ACTIVITIES JULY 2024 Saturday Wednesday Thursday Friday Tuesday Sunday Monday 5 8:30 Strenath & 4 2 9:30 Osteo 1 9:30 Line Mobility \$ 10-12 Tech Tutor 9:00 Veteran's HAPPY Dancing \$ 9:00 Pitch **INDEPENDENCE** 11:15 Tai Chi \$ Agent 10-12 Tech Tutor 10-12 Tech Tutor 12:00 Soup & DAY! 10:00 Intro to 12:00 Lunch 11:00 Chair Yoga Sandwich \$ SENIOR CENTER **Computers** 1:00 Senate 1:00 Knitting **CLOSED TODAY** Office Hours 12 8:30 Strength 13 10 9:00 Veteran's 11 9:30 Osteo 9 9:30 Osteo 8 9:30 Line 7 1:00 & Mobility \$ 10-12 Tech Tutor Agent 10-12 Tech Dancina \$ Sunday 9:00 Pitch 10:00 Shake Y' Soul 12:00 Lunch 10-12 Tech Tutor Tutor Lunch 10-12 Tech Tutor 12:00 Quilting 11:15 Tai Chi \$ 12:00 Lunch HOST: BFCN 1:00 Bridge Cribbage 11:00 Chair Yoga\$ 3:30 COA BOARD 12:00 Soup & 12:30 Ice 1:00 MOVIE: On the 1:00 Life After 10:00 Intro to Sandwich \$ Cream Social **Basis of Sex Loss Group** Computers 1:00 Knitting with Bane Care 19 20 It's **18** 9:30 Osteo 16 17 9:00 Foot Care 14 15 8:30 Strength & 10-12 Tech Tutor DALTON 9:30 Osteo 9:00 Veteran's 9:30 Line Mobility \$ 12:00 Lunch Agent 10-12 Tech Dancing \$ DAY 10:00 Shak Y Soul \$ 12:00 Quilting 10-12 Tech 10-12 Tech Tutor Tutor 11:00-3:00 1:00 Bridge & Tutor 11:15 Tai Chi \$ 10:00 Intro to 12:00 Lunch Free & open to 9:00 Pitch Cribbaae 12:00 Soup & Computers the public 11:00 Chair 5:30 Volunteer 1:00 TRIAD PICNIC Sandwich \$ First & Field Yoga \$ **Appreciation! VFW Pavilion** 1:00 Knitting 26 8:30 Strength 27 25 23 24 22 21 9:30 Osteo & Mobility \$ 9:00 Veteran's 9:30 Osteo 1:00 9:00 Pitch 12:00 Lunch Agent 9:30 Line 11:15 Tai Chi \$ Sunday 11:00 Chair 12:00 Quilting 10:00 Shake Your 12:00 Soup & Dancing \$ Lunch 1:00 Bridge & Yoga \$ Soul \$ 12:00 Lunch Sandwich \$ **HOST:** Knights Cribbage 11-2:30 HNE 1:00 Hubrid video 1:00 Knitting 10:00 Intro to of Columbus Comhole \$ DISCUSSION Computers Tournament Note: 31 9:00 Veteran's 29 30 28 Programs with 9:30 Osteo Agent 9:30 Line a \$ has an 10:00 Shake Your 10-12 Tech Tutor Dancing \$ instructor fee 11:15 Tai Chi \$ Soul \$ 10-12 Tech Tutor attached. 10:00 Intro to 12:00 Soup & 12:00 Lunch

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!

Computers

Sandwich \$

1:00 Knitting

1:00 BINGO