



July 2022

Senior Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9AM Video Exercise
4 CLOSED CITY HOLIDAY 	5 9:15-9:50AM Total Fit 12:30PM Party Bridge	6 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	7 9AM Essentrics Stretch & Tone 12:30PM Duplicate Bridge 1PM Craft and Creation Bunch 7-9PM Pickin&Grinnin'	8 9AM Video Exercise
11 9AM Tai Chi 9AM-12PM Hand & Foot 1PM Cash Bingo at the Library	12 9:15-9:50AM Total Fit 12:30PM Party Bridge	13 9AM-12PM Hand & Foot 11:30AM Traveling Trunk with Stacy 12PM MMOW LUNCHEON BINGO	14 9AM Essentrics Stretch & Tone 12:30PM Duplicate Bridge 1PM Craft and Creation Bunch 7-9PM Pickin&Grinnin'	15 9AM Video Exercise
18 9AM Tai Chi 9AM-12PM Hand & Foot	19 9:15-9:50AM Total Fit 12:30PM Party Bridge	20 9AM-12PM Hand & Foot 12PM MMOW LUNCHEON	21 9AM Essentrics Stretch & Tone 12PM ABCD's of Medicare 12:30PM Duplicate Bridge 1PM Craft and Creation Bunch 7-9PM Pickin&Grinnin'	22 9AM Video Exercise TRIP: Parks Coffee
25 9AM Tai Chi 9AM-12PM Hand & Foot 1PM Cash Bingo at the Library	26 9:15-9:50AM Total Fit 12:30PM Party Bridge	27 9AM-12PM Hand & Foot 11:30AM Blood Pressure Checks with Brandon Valora 12PM MMOW LUNCHEON BINGO	28 9AM Essentrics Stretch & Tone 12:30PM Duplicate Bridge 1PM Craft and Creation Bunch 7-9PM Pickin&Grinnin'	29 9AM Video Exercise 10:30AM Lunch and Brunch with Valora Skin Care