ **10:00 Intro to Computers**			Note: Programs with a $ has an instructor fee attached.

Special Events are indicated in **red font**. Please remember to sign-up for special events and lunches by calling 684-2000 or we may not be able to accommodate you! Events highlighted in yellow are Hybrid!