

JULY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p style="text-align: center;"><u>1</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:15 DVD Series: "Planet Earth" 12:30 Rummikub 1pm Social Dancing</p> <p style="text-align: center;">BUS 10am—2pm (malls & local)</p> | <p style="text-align: center;"><u>2</u></p> <p>9:30 Canasta 9:30 Pinochle 9:30 Pickle Ball 9:30 Support services 10am Beg. Bridge \$6 10:30 Support services 11am QiGong-TaiChi 11:30 Support services 1pm Reflections</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>3</u></p> <p>9am Tone & Flex 9:30 Tech Support 9:30 Mah Jongg 10am Scrabble 10am Men's Basketball 1pm Nifty Knitters</p> | <div style="border: 2px solid red; padding: 10px; display: inline-block;">  </div> <div style="background-color: blue; color: white; padding: 5px; text-align: center; margin-top: 5px;"> Center closed for the holiday </div> | |
| <p style="text-align: center;"><u>8</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:15 DVD Series: "Planet Earth" 10:30 Caregivers Support Group 12:30 Rummikub 1pm Social Dancing</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>9</u></p> <p>9:30 Canasta 9:30 Pinochle 9:30 Pickle Ball 9:30 Support services 9:45 Chair Zumba 10am Beg. Bridge \$6 10:30 Support services 11am QiGong-TaiChi 11:30 Support services 12:30 Nutrition Series 1pm Reflections</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>10</u></p> <p>9am Tone & Flex 9:30 Tech Support 9:30 Mah Jongg 10am Buddy Project Sun Catcher 10am Scrabble 10am Men's Basketball 1pm Nifty Knitters</p> | <p style="text-align: center;"><u>11</u></p> <p>9:30 Pickle Ball 10am Exp. Players \$6 10am Free Paint 11am QiGong-TaiChi 12:30 Thurs. Matinee "The Great Outdoors"</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>12</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:30 Men's Group 10:45 Guided Relax. \$5</p> <p style="text-align: center;"><u>Center closes at 12:30pm</u></p> |
| <p style="text-align: center;"><u>15</u></p> <p>9am Tone & Flex 9:30—3:30 AARP Driver Safety Course 10am Men's Basketball 12:30 Rummikub 1pm Social Dancing</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>16</u></p> <p>9:30 Canasta 9:30 Pinochle 9:30 Pickle Ball 9:30 Support services 10am Beg. Bridge \$6 10:30 Support services 11am QiGong-TaiChi 11:30 Support services 1pm Reflections</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>17</u></p> <p>9am Tone & Flex <i>Payment due</i> 9:30 Tech Support 9:30 Mah Jongg 10am Buddy Project Wind Chime 10am Scrabble 10am Men's Basketball 1pm Nifty Knitters</p> | <p style="text-align: center;"><u>18</u></p> <p>9:30 Pickle Ball 10am Duplicate Lite \$6 10am Free Paint 11am QiGong-TaiChi 11am BP screening 11am Reiki Experience 12:30 Thurs. Matinee Call Center for title</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>19</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:30 Space Race to the Moon 10:30 Men's Group 10:45 Guided Relax. \$5 11am NF Book Group</p> <p style="text-align: center;"><u>Center closes at 12:30pm</u></p> |
| <p style="text-align: center;"><u>22</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:15 DVD Series: "Planet Earth" 12:30 Hospice Program 12:30 Rummikub 1pm Social Dancing</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>23</u></p> <p>9:30 Canasta 9:30 Pinochle 9:30 Pickle Ball 9:30 Support services 10am Beg. Bridge \$6 10:30 Support services 11am QiGong-TaiChi 11:30 Support services 1pm Reflections</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>24</u></p> <p>9am Tone & Flex 9:30 Tech Support 9:30 Mah Jongg 10am Buddy Project Indoor Herb Garden 10am Scrabble 10am Men's Basketball 1pm Line Dancing 1pm Nifty Knitters</p> | <p style="text-align: center;"><u>25</u></p> <p>9:30 Pickle Ball 10am Exp. Players \$6 10am Free Paint 11am QiGong-TaiChi <i>Payment due</i> 12:30 Thurs. Matinee "South Pacific"</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>26</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:30 Men's Group 10:45 Guided Relax. \$5</p> <p style="text-align: center;"><u>Center closes at 12:30pm</u></p> |
| <p style="text-align: center;"><u>29</u></p> <p>9am Tone & Flex 10am Men's Basketball 10:30 Documentary: "Tesla: Master of Lightning" 10:30 Decorative Painting on Bottle 12:30 Tech 101 12:30 Rummikub 1pm Social Dancing</p> <p style="text-align: center;"><i>Payment due</i> BUS 10am—2pm</p> | <p style="text-align: center;"><u>30</u></p> <p>9:30 Canasta 9:30 Pinochle 9:30 Pickle Ball 10am Beg. Bridge \$6 11am QiGong-TaiChi 1pm Reflections</p> <p style="text-align: center;">BUS 10am—2pm</p> | <p style="text-align: center;"><u>31</u></p> <p>9am Tone & Flex 9:30 Tech Support 9:30 Mah Jongg 10am Scrabble 10am Men's Basketball 1pm Nifty Knitters</p> | | |

AUGUST 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | | | <u>1</u> 9:30 PickleBall 10am Duplicate Lite \$6 10am Free Paint 11am QiGong-TaiChi 12:30 Thurs. Matinee "Under the Tuscan Sun" BUS 10am—2pm | <u>2</u> 9am Tone & Flex 10am Men's Basketball 10:30 Men's Group 10:45 Guided Relax. \$5 Center closes at <u>12:30pm</u> |
| <u>5</u> 9am Tone & Flex 10am Men's Basketball 10:30 Documentary: "Bombshell: Hedy Lamarr Story" 12pm Bridge 12:30 Rummikub 1pm Social Dancing BUS 10am—2pm | <u>6</u> 9:30 Canasta 9:30 Pinochle 9:30 PickleBall 10am Beg. Bridge \$6 11am QiGong-TaiChi 2pm Reflections BUS 10am—2pm | <u>7</u> 9am Tone & Flex 9:30 Tech Support 9:30 Mah Jongg 10am Men's Basketball 10am Scrabble 1pm Nifty Knitters | <u>8</u> 9:30 PickleBall 10am Exp. Players \$6 10am Free Paint 11am QiGong-TaiChi 12:30 Thurs. Matinee "To Catch a Thief" BUS 10am—2pm | <u>9</u> 9am Tone & Flex 10am Men's Basketball 10:30 Men's Group 10:45 Guided Relax. \$5 Center closes at <u>12:30pm</u> |
| <u>12</u> 9am Tone & Flex 10am Men's Basketball 10:30 Documentary: "A Year in Burgundy" 10:30 Caregivers Support Group 12pm Bridge 12:30 Rummikub 1pm Social Dancing BUS 10am—2pm | <u>13</u> 9:30 Canasta 9:30 Pinochle 9:30 PickleBall 10am Beg. Bridge \$6 BUS 10am—2pm | <u>14</u> 9am Tone & Flex 9:30 Mah Jongg 10am Men's Basketball 10am Scrabble 1pm Nifty Knitters | <u>15</u> 9:30 PickleBall 10am Duplicate Lite \$6 11am BP screening 12:30 Thurs. Matinee "Summer of 42" BUS 10am—2pm | <u>16</u> 9am Tone & Flex 10am Men's Basketball 10:30 Men's Group Center closes at <u>12:30pm</u> |
| <u>19</u> | <u>20</u> | <u>21</u> | <u>22</u> | <u>23</u> |
| <i>The Senior Center is closed for summer break beginning Monday, Aug. 19 and will reopen Wednesday, Sept. 4. The Senior bus will not run during the break and will resume on Thurs. Sept. 5.</i> | | | | |